

**Please note there is a cut off point for entering a session late. Please see Reception for times.  
All Sessions are free unless otherwise stated.**

|                      | Sue Bramley CC   | Arden House / Eastbury CC   |
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| <b>Monday</b>        | 09:00 - 13:00 Talking Therapies<br>9:00 - 17:00 Citizen's Advice Bureau<br>9:30 – 11:30 Family Advice Drop-in<br>10.00 - 11:00 Family Fun Time<br>1.30 - 2:30 Bumps & Babes  | 9.15 – 12.00 Work Club @ George Carey School<br><b>(Term time only)</b><br>10.00 - 11.00 Babbling Babes @ AH<br>13.00 – 15.00 GP Surgery Ripple Health Centre |
| <b>Tuesday</b>       | 09.30 – 12.00 Speech & Language Advice Session<br>10.00 - 11.15 Play with a Story<br>13.00-2:30pm Toddler Talk   | 10.00- 11.00 Make & Shake @ AH  |
| <b>Wednesday</b>     | 09.10 – 12.10 Antenatal<br>10.00 - 11.00 Babbling Babes<br>13.15 – 14..00 Little Rhyme Makers<br>13.30 - 15.30 Postnatal   | 10.00 – 11.30 Toddler Talk @ AH<br>13.30 –15.00 Child Health Clinic @ECC  |
| <b>Thursday</b>      | 09.30 – 10.30 Child Health Clinic @ Thames View Health Centre<br>10.30 – 11.30 Baby Massage *Booking only*<br>17.30 - 18.15 Cllr surgery (last Thurs of the month)   | 9.00 – 12.00 Talking Therapies@ ECC<br>10.00 – 10.45 Little Rhyme Makers @ AH<br>12.00 - 15.00 Sleep Clinic @ ECC<br>9.30-11.30 GP Surgery Thames View        |
| <b>Friday</b>        | 09.00 – 13.00 Talking Therapies<br>09.30 – 11.30 Community Café & Clothes bank<br>10.00 – 11.00 Parent Carers Voice (1 <sup>st</sup> Fri of the month)<br>10.00 – 12.00 Family Advice Drop-in<br>12.00 – 16.00 Smoking Cessation<br>13.30 – 14.30 Make & Shake | 9.00 – 16.30 Citizen's Advice Bureau@ ECC<br>10.00 – 11.15 Play With A Story @ AH<br>9.00 –13.00 Speech & Language Advice Session @ ECC                       |
| <b>Sensory Space</b> | Mon - Fri<br>09.30 – 16.30   |   |

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| <b>Work Club</b>  | Meet other who are looking for work, gain advice on writing personal statements and CV's. Get help with completing application forms and interview techniques. (Term time only)   |
| <b>Antenatal &amp; Postnatal Clinic @ ECC &amp; SBCC</b>  | Routine ante-natal checks to monitor the health of you and your unborn child during pregnancy. Post-natal checks for new born baby checks. Booking through your midwife is required.  |
| <b>Babbling Babes SBCC &amp; AH</b><br>(Aged 0 - 18 months)   | A group that encourages mums, dads and carers to play, explore and communicate with their babies.   |
| <b>Baby Massage SBCC</b><br>(Aged 0 - 10 months)  | A 5 week course which gives mums, dads and carers the opportunity to spend special time interacting with their babies using massage. It helps with babies' communication, sleep and digestion.  |
| <b>Bumps &amp; Babes SBCC</b>   | Come and meet others, share your experiences with expectant parents and parents going through the same thing such as pregnancy, weaning, healthy eating, toilet training, etc.  |
| <b>Change4Life Healthy Lifestyle Programme</b>  | Come and join us for our FREE Healthy Lifestyles programmes for children and teenagers above a healthy weight.  |
| <b>Child Health Clinic– ECC &amp; Thames view Health Centre</b>   | A community nursery nurse is available to check the weight and height of your baby. Health Visitors are available on the 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday of every month @ ECC   |
| <b>Citizen Advice Bureau – 1<sup>st</sup> &amp; 3<sup>rd</sup> week – SBCC 2<sup>nd</sup> &amp; 4<sup>th</sup> Week - ECC</b> | Do you need information on debt, benefits, employment or housing? Citizens Advice has practical, reliable information to help you solve your problems. Call 020 8507 5970 to book an appointment.   |
| <b>Cllr Surgery (last Thursday of the month)</b>  | Meet your local Councillor for advice surgery. No appointment needed  |
| <b>Parents' and Carers' Voice Forum</b>   | Come and share your views about the Children's Centre and be part of future developments. Meeting are held every 2 <sup>nd</sup> Friday of the month (10 -11)   |
| <b>Talking Therapies Clinic @ SBCC &amp; ECC</b>  | Talking Therapies is a free & confidential NHS Primary Care Mental Health Service, offering psychological therapy to people registered with Barking and Dagenham GPs.   |
| <b>Little Rhyme Makers SBCC &amp; AH</b><br>(Aged 0 - 5 years)  | A music and movement group for children, parents and carers to sing, share music, make friends and learn language together. You can only attend one session per week.   |
| <b>Make &amp; Shake SBCC &amp; AH</b><br>(Aged 0 - 5 years)   | Healthy snacks and fun ideas for keeping fit. Come along to our healthy eating and fitness activity sessions. Lots of fun for everyone.   |
| <b>Communication Session – Invited Only</b><br>(Aged 0 - 5 years)   |   |
| <b>Parenting Programmes – To be booked</b>  | Various parenting programmes are available. Contact the centre for dates of 12 week courses to develop new parenting skills. Please call to book your place   |
| <b>Play with a Story SBCC &amp; AH</b><br>(Aged 0 - 5 years)  | A group for parents, carers and their children to have fun sharing books, stories and activities together. Sharing books from birth helps children to learn to read later on.   |
| <b>Sensory Room SBCC</b><br>(Aged 0 - 5 years)  | Come and enjoy the sensory equipment with your child. Please contact your centre to book a slot.  |
| <b>Speech &amp; Language Advice Session – 3<sup>rd</sup> week – SBCC 4<sup>th</sup> week - ECC</b>                            | A Speech and Language Therapist is available for advice and support regarding any questions or concerns you may have about your child's speech, language and communication development. Please contact 020 8911 3740 to book an appointment.                          |
| <b>Smoking Cessation Session @ PM- SBCC</b>   | Developed by experts and delivered by specially trained and highly experienced professionals, our completely free service provides advice, support and encouragement to help you stop smoking for good. 100% of smokers who have used our service would recommend it. |
| <b>Family Fun Time SBCC</b><br>(Aged 0-5 years)   | This is a parent-led activity in a relaxed and friendly environment offering a range of activities for all the family to enjoy.   |
| <b>The Sleep Clinic @ ECC</b><br>(Aged 6 months - 5 years)  | One-to-one service to discuss your child's sleep problems and help you establish healthy sleeping habits that suit your family's lifestyle.   |
| <b>Toddler Talk SBCC &amp; AH</b><br>(Aged 0 - 5 years)   | A group that encourages children with their parents and carers to learn make friends and communicate through play.  |