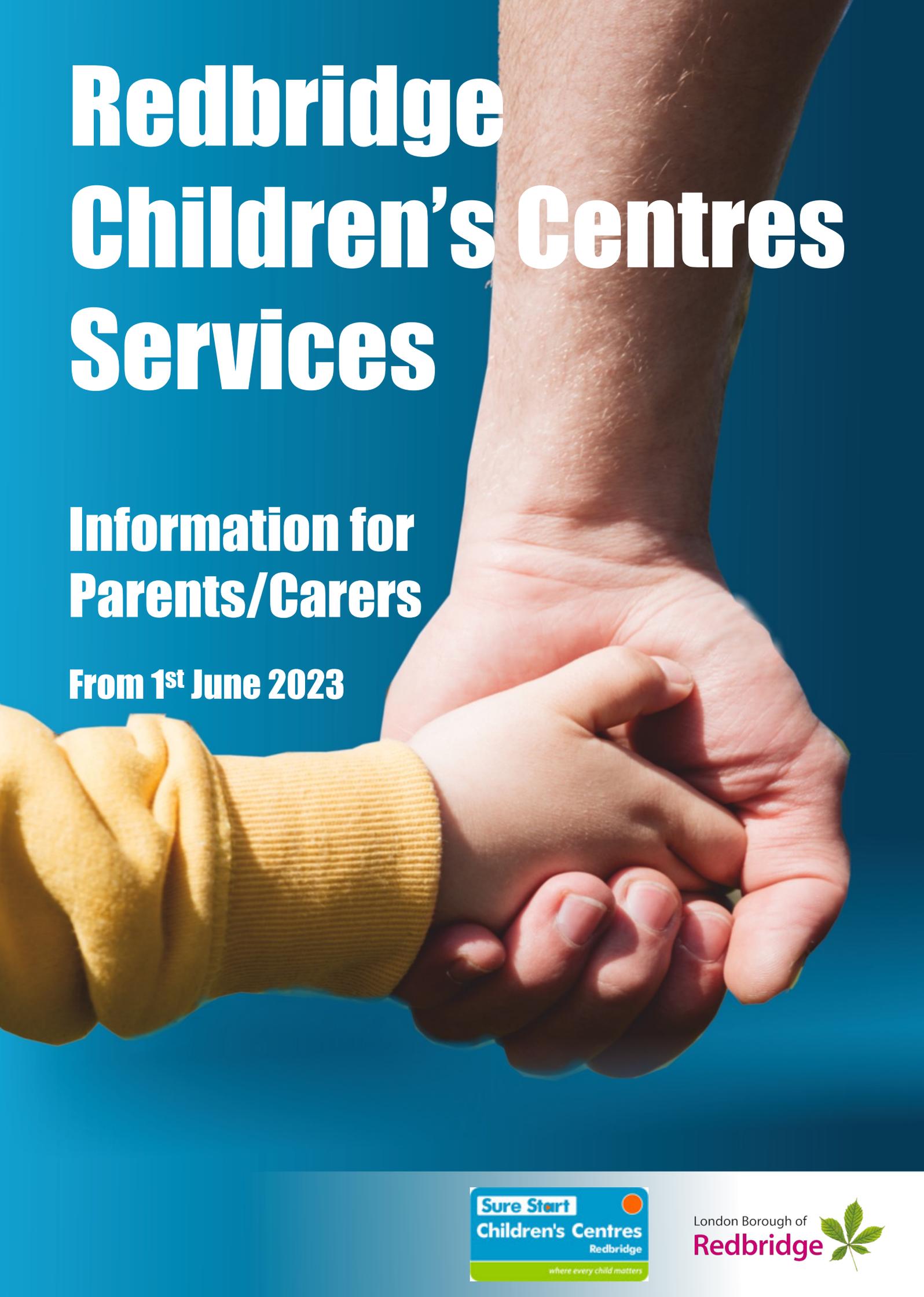


Redbridge Children's Centres Services

Information for
Parents/Carers

From 1st June 2023





“Society is what happens
when babies grow up”

Sally Hogg, 1001 Days Campaign

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Introduction

Happy, healthy and looking forward to the future? That's what you and your child deserve. That is why Redbridge Children's Centres have further developed their range of services designed to offer support during the first months and years of your child's life.

From the moment you know you're expecting a baby, our services and support will be available to you and your child up until your child's 5th birthday (and 8th birthday for children with special educational needs and disabilities).

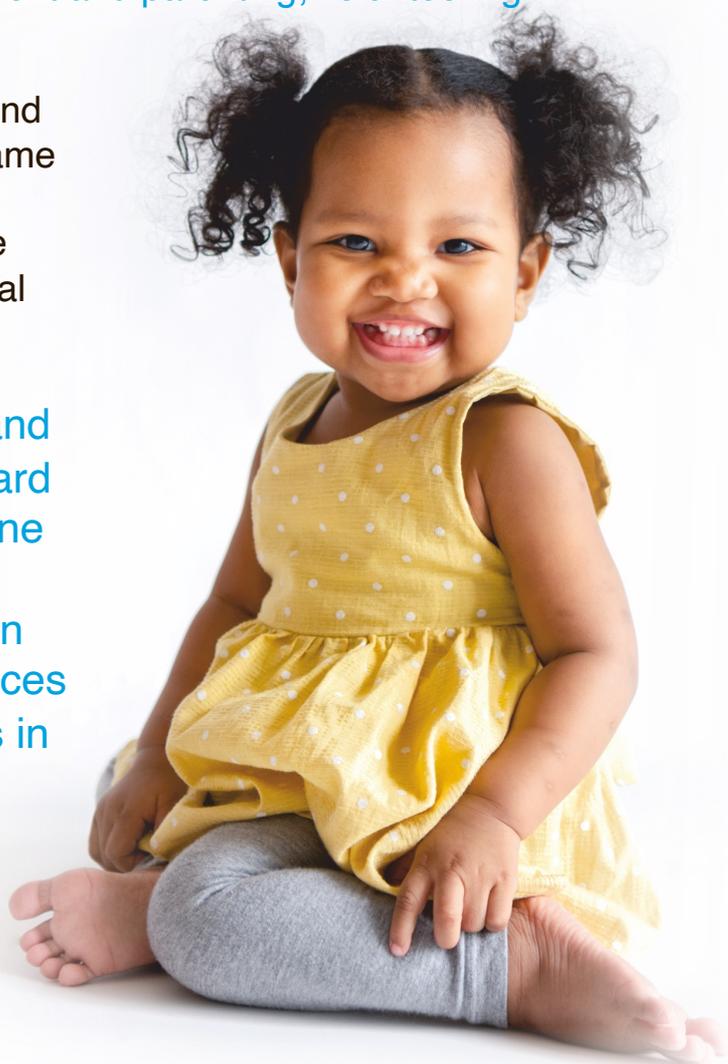
This brochure will provide you with information about Children's Centres in Redbridge, what they offer and how you can access them.

What happens at Children's Centers?

These centres are places where you can go and meet up with mums, dads and carers and access: information, advice and support during tough times; sessions and training courses on child development and parenting; volunteering opportunities and much more.

All centres offer breastfeeding advice and support for new mums, and offer the same core activities and courses with lots of inside and outside play sessions for the little ones. Some centres have additional activities too.

In order to give you more choice and flexibility, we have removed the ward restrictions. Therefore, from 1st June 2023, if you are a resident of the London Borough of Redbridge then you can attend sessions and services from any of the Children's Centres in the borough.



Contact Details

Centre Name	Address	Contact Details
Albert Road Children's Centre	53 Albert Road, Ilford, IG1 1HL	020 8708 2622 albertroadcc@redbridge.gov.uk
Aldersbrook Children's Centre	Ingatestone Road Wanstead E12 5HE	020 8496 0100 aldersbrookcc@redbridge.gov.uk
Newbury hall Children's Centre	Perrymans Farm Road, Newbury Park, IG2 7LD	020 8708 9423 newburyhallcc@redbridge.gov.uk
Hainault Children's Centre	14 Huntsman Road, Hainault, IG6 3SY	020 8708 9423 hainaultcc@redbridge.gov.uk
Loxford Children's Centre	136 Ilford Lane, Ilford, IG1 2LG	020 8708 2622 loxfordcc@redbridge.gov.uk
Orchard Children's Centre	Liston Way, Woodford Green, IG8 7BL	020 8708 8344 orchardcc@redbridge.gov.uk
Thackeray Drive Children's Centre	Thackeray Drive, Chadwell Heath, RM6 4RE	020 8708 5800 thackeraydrivecc@redbridge.gov.uk

Web:
find.redbridge.gov.uk/childrenscentres

Facebook:
www.facebook.com/childrenscentresredbridge/

Instagram:
[nstagram.com/redbridgechildrenscentres](https://www.instagram.com/redbridgechildrenscentres)

Generic Email:
childrens.centres@redbridge.gov.uk

- 1 Early Years Play & Development Centre (EYPAD)
- 2 Albert Road Children's Centre
- 3 Aldersbrook Children's Centre
- 4 Loxford Children's Centre
- 5 Newbury Hall Children's Centre
- 6 Orchard Children's Centre
- 7 Thackeray Drive Children's Centre
- 8 Hainault Children's Centre



The Service Offer

Redbridge Children's Centres are for families with young children who live in the London Borough of Redbridge, which includes families with No Recourse to Public Fund (NRTPF) or are refugees.

The Children's Centres are equipped to offer guidance, support, and information concerning your child's health, growth, education, and care. You will also get lots of ideas and tips on things you can do at home to help your child's healthy development to give them the best start in life.

We provide **FREE GROUP ACTIVITIES** to support you and your child with the following:

- Bonding and attachment between yourself and your child;
- Your mental well-being if you are affected by low mood, anxiety, depression, persistent risk of isolation;
- Child development such as physical development; personal, social and emotional development; and early communication, speech and language development;
- Parenting related issues such as positive behaviour, boundary and sleep routines
- Access to volunteering, training and employment opportunities..

If you have any financial concerns or want to know about how to apply for funding, including for Free Early Education Entitlement for two-year-olds (2FEEE), please book yourself for one of our Cost of Living sessions where you will be able to speak with a Family Support Worker on a One-to-One basis. We can also give you information about services from other council departments, partner agencies and voluntary sector services.

If you would like to know more, please get in touch by emailing us at childrens.centres@redbridge.gov.uk; or pop into your local Children's Centre.



Description of activities, courses and support

Sessions



Baby Explorers with self-weigh – Come along and meet other parents and carers whilst engaging with your baby. The session is suitable for babies from birth to crawling. Support your baby's early development through discussions with other parents/carers, staff and accessing sensory play opportunities. There is an opportunity to self-weigh your baby. A Family Support Worker would be available if you require support.

Toddler Explorers – Come along and meet other parents and carers whilst engaging with your toddler. This is a session suitable for children from walking to four years of age. You will be having the opportunity to support your children's learning through play and prepare for school readiness. A member of staff would be available for advice and guidance.



Stay & Play and Parent-led Stay & Play – Parents, carers and volunteers create an enjoyable interactive session bringing books and rhymes to life. This is a session where parents and carers can create sessions that can inspire other parents and children to play together.

Sensory Room – Three of our centres have Sensory Rooms available for you and your child to enjoy. Sensory rooms provide environments in which you and your baby can experience special sound and visual effects, tactile experiences, vibration, and music in many combinations and variations. The educational activities in a sensory room focus on senses such as feel, sight and sound as well as the more abstract senses of wellbeing, space, time, and togetherness.



Coffee & Chat with information and advice - All parents and carers with children 0-4 years are welcome to attend the Coffee and Chat times. This is an opportunity for you to meet with other parents/carers and make friends. You can also speak with a Family Support Worker who will provide you with information, advice and signpost or refer to other services if needed. Particularly useful for parents of new-born babies or those without a social network.

Description of activities, courses and support

Sessions



Mindfulness – Come and share a collective space to be creative and learn from each other as well as sharing a drink and a chat.

Infant Feeding Café - Join us for a drink and a chat whilst we answer questions you may have about feeding your baby from the breast, or bottle as well as starting solid food. This session is for mothers and babies which is run by a qualified staff from Unicef Baby Friendly.



Story & Rhyme – A fun and creative interactive session that brings books and rhymes to life. Suitable for children from birth to 4 years of age (under 8 for child with SEND). You will receive lots of tips on what you can do at home to enjoy special time with your little ones to improve their vocabulary.

Courses



Baby Massage – Parents and cares of babies from 6 weeks to 6 months can book onto one of our popular Baby Massage courses. By attending the course you would be spending time to get to know your baby, and communicate verbally and non-verbally with them so that they feel loved, valued and respected. This will encourage their happy and healthy development. Massage also helps babies with relaxation and longer sleep, wind, colic and constipation.



Description of activities, courses and support

Courses

Baby and Toddler Music – These bespoke six-week courses were developed in partnership with the Redbridge Music Service. The aim of these courses is to support babies/toddlers' early speech and language development. Each course offers a safe, supportive, and nurturing environment where parents/carers and babies/toddlers can meet in groups to enjoy interactive musical activities and rhymes. As part of the course, you would be expected to buy a Music CD to continue practicing with your baby during and beyond the course.



Bookstart – This course aims to encourage a love of books, stories, and rhymes in children from as young an age as possible. By attending a Bookstart course you'll find hints and tips on how you can have fun sharing stories with your child, free books, more information about BookTrust's Early Years offers, and further activities and book recommendations to continue your reading adventure.

Chatter Matters – This is a three-week course to support children with communication and language development for toddlers age 2½ years and over. By attending the course, you will be learning about strategies that can support your child's communication and language development. Based on your child's needs, you'll be given strategies to try out at home.



Ready to Learn – As a parent/carer you are your child's playmate and main teacher. Come along and see if you are already applying at home with your toddler the tips, ideas, and activities that are recommended for school readiness to support his or her learning and development. This course will cover a series of topics over a few weeks such as: Oral Health, Ditch the Dummy-Bin the Bottle, Toilet Training, Communication and Language, Safety Awareness, Positive Behaviour and Physical Wellbeing.

Parent Gym - Parent Gym is a parenting programme made up of six two-hour sessions with 'missions' to complete at home between sessions. Each programme has up to twenty parents and one Parent Gym Coach. Parent Gym programme has been designed by leading psychologists drawing on research on parenting. All sessions are designed to be highly interactive and participative and delivered by a trained Parent Gym Coach.



Description of activities, courses and support

Courses

Five to Thrive — A 5-week course on children's brain development. Your child's brain is amazing! Research shows that a positive relationship between you and your child supports their healthy brain development through all the different stages of their childhood. Understanding brain development can be difficult. Therefore, our Children's Centre staff have been trained by leading experts in the Five to Thrive approach. This is based on a set of five key activities that are the building blocks of healthy communication and brain development: Respond, Cuddle, Relax, Play, and Talk.



English Conversation Club — A weekly session to learn everyday conversational English and to make friends in a warm and welcoming environment.

Support during difficult times

Cost of Living — One-to-One sessions with a Family Support Worker to guide you through services available locally and to help with applying for childcare such as the funding for two-year olds and nursery places, applying for Healthy Start and Vitamin Scheme, accessing benefits websites and Foodbanks, Baby/Toddler Banks and much more..



Baby & Toddler Banks — They provide parents and carers with essential items needed for a baby/toddler such as clothes, nappies, equipment and other essentials. This is to support families who may be having financial hardship in accessing such items. The items are all clean, safe and **FREE** to families in Redbridge.

We have three Baby and Toddler Banks available as listed below.

- **Orchard Baby Bank at Orchard Children's Centre** | Liston Way, Woodford Green, IG8 7BL | 020 8708 8344 | orchardcc@redbridge.gov.uk
- **Loxford Bay & Toddler Bank at Loxford Children's Centre** | 136 Ilford Lane, Ilford, IG1 2LG | 020 8708 2060 | loxfordcc@redbridge.gov.uk
- **Hainault Baby & Toddler Bank at Hainault Children's Centre** | 114 Huntsman Road, Hainault, IG6 3SY | 020 8708 9423 | newburyhallcc@redbridge.gov.uk

Booking System, Entry Information, and Terms and Conditions

Booking information:

On each day there is a wide range of activities and courses available from our Children's Centres. You can drop-in to all our activities, however, it is advisable that you book in advance via Eventbrite to avoid disappointment due to high demands. No booking is required for our Baby and Toddler Banks.



To book your place please click on the name of the centre given on pages 10-14 of this brochure, or scan the QR code on the left, or visit our [website](#).

PLEASE NOTE: One ticket booked on Eventbrite will give you access to ONLY one child and one adult. If you have more than one child, please book additional tickets.

Entry information:

Your entry includes participation in the session that you have booked for. Please report to the reception 5 mins before and no later than 10 minutes after the start time as late arrivals may be refused entry and your place being given to another family.

Whilst in a Children's Centre, your child remains your full responsibility at all times.

Other information:

No photography or videoing is permitted due to safeguarding reasons. No phone calls are to be taken inside playrooms. If you need to take a call, please remove yourself along with your child and go outside the playroom.

No food or drinks are allowed in the sessions. However, you can bring water with you. There is a private Baby Feeding space where you can enjoy a quieter infant feeding experience but you are also welcome to breastfeed in any of the public areas.

Volunteering Opportunities

We have a rich volunteering programme to help parents/carers develop their skills, gain confidence and get them ready for future career opportunities. The opportunities range from admin roles, going out in the community to promote early years services to local parents, running Parent-led sessions and much more. If you become a volunteer, you will also receive full training, regular supervision and support with your development.



To find out more about volunteering or to register your interest, please scan QR code or go to our [website](#)

MONDAYS

Activity	Time	Centre – Click to book on Eventbrite
Baby Explorers with self-weigh	9:30 – 10:30am	Hainault
	11:30am -12:30pm	Aldersbrook
	2:30 – 3:30pm	Albert Road
Baby Massage	2pm-3pm	Orchard
	2:30 – 3:30pm	Thackeray Drive
Baby Music	9:30 – 10:30am	Newbury Hall
	9:30 – 10:30am	Thackeray Drive
BookStart	9:30 – 10:30am	Thackeray Drive
	11:30am -12:30pm	Aldersbrook
	2:30 – 3:30pm	Hainault
Chatter Matters	9:30am - 10:30am	Aldersbrook
Coffee and Chat	11:00am – 12:00pm	Hainault
Cost of Living	2:00 – 3:30pm	Hainault
Five to Thrive	2:00 – 3:00pm	Online
Infant Feeding Cafe	11:00am – 12:30pm	Newbury Hall (No booking needed)
Mindfulness	2:00 – 3:00pm	Loxford
Parent Gym	9:30 – 11:30am	Loxford
	1.30pm-3:30pm	Orchard
Parent led Stay & Play	9.30am-10.30pm	Orchard
Ready to Learn Workshop	2:30pm – 3:30pm	Aldersbrook
	2:30 – 3:30pm	Newbury Hall
Stay & Play	11:30am – 12:30pm	Albert Road
Story & Rhyme	9:30 – 10:30 am	Albert Road
	11.00 - 12.00pm	Orchard
	2.30 – 3.30 pm	Albert Road
	2:30 – 3:30 pm	Loxford
Sensory Room	9 am – 9:45 am	Loxford
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Orchard
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9:00-9:45am	Newbury Hall
10:00-10:45am		
11:00-11:45am		
1:00-1:45pm		
2:00-2:45pm		
3:00-3:45pm		
Toddler Explorers	9:30 – 10:30 am	Albert Road
	9:30 – 10:30 am	Loxford
	11 am – 12 pm	Loxford
Toddler Music	11 am – 12 pm	Newbury Hall
	11 am – 12 pm	Thackeray Drive

TUESDAYS

Activity	Time	Venue – Click to visit Eventbrite for booking
Baby & Toddler Bank	9:30 – 12:00 am	Loxford (No booking needed)
Baby Explorers with self-weigh	9.30am-10.30am	Aldersbrook
	2.30 - 3.30pm	Thackery Drive
	2:00 – 3:00 pm	Loxford
Baby Massage	230pm-3.30pm	Loxford
Baby Music	1:30 – 2:30 pm	Loxford
Chatter Matters	9:30 – 10:30 am	Orchard
	2:00 - 3:00 pm	Albert Road
Coffee Morning with Information & Advice	10:30 -11:30 am	Orchard
Cost of Living	9:30 am – 12:00 pm	Loxford
	2:00 – 3:30 pm	Albert Road
English conversation Club	2:30 - 3:30 pm	Newbury Hall
Five to Thrive (Online)	2:00 – 3:00 pm	Online – TDCC Add link
Mindfulness	11.30am-12.30pm	Orchard
New Beginnings	11.30 am - 12.30pm	Thackery Drive
Parent Gym	9:30 – 11:30 am	Albert Road
	9:30 - 11:30 am	Newbury Hall
Ready to Learn Workshop	9.30 - 10.30 am	Thackery Drive
	2:30 – 3:30 pm	Hainault
Stay & Play	9.30 - 10.30am	Aldersbrook
	11:30 am – 12:30 pm	Aldersbrook
	2.30 – 3:30 pm	Newbury Hall
Story & Rhyme	2.30pm-3.30pm	Orchard
	2.30pm-3.30pm	Aldersbrook
	2:30 – 3:30 pm	Thackery Drive
Sensory Room	9 am – 9:45 am	Loxford
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Newbury Hall
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Orchard
	10 – 10:45 am	
	11 – 11:45 am	
1 – 1:45 pm		
2 – 2:45 pm		
3 – 3:45 pm		
Toddler Explorers	9:30 – 10:30 am	Albert Road
	9:30-10:30am	Hainault
	9:30 – 10:30 am	Newbury Hall
	11 am – 12 pm	Albert Road
	2pm-3pm	Orchard
Parent Led Toddler Explorers	2:30-3:30pm	Newbury Hall

WEDNESDAYS

Activity	Time	Venue – Click to visit Eventbrite for booking
Baby & Toddler Bank	9:00 am – 12:00 pm	Orchard (No Booking needed)
Baby Explorers with self-weigh	9:30 – 10:30 am	Albert Road
Baby Explorers	9.30 - 10.30 am	Orchard
	1.30 - 2.30 pm	Aldersbrook
Baby Music	11:30 am – 12:30 pm	Hainault
	2:00 – 3:00 pm	Orchard
Toddler Music	2:30 - 3:30 pm	Hainault
BookStart	9.30 - 10.30 am	Aldersbrook
	1.30 - 2.30 pm	Orchard
	3:00 – 4:00 pm	Loxford
	1:30 - 2:30 pm	Albert Road
Coffee Morning with Information & Advice	9.30 – 10.30 pm	Thackery Drive
	11:00 am – 12:00 pm	Orchard
Cost of Living	9.30 am – 12:00 pm	Loxford
	9.30 – 11:00 am	Orchard
	9.30 am – 12.00 pm	Albert Road
	2:00 - 3:00 pm	Newbury Hall
	2:00 - 3:00 pm	Hainault
	2.30 - 3.30 pm	Thackery Drive
Five to Thrive	10.45– 11.45 am	Online
Mindfulness	9:30 am -10:30 am	Hainault
	2:30 - 3:30 pm	Newbury Hall
	11:00 am – 12:00 pm	Thackery
Parent Gym	1:30 – 3:30 pm	Thackery Drive
	1.30pm-3:30pm	Orchard
Parent led Stay and Play	9:30 – 10:30am	Newbury
Ready to Learn	11.30am-12.30pm	Aldersbrook
Stay & Play	1:30 pm – 2:30 pm	Loxford
	11:30 am – 12:30 pm	Albert Road
	9.30 - 10.30 am	Thackery Drive
Story & Rhyme	11:00 – 11:30am	Newbury
	2:00 pm – 3:00 pm	Aldersbrook
Sensory Room	9 am – 9:45 am	Loxford
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Orchard
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Newbury Hall
	10 – 10:45 am	
	11 – 11:45 am	
1 – 1:45 pm		
2 – 2:45 pm		
3 – 3:45 pm		
Young Parents	11:30 – 13:00 pm	Newbury Hall
Toddler Music	2:30 – 3:30 pm	Newbury Hall

THURSDAYS

Activity	Time	Centre – Click to book on Eventbrite
Baby & Toddler Bank	1:45 – 3:30 pm	Hainault (No booking needed)
Baby Explorers with self-weigh	9:30 – 10:30 am	Newbury Hall
	1.30-2.30pm	Albert Road
	2:30 – 3:30 pm	Loxford
Baby Massage	9.30am-10.30am	Aldersbrook
	2:30 – 3:30 pm	Albert Road
Baby massage	9:30 – 10:30 am	Newbury Hall
	2:00 – 3:00 pm	Hainault
Baby Music	11.30am-12.30pm	Aldersbrook
BookStart	9:30 – 10:30 am	Albert Road
	9.15 - 10.15 am	Thackery Drive
Chatter Matters	2:30-3:30 pm	Newbury Hall
Coffee and Chat	11:00 am – 12:00 pm	Newbury Hall
Cost of Living	11:00 am – 12:00 pm	Newbury Hall
	9:30am-11:00am	Hainault
Mindfulness	11.30 – 12.30 pm	Albert Road
Ready to Learn	9:30pm – 10:30am	Loxford
	2:00– 3:30 pm	Thackery Drive
Rhyme Time	2.30pm-3.30pm	Orchard
Stay & Play	9:30 – 10:30 am	Newbury Hall
Story & Rhyme	3:00 – 4:00 pm	Albert Road
	9:30 – 10:30 am	Hainault
	9 am – 9:45 am	Loxford
Sensory Room	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
2 – 2:45 pm		
3-3:45 pm		
Toddler Explorers	9:30 – 10:30 am	Thackery Drive
	11.15 am – 12.15 pm	Thackery Drive
Toddler Music	2.30pm-3.30pm	Aldersbrook

FRIDAYS

Activity	Time	Venue – Click to visit Eventbrite for booking
Baby & Toddler Bank	9:00 – 3:00 pm	Loxford (No booking needed)
Baby Explorers with self-weigh	9:30 – 10:30 am	Loxford
	9.30am-10.30am	Aldersbrook
	9:30am-10:30am	Newbury
	2:30 – 3:30 pm	Hainault
BookStart	9:30 – 10:30	Newbury Hall
Chatter Matters	9.30am 10.30am	Thackery Drive
Coffee and Chat with information & advice	10.30 am – 11.30 am	Loxford
	11am-12pm	Aldersbrook
	11am-12pm	Newbury
Cost of Living	2.30 – 3.30 pm	Albert Road
	2 – 3:30 pm	Loxford
	2.30 - 3.30pm	Thackery Drive
Mindfulness	2.30pm– 3.30 pm	Aldersbrook
Parent Gym	9:30 – 11:30 am	Hainault
Ready to Learn	11:30 – 12:30 pm	Albert Road
	2.30pm-3.30pm	Orchard
Stay & Play	11.30am-12.30pm	Aldersbrook
	2:30 pm – 3:30 pm	Albert Road
	11:15 am – 12:15 pm	Thackery Drive
Story & Rhyme	2.000 – 3:00 pm	Thackery Drive
	2:30 – 3:30 pm	Loxford
	2:30 – 3:30 pm	Newbury Hall
	2pm-3pm	Aldersbrook
Sensory Room	9 am – 9:45 am	Loxford
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Orchard
	10 – 10:45 am	
	11 – 11:45 am	
	1 – 1:45 pm	
	2 – 2:45 pm	
	3 – 3:45 pm	
	9 am – 9:45 am	Newbury Hall (Add links)
	10 – 10:45 am	
	11 – 11:45 am	
1 – 1:45 pm		
2 – 2:45 pm		
3 – 3:45 pm		
Self- weigh	9am-12pm	Orchard
Toddler Explorers	9:30 – 10:30 am	Albert Road
	9:30 – 10:30 am	Aldersbrook
	11.30am – 12.30 pm	Orchard

Redbridge Children's Centres shaping extraordinary futures together

