

Redbridge Children's Centres

FREE New Service Offer
1 June – 21 July 2023

Information for
Parents and Carers



These sessions may be subject to change.
For the latest information please visit our
website or scan the QR code
<https://find.redbridge.gov.uk/childrenscentres>



London Borough of
Redbridge





**“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).

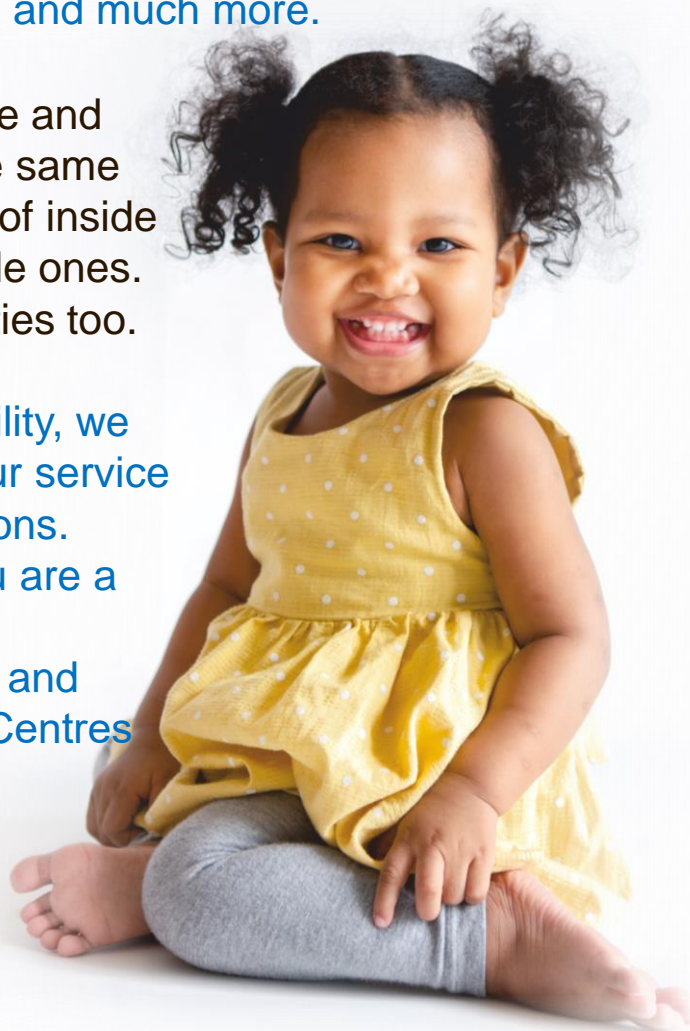
This brochure will provide you with information about Children's Centres in Redbridge, what they offer and how you can access them.

What happens at Children's Centres?

These centres are places where you can go and meet up with mums, dads and carers to 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.

To give you more choices and flexibility, we have brought in some changes to our service offer and removed the ward restrictions. Therefore, from 1st June 2023, if you are a resident of the London Borough of Redbridge, 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 2060 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:
[Instagram.com/redbridgechildrenscentres](https://www.instagram.com/redbridgechildrenscentres)

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

- 1 Albert Road Children's Centre
- 2 Aldersbrook Children's Centre
- 3 Loxford Children's Centre
- 4 Newbury Hall Children's Centre
- 5 Orchard Children's Centre
- 6 Thackeray Drive Children's Centre
- 7 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 here to offer guidance, support, and information concerning your child's health, growth, education, and care. They are here also give 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.

Children's Centres offer a whole range of FREE activities and courses to support you and your child's development. We will provide support for 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 support, including for Free Early Education Entitlement for two-year-olds, 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 organisations.

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



Description of activities, courses and support

Sessions



Baby Explorers with self-weigh (For babies birth to crawling) - This is an excellent opportunity for you to meet with other parents/carers whilst engaging with your baby. Through this session, you can support your baby's early development through discussions with other parents/carers, staff and accessing sensory play opportunities. You can also self-weigh your baby and speak with a Family Support Worker.

Toddler Explorers (For children walking to 4 years) –

Through these creative and exciting sessions you can meet other parents/carers whilst having fun with your toddler. You will have an opportunity to support your children's learning through play and prepare them for school readiness.



Stay & Play and Parent-led Stay & Play (For children birth to 4 years)

Whether it is a session led by a volunteer parent or a member of staff, in our Stay & Play sessions parents and carers create enjoyable interactive sessions, bringing books and rhymes to life while inspiring parents and children to play together.

Sensory Room (For children birth to 4 years) - Three of our centres have Sensory Rooms available for you and your child to enjoy! Sensory rooms provide environments in which you and your child 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 (For children from birth to 4 years)

The Coffee and Chat time gives an opportunity for you to meet with other parents/carers and make new friends. You can also speak with a Family Support Worker who will provide you with information, advice and signpost or refer you to other services if needed. This is particularly useful for parents of newborn babies or those without a local social network.

Description of activities, courses and support

Sessions



Creative Minds (For children 0 to 4 years) - Come and share a collective space to be creative, learn from each other, share a drink and a chat.

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



Story & Rhyme (For children birth to 4 years) - A fun and creative interactive session that brings books and rhymes to life. 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.

New Beginnings (For pregnant mothers and newborn babies) - New Beginnings is a wellbeing session to support you and your newborn baby's development. It is an opportunity for you to talk to other mothers and professionals about anything that is concerning you. A health visitor will also be in this session to give advice, guidance and support.



Courses



Baby Massage (For babies from 6 weeks to 6 months) - You can book on to one of our popular Baby Massage courses. By attending the course you would be spending time getting to know your baby and communicating 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 (For babies below 18 months and toddlers from 18 months) -

These bespoke six-week courses were developed in partnership with the Redbridge Music Service.

The aim is to support children's early speech and language development. Each course offers a safe, supportive and nurturing environment where parents and children can meet in groups to enjoy interactive musical activities and rhymes. You would be expected to buy a Music CD to continue practising with your child during and beyond the course.



Bookstart Toddlers (For children 18 months and over) -

This course aims to encourage a love of books, stories, and rhymes. By attending a Bookstart course, you'll find hints and tips on how to have fun sharing stories with your child, get free books, more information about Book Trust's Early Years offers, and further activities and book recommendations to continue with the reading adventure.

Chatter Matters (For children 2½ years and over) -

This is a three-week course to support children with communication and language development. 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 (For children from birth to 4 years) – As a parent/carer you are your child's playmate and main teacher. This course covers 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. So, why not come along and take home or share your own tips and ideas that support children's learning and development?

Parent Gym (For parents/carers only of children over 2.5 years) -

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. The 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 (For children 0 to 4 years) - A 5-week course on children's brain development. Research shows that a positive relationship between you and your child supports their healthy brain development. Understanding brain development can be difficult and therefore, our 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 (For adults only) – 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, Foodbanks, Baby/Toddler Banks and much more.



Baby & Toddler Banks – We 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 Baby & 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 demand. No booking is required for our Baby and Toddler Banks. You only need to complete the Eventbrite form to register and book. If you need help with registering and booking, then please do not hesitate to ask our staff for help.



To book your place, please **CLICK** on the correct **NAME OF THE CENTRE** given against an activity on pages 10-14 of this brochure. Alternatively you scan the QR code on the left to 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 minutes before and no later than 10 minutes after the start time as late arrivals may be refused entry and your place 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 (Activities and Bookings)

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

TUESDAYS (Activities and Bookings)

Activity	Time	Click to book on Eventbrite
Baby & Toddler Bank	9:30 am – 12:00 pm	Loxford (No booking needed)
Baby Explorers with self-weigh	9.30 am – 10.30 am	Aldersbrook
	2.30 pm – 3.30 pm	Thackeray Drive
	2:00 pm – 3:00 pm	Loxford
Baby Massage	2:30 pm – 3:30 pm	Loxford
Baby Music	1:30 pm – 2:30 pm	Loxford
Chatter Matters	9:30 am – 10:30 am	Orchard
	2:00 pm – 3:00 pm	Albert Road
Coffee & Chat with Information & Advice	10:30 am – 11:30 am	Orchard
Cost of Living	9:30 am – 12:00 pm	Loxford
	2:00 pm – 3:30 pm	Albert Road
English conversation Club	2:30 pm – 3:30 pm	Newbury Hall
Creative Minds	11:30 am – 12:30 pm	Orchard
New Beginnings	11.30 am – 12.30 pm	Thackeray Drive
Parent Gym	9:30 am – 11:30 am	Albert Road
	9:30 am – 11:30 am	Newbury Hall
Ready to Learn Workshop	9.30 am – 10.30 am	Thackeray Drive
	2:30 pm – 3:30 pm	Hainault
Stay & Play	9:30 am – 10:30 am	Aldersbrook
	11:30 am – 12:30 pm	Aldersbrook
	2:30 pm – 3:30 pm	Newbury Hall
Story & Rhyme	2:30 pm – 3:30 pm	Orchard
	2:30 pm – 3:30 pm	Aldersbrook
	2:30 pm – 3:30 pm	Thackeray Drive
Sensory Room	9:00 am – 9:45 am	Loxford
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	9:00 am – 9:45 am	Newbury Hall
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	9:00 am – 9:45 am	Orchard
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
Toddler Explorers	9:30 am – 10:30 am	Albert Road
	9:30 am – 10:30 am	Hainault
	9:30 am – 10:30 am	Newbury Hall
	11:00 am – 12:00 pm	Albert Road
Parent-led Toddler Explorers	2:00 pm – 3:00 pm	Orchard
	2:30 pm – 3:30 pm	Newbury Hall

WEDNESDAYS (Activities and Bookings)

Activity	Time	Click to book on Eventbrite
Baby & Toddler Bank	9:00 am – 12:00 pm	Orchard (No Booking needed)
Baby Explorers with self-weigh	9:30 am – 10:30 am	Albert Road
Baby Explorers	9:30 am – 10:30 am	Orchard
	1:30 pm – 2:30 pm	Aldersbrook
Baby Music	11:30 am – 12:30 pm	Hainault
	2:00 pm – 3:00 pm	Orchard
Toddler Music	2:30 pm – 3:30 pm	Hainault
Book Club	10:45am – 11:45am	Thackeray Drive
BookStart	9:30 am – 10:30 am	Aldersbrook
	1:30 pm – 2:30 pm	Orchard
	3:00 pm – 4:00 pm	Loxford
	1:30 pm – 2:30 pm	Albert Road
Coffee Morning with Information & Advice	9:30 am – 10:30 pm	Thackeray Drive
	11:00 am – 12:00 pm	Orchard
Cost of Living	9:30 am – 12:00 pm	Loxford
	9:30 am – 11:00 am	Orchard
	9:30 am – 12:00 pm	Albert Road
	2:00 pm – 3:00 pm	Newbury Hall
	2:00 pm – 3:00 pm	Hainault
	2:30 pm – 3:30 pm	Thackeray Drive
Five to Thrive	10:45 am – 11:45 am	Online
Creative Minds	9:30 am – 10:30 am	Hainault
	2:30 pm – 3:30 pm	Newbury Hall
	11:00 am – 12:00 pm	Thackery
Parent Gym	1:30 pm – 3:30 pm	Thackeray Drive
	1:30 pm – 3:30 pm	Orchard
Parent led Stay and Play	9:30 am – 10:30 am	Newbury
Ready to Learn	11:30 am – 12:30 pm	Aldersbrook
Stay & Play	1:30 pm – 2:30 pm	Loxford
	11:30 am – 12:30 pm	Albert Road
	9:30 am – 10:30 am	Thackeray Drive
Story & Rhyme	11:00 am – 11:30am	Newbury
	2:00 pm – 3:00 pm	Aldersbrook
Sensory Room	9:00 am – 9:45 am	Loxford
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	9:00 am – 9:45 am	Newbury Hall
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
3:00 pm – 3:45 pm		
Young Parents	11:30 am – 13:00 pm	Newbury Hall
Toddler Music	2:30 pm – 3:30 pm	Newbury Hall

THURSDAYS (Activities and Bookings)

Activity	Time	Click to book on Eventbrite
Baby & Toddler Bank	1:45 pm – 3:30 pm	Hainault (No booking needed)
Baby Explorers with self-weigh	9:30 am – 10:30 am	Newbury Hall
	1:30 pm – 2:30 pm	Albert Road
	2:30 pm – 3:30 pm	Loxford
Baby Massage	9:30 am – 10:30 am	Aldersbrook
	2:30 pm – 3:30 pm	Albert Road
Baby massage	9:30 am – 10:30 am	Newbury Hall
	2:00 pm – 3:00 pm	Hainault
Baby Music	11:30 am – 12:30 pm	Aldersbrook
BookStart	9:30 am – 10:30 am	Albert Road
	9:15 am – 10:15 am	Thackeray Drive
Chatter Matters	2:30 pm – 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
	9:30 am – 11:00 am	Hainault
Creative Minds	11:30 am – 12:30 pm	Albert Road
Ready to Learn	9:30 am – 10:30 am	Loxford
	2:00 pm – 3:30 pm	Thackeray Drive
Rhyme Time	2:30 pm – 3:30 pm	Orchard
Stay & Play	9:30 am – 10:30 am	Newbury Hall
Story & Rhyme	3:00 pm – 4:00 pm	Albert Road
	9:30 am – 10:30 am	Hainault
Sensory Room	9:00 am – 9:45 am	Loxford
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	9:00 am – 9:45 am	Orchard
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	9:00 am – 9:45 am	Newbury Hall
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
1:00 pm – 1:45 pm		
2:00 pm – 2:45 pm		
3:00 pm – 3:45 pm		
Toddler Explorers	9:30 am – 10:30 am	Thackeray Drive
	11:15 am – 12:15 pm	Thackeray Drive
Toddler Music	2:30 pm – 3:30 pm	Aldersbrook

FRIDAYS (Activities and Bookings)

Activity	Time	Click to book on Eventbrite
Baby & Toddler Bank	9:00 am – 3:00 pm	Loxford (No booking needed)
Baby Explorers with self-weigh	9:30 am – 10:30 am	Loxford
	9:30 am – 10:30 am	Aldersbrook
	9:30 am – 10:30 am	Newbury
	2:30 pm – 3:30 pm	Hainault
BookStart	9:30 am – 10:30 am	Newbury Hall
Chatter Matters	9:30 am – 10:30 am	Thackeray Drive
Coffee and Chat with information & advice	10:30 am – 11:30 am	Loxford
	11:00 am – 12:00 pm	Aldersbrook
	11:00 am – 12:00 pm	Newbury
Cost of Living	2:30 pm – 3:30 pm	Albert Road
	2:00 pm – 3:30 pm	Loxford
	2:30 pm – 3:30 pm	Thackeray Drive
Creative Minds	2:30 pm – 3:30 pm	Aldersbrook
Parent Gym	9:30 am – 11:30 am	Hainault
Ready to Learn	11:30 am – 12:30 pm	Albert Road
	2:30 am – 3:30 pm	Orchard
Stay & Play	11:30 am – 12:30 pm	Aldersbrook
	2:30 am – 3:30 pm	Albert Road
	11:15 am – 12:15 pm	Thackeray Drive
Story & Rhyme	2:00 pm – 3:00 pm	Thackeray Drive
	2:30 pm – 3:30 pm	Loxford
	2:30 pm – 3:30 pm	Newbury Hall
	2:00 pm – 3:00 pm	Aldersbrook
Sensory Room	9:00 am – 9:45 am	Loxford
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
	2:00 pm – 2:45 pm	Orchard
	3:00 pm – 3:45 pm	Newbury Hall
	9:00 am – 9:45 am	
	10:00 am – 10:45 am	
	11:00 am – 11:45 am	
	1:00 pm – 1:45 pm	
	2:00 pm – 2:45 pm	
	3:00 pm – 3:45 pm	
Self- weigh	9:00 am – 12:00 pm	Orchard
Toddler Explorers	9:30 am – 10:30 am	Albert Road
	9:30 am – 10:30 am	Aldersbrook
	11:30 am – 12:30 pm	Orchard

Redbridge Children's Centres shaping extraordinary futures together

