

MONDAY

- 09:00 - 17:00** **MIDWIFE CLINIC ***
HEATH COMMUNITY HUB, RM10 7HX
- 09:00 - 17:00** **MIDWIFE CLINIC ***
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:00 - 17:00** **PERINATAL MENTAL HEALTH CLINIC***
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:00 - 17:00** **HEALTH VISITOR HEALTH REVIEWS ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** **MESSY PLAY**
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 10:30 - 11:15** **STORY & RHYME**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 11:00 - 12:00** **PEEP-A-BOO * (3-4 YEARS - STARTING JUNE)**
VALENCE LIBRARY RM8 3HT
- 13:30 - 14:30** **PEEP-A-BOO (3-4 YEARS - STARTING MAY)**
VALENCE LIBRARY RM8 3HT
- 14:30 - 15:30** **PORTAGE PLAY & LEARN (CHILDREN WITH COMPLEX NEEDS)**
MARKS GATE COMMUNITY HUB, RM6 5NJ

WEDNESDAY

- 09:00 - 17:00** **MIDWIFE CLINIC ***
HEATH COMMUNITY HUB, RM10 7HX
- 09:00 - 16:00** **MIDWIFE CLINIC ***
MARKS GATE, RM6 5NJ
- 09:00 - 17:00** **MIDWIFE CLINIC ***
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:30 - 11:30** **INFANT FEEDING SUPPORT**
MARKS GATE, RM6 5NJ
- 09:30 - 14:30** **BABYZONE (TERM TIME ONLY)**
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 10:00 - 11:30** **MELLOW BUMPS (6 WEEK PROGRAMME - STARTING 1ST MAY)**
MARKS GATE, RM6 5NJ
- 10:00 - 12:00** **INFANT FEEDING SUPPORT (TERM TIME ONLY)**
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 10:00 - 14:00** **TRIPLE P FOR BABY (TERM TIME ONLY - STARTING 1ST MAY)**
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 10:15 - 11:00** **STORY & RHYME**
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 13:30 - 15:30** **STORY & RHYME**
FIVE ELMS HEALTH CENTRE, RM9 5TT
- 13:30 - 14:30** **PEEP-A-BOO (3-4 YEARS - STARTING MAY)**
MARKS GATE COMMUNITY HUB, RM6 5NJ

FRIDAY

- 09:00 - 17:00** **MIDWIFE CLINIC ***
HEATH COMMUNITY HUB, RM10 7HX
- 09:30 - 11:00** **BABY WEIGHING CLINIC**
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 09:30 - 11:00** **FAMILY HUB DROP IN WITH PARENT & TODDLER PLAY SESSION (2ND FRIDAY OF THE MONTH)**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** **PEEP-A-BOO (0-2 YEARS - STARTING MAY)**
HEATH COMMUNITY HUB, RM10 7HX
- 10:00 - 14:00** **BABY BANK ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 11:00 - 12:00** **TRIPLE P PARENTING PROGRAM SUPPORT ***
MARKS GATE COMMUNITY HUB, RM6 5NJ (3RD FRIDAY OF THE MONTH)

TUESDAY

- 09:00 - 17:00** **MIDWIFE CLINIC ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:00 - 16:00** **MIDWIFE CLINIC ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:00 - 11:30** **INFANT FEEDING**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:30 - 11:00** **BABY WEIGHING CLINIC WITH STAY & PLAY**
MARKS GATE COMMUNITY HUB, RM6 5NJ (1ST TUESDAY EVERY MONTH)
- 10:00 - 11:30** **MESSY PLAY**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 14:00 - 16:00** **HOMES & MONEY HUB**
MARKS GATE COMMUNITY HUB, RM6 5NJ

THURSDAY

- 09:00 - 16:00** **MIDWIFE CLINIC ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 14:00** **BABY BANK ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 13:00** **MUMS MATTER ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:30 - 12:00** **EARLY YEARS CACCOON**
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 12:30 - 14:30** **INFANT FEEDING SUPPORT**
THE WHITE HOUSE, GREEN LANE, RM8 1BX
- 14:00 - 16:00** **HOMES & MONEY HUB**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 16:00 - 17:30** **PLAY & COMMUNICATE (SPEECH AND LANGUAGE NEEDS)**
BECONTREE COMMUNITY HUB, RM8 7QR

EVERYDAY SERVICES

- 09:00 - 16:00** **BABY WEIGHING CLINIC - SELF SERVICE**
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:00 - 16:00** **SENSORY ROOM ***
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:00 - 16:00** **SENSORY ROOM ***
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:00 - 16:30** **FAMILY HUB - ACCESS TO NAVIGATORS**
MARKS GATE COMMUNITY HUB, RM6 5NJ



MONDAY

- 09:30 - 16:30** **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 - 12:00** **LIFE LINE INFANT FEEDING**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 13:00 - 15:00** **PARENT LED WEIGHING SESSION**
DAGENHAM LEARNING CENTRE, RM10 9QS

WEDNESDAY

- 09:30 - 10:30** **PEEP-A-BOO *** (3-4 YEARS - STARTING JUNE)
YOUTH ZONE
- 10:30 - 11:30** **PEEP-A-BOO *** (3-4 YEARS - STARTING JUNE)
YOUTH ZONE
- 10:00 - 11:00** **PLAY SESSION (0-5) BY COCOON**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 10:00 - 12:00** **BABY TRIPLE P *** (8 WEEK PROGRAMME - STARTING 1ST MAY)
BABY-ZONE, RM9 5YX
- 12:30 - 16:30** **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 13:00 - 14:00** **INTRODUCTION TO STARTING SOLIDS WORKSHOP**
PORTERS AVENUE, RM9 5YX (2ND WEDNESDAY EVERY MONTH)

FRIDAY

- 09:30 - 15:00** **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 - 12:00** **STAY & PLAY BY PRECIOUS ANGELS**
PARK CENTRE RECTORY ROAD, RM10 9SA

TUESDAY

- 09:00 - 16:00** **ANTENATAL & POSTNATAL CLINIC ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 09:00 - 11:30** **BABY WEIGHING CLINIC**
JULIA ENGLEWELL HEALTH CENTRE, RM9 5T
- 09:30 - 14:00** **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 - 11:00** **PEEP-A-BOO** (3-4 YEARS - STARTING MAY)
DAGENHAM LEARNING CENTRE, RM10 9QS
- 11:30 - 12:30** **PEEP-A-BOO *** (3-4 YEARS - STARTING JUNE)
DAGENHAM LEARNING CENTRE, RM10 9QS
- 13:30 - 14:30** **PEEP-A-BOO** (0-2 YEARS - STARTING MAY)
DAGENHAM LEARNING CENTRE, RM10 9QS

THURSDAY

- 09:00 - 16:00** **ANTENATAL & POSTNATAL CLINIC ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 09:30 - 10:30** **TOTS N TUNES**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 09:30 - 11:30** **BABY WEIGHING CLINIC**
CHURCH ELM LANE HEALTH CENTRE, RM10 9RR
- 11:00 - 12:00** **TOTS N TUNES**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 12:30 - 14:30** **INFANT FEEDING SUPPORT SESSIONS**
THE WHITE HOUSE, RM8 1BX
- 12:30 - 14:30** **STAY & PLAY BY PRECIOUS ANGELS**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 13:30 - 16:30** **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW

EVERYDAY SERVICES

- 09:30 - 16:30** **FAMILY HUB - ACCESS TO NAVIGATORS**
BARKING LEARNING CENTRE, IG11 7NB
- 09:30 - 16:30** **HOME & MONEY HUB**
BARKING LEARNING CENTRE, IG11 7NB



MONDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:30 - 11:00 TOTS N PLAY**
BARKING LEARNING CENTRE, IG11 7NB
- 13:00 - 15:00 CHILD HEALTH CLINIC**
THAMES COMMUNITY HUB, IG11 0LH
- 15:30 - 17:00 READING BEEZ**
BARKING LEARNING CENTRE, IG11 7NB

WEDNESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 16:00 ANTENATAL & POSTNATAL CLINIC ***
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 13:00 MUMS MATTER**
THAMES COMMUNITY HUB, IG11 0LH

FRIDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:30 - 14:00 CLOTHES & TOY BANK**
THAMES COMMUNITY HUB, IG11 0LH
- 09:30 - 16:00 ANTENATAL & POSTNATAL CLINIC ***
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 11:00 INFANT FEEDING**
BARKING LEARNING CENTRE, IG11 7NB
- 15:30 - 16:30 COMMUNITY FOOD CLUB**
THE HIVE COMMUNITY BUILDING, IG11 8PY

SATURDAY

- 10:00 - 11:15 DADS ROCK**
BARKING LEARNING CENTRE, IG11 7NB
- 10:00 - 11:00 ALBANIAN SPEAKING SFSC * (STARTING 20TH APRIL)**
BARKING LEARNING CENTRE, IG11 7NB
- 14:00 - 16:00 READING BEEZ**
BARKING LEARNING CENTRE, IG11 7NB

TUESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 17:00 ANTENATAL & POSTNATAL CLINIC ***
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 MOTHER & TODDLER SESSION**
AL MADINA MOSQUE, NORTHBURY COMMUNITY HUB, IG11 8PY
- 10:00 - 12:00 NICE BUNCH**
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 12:00 FAMILY NAVIGATOR DROP IN (2ND & LAST TUESDAY EVERY MONTH)**
EASTBURY COMMUNITY HUB, IG11 9LL
- 15:30 - 17:00 READING BEEZ**
BARKING LEARNING CENTRE, IG11 7NB

THURSDAY

- 09:00 - 17:00 ANTENATAL & POSTNATAL CLINIC ***
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 BABY WEIGHING CLINIC**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 10:00 - 12:00 INFANT FEEDING**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 10:00 - 13:00 INFANT FEEDING**
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 13:15 - 14:15 PEEP-A-BOO (0-2 YEARS - STARTING MAY)**
BARKING LEARNING CENTRE, IG11 7NB
- 15:30 - 17:00 READING BEEZ**
BARKING LEARNING CENTRE, IG11 7NB

SUNDAY

- 13:00 - 15:00 READING BEEZ**
BARKING LEARNING CENTRE, IG11 7NB

EVERYDAY SERVICES (MON-FRI)

- 09:30 - 16:30 FAMILY HUB - ACCESS TO NAVIGATORS**
BARKING LEARNING CENTRE, IG11 7NB
- 09:30 - 16:30 HOME & MONEY HUB**
BARKING LEARNING CENTRE, IG11 7NB
- 09:30 - 17:00 SENSORY ROOM * (SEND)**
ABBEY COMMUNITY HUB, IG11 8JA



MELLOW BUMPS

Mellow bumps is a 6-week antenatal group which aims to help you relax and prepare for the birth of your baby. Contact for more info: parentingprogrammes@lbbd.gov.uk

WHERE & WHEN

10:00 - 11:30 WEDNESDAY

MARKS GATE COMMUNITY HUB, RM6 6NJ

[STARTING 1ST MAY 2024]

INFANT FEEDING SUPPORT - DROP IN SESSIONS

Support new parents with both breast feeding or formula feeding. Opportunity to meet other new parents in a safe non-judgmental space. pre-school siblings welcome. For more information contact: Mary – 07762-887738 / Emma - 07762 886634 / Caroline – 07354 609137

WHERE & WHEN

MONDAYS 10:00 - 12:00 - DAGENHAM LIBRARY CENTRE , RM10 9QS
TUESDAYS 09:30 - 11:30 - MARKS GATE COMMUNITY HUB, RM6 5NJ

THURSDAYS 12:30 - 14:30 - THE WHITE HOUSE, DAGENHAM, RM8 1BX
FRIDAY 10:00 - 11:00 - BARKING LEARNING CENTRE, IG11 7NB

TRIPLE P BABY

8 week programme for new parents. Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period.

WHERE & WHEN

10:00 - 12:00 WEDNESDAY

BABY ZONE, RM9 5YX

[STARTING 1ST MAY 2024]

TRIPLE P STEPPING STONES

Triple p stepping stones is an 8 week programme for parents of children with a diagnosed additional need or disability, designed to help children develop, manage behaviour, self care and implement positive discipline practices

WHERE & WHEN

THURSDAYS 10:00 - 12:00 - BECONTREE COMMUNITY HUB, RM8 2QR (STARTING 18TH APRIL 2024)

TUESDAYS 10:00 - 12:00 - BARKING LEARNING CENTRE, IG11 7NB (STARTING 4TH JUNE 2024)

MUMS MATTER

A free 8-week programme designed by mums for mums. It focuses on: empowerment, improving mental health, wellbeing and raising self-esteem. Contact: mumsmatter@haveringmind.org.uk

WHERE & WHEN

TUESDAYS 12:00 - 14:00 - MARKS GATE COMMUNITY HUB, RM6 5NJ

WEDNESDAYS 10:00 - 13:00 - THAMES COMMUNITY HUB, IG11 0LH

THURSDAYS 10:00 - 13:00 - BECONTREE COMMUNITY HUB, RM8 7QR

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES 0-5 YEARS

Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.

WHERE & WHEN

10:00 - 13:00 THURSDAY

AL MADINA MOSQUE, IG11 8PY

[13 WEEK COURSE - STARTING 18TH APRIL 2024]

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES

Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.

WHERE & WHEN

09:30 - 12:30 WEDNESDAY

JAMES CABBELL PRIMARY SCHOOL RM9 6TD

[13 WEEK COURSE - STARTING 17TH APRIL 2024]

ALBANIAN SPEAKING STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES

Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.

WHERE & WHEN

10:00 - 13:00 SATURDAY

BARKING LEARNING CENTRE, IG11 7NB

[STARTING 20TH APRIL 2024]

BENGALI SPEAKING STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES

Strengthening Families, Strengthening Communities (SFSC) is an inclusive evidence-based parenting programme, designed to promote protective factors which are associated with good parenting and better outcomes for children.

WHERE & WHEN

10:00 - 13:00 WEDNESDAY

CHADWELL HEATH ISLAMIC CENTRE, RM6 4AU

[13 WEEK COURSE - STARTING 17TH APRIL 2024]

TRIPLE P TEEN

Triple P teen is a 8 week programme for parents of teenagers which aims to build communication, encourage positive behaviour, deal with risky behaviour, implement parenting routines and self care

WHERE & WHEN

09:30 - 11:30 THURSDAY

GASGOINE PRIMARY SCHOOL, IG11 7DR

[STARTING 18TH APRIL 2024]

MIND PARENT SUPPORT GROUP

6 week online programme for parents/carers of young people aged 11 – 25 struggling with mental health (diagnosed or undiagnosed)
For more information or to self refer please visit www.haveringmind.org.uk/services/parent-support-group/

WHERE & WHEN

18:00 - 20:00 WEDNESDAY

ZOOM

[STARTING 3RD APRIL 2024]

STRONGER RELATIONSHIPS PROGRAMME

A 6 week online programme to reduce parental conflict and understand the impact of conflict on child wellbeing and development.
For Further information contact Eleni or Antoinette: Sfsc-parent@racefound.org.uk

WHERE & WHEN

VARIOUS DATES AVAILABLE

ZOOM

BABY BANK/ CLOTHES TOY BANK

Drop off or collect pre-owned baby items, clothing etc. At Marks Gate and Thames Community Hub.

INTRODUCTION TO STARTING SOLIDS WORKSHOP

Introduction of solid foods begins at around 6 months of age. We recommend you attend one of our workshops once your baby turns 4 months.

SENSORY ROOM

(0-5 years) - come and enjoy sensory equipment. Book via centre.

INFANT FEEDING

Get the support you need to breastfeed successfully and the correct information for responsive formula feeding. Breastfeeding is the healthiest way to feed your baby.

BABYZONE

Drop-in sessions for babies and toddlers (0-4years) and their families. Canteen is open from 12-1:30pm but feel free to also bring your own snacks too.
www.futureyouthzone.org/whats-on-offer/babyzone/

DADS ROCK

Playgroup for new and experienced dads, stepdads, granddads, uncles and men with parental responsibility. Mums welcome as well!

PERINATAL CLINIC

Supporting women with mental health problems during pregnancy and up to a year postnatally.

TOTS N PLAY

A play session for 0-5 years old children at Barking Learning centre.

FAMILIES DROP-IN (SEND)

Limited to those with children with complex medical and/or special educational needs. Contact SENCo Emma Townley to book a time on: 020 8724 1274.

ALL AROUND THE WORLD

Singing popular Nursery Rhymes with actions and signing. No need to book, just turn up and sign in.

CHILD HEALTH CLINIC

Appointments with your health visiting team will be at regular intervals to discuss your child's health and development needs. You can also see them at a child health clinic.

STORY & RHYME

Fun story time with music and rhyme.

FAMILIES TOGETHER

Parent/ volunteer led group, with variety of fun activities including arts & crafts, puzzles and stories at Thames community centre.

PARENT LED WEIGHING SESSION

We have parent led weighing sessions available, where you can come and weigh baby yourself without seeing a health visitor:

MESSY PLAY

Allowing children to be curious and engage with their environment and learn through exploration.

PEEP-A-BOO

Peep-A-Boo will include; Ideas for learning through play, Stories and singing, Signposting, Community family and Shared experiences. Please contact Nicky Price on Nicky.Price@lbbd.gov.uk to book.

MOTHER & TODDLER SESSION

Drop-in session for mother and toddler time at Al Madina Mosque, Northbury Community Hub.

ANTENATAL, POSTNATAL & MIDWIFE CLINICS

Antenatal checks to monitor the health of you & your unborn child. Postnatal for new-born baby checks. Booking through your midwife is required, please call: 0300 300 1813

PEER SUPPORT GROUP

The PSG is exactly what it says it is: a group that offers support from your peers. Facilitated by youth workers with the aim to build resilience, improve physical and emotional wellbeing, increase your understanding in your own emotions and feelings, and how these can effect your mood.

READING BEEZ

This is a fun opportunity to improve your reading skills and collect prizes along the way. You will also learn about endangered animals and how you can help save them by taking part in fun activities.

