Welcome
Welcome to the South Locality Children’s Centres where families with young children can access activities and support in a range of areas of early family life. If you are expecting a baby or are a parent/carer with a child aged 0 to 4 years (up to 8 with a special educational need and/or disability (SEND)), your local Children’s Centre is ready to help.

Opening times
Children’s Centre Hubs are open Monday to Friday – 8.30am to 4.30pm. All other centres are open only when sessions are running.

Address and contact information
Albert Road CC Hub, 020 8708 2622
53 Albert Road, Ilford, IG1 1HL
✉ albertroadcc@redbridge.gov.uk
📍 find.redbridge.gov.uk/albertroadcc

Christchurch CC
Melbourne Road, Ilford, IG1 4HT

Loxford CC Hub, 020 8514 3128
136 Ilford Lane, Ilford, IG1 2LG
✉ loxfordcc@redbridge.gov.uk
📍 find.redbridge.gov.uk/loxfordcc

St Luke’s
St Luke’s Church Hall, Baxter Road, Ilford, IG1 2HN

Thackeray Drive CC Hub
020 8708 5800
Thackeray Drive, Chadwell Heath, RM6 4RE
✉ thackeraydrivecc@redbridge.gov.uk
📍 find.redbridge.gov.uk/thackeraydrivecc

All Saints, All Saints Church, Goodmayes Lane, Goodmayes, IG3 9PB

Peabody, 22 Jaffe Road, Newbury Park, Ilford, Essex, IG1 4BB

Safeguarding
If you are worried about a child’s safety it is important to tell someone. Talk to a member of staff or contact the Redbridge Child Protection Team on 020 8708 3885.

Booking and attending sessions
Some sessions must be booked in advance while some you can just drop in on the day. To book a session please contact the Centre by phone or email. Due to limited spaces at our drop in sessions we advise families to arrive 10 minutes before the start to avoid disappointment. Places are allocated on a first come, first served basis.

Further information and support
Ready to Learn ideas and resources to help families prepare their 0 to 5 year olds for reception class. find.redbridge.gov.uk/readytolearn

Family information, advice and support Families Information Direct (FIND) 0800 587 7500 or 020 8708 8920 find.redbridge.gov.uk

Leisure and libraries
www.vision-rcl.org.uk
whatsonredbridge.org
www.redbridge.gov.uk/libraries

Health services
www.nelft.nhs.uk/services-redbridge

Back to work support
www.redbridge.gov.uk/jobs/work-redbridge

Adult learning and training
Redbridge Institute
020 8550 2398 | www.redbridge-iae.ac.uk

General Council queries
Council Customer Contact Centre
020 8554 5000 | www.redbridge.gov.uk

South Locality
Children’s Centres
Albert Road & Christchurch, Loxford & St Luke’s, Thackeray Drive, All Saints & Peabody

Sessions and activities for Autumn Term, from 28 October to 20 December 2019
### MONDAY
- **Welfare Benefits Advice @ Loxford**
  - 9.00am to 12.00pm
  - Appointment only
- **Parent Gym @ Loxford**
  - 6 week course starts 4 November
  - 9.30am to 11.30am (call to book)
- **Busy Babies @ All Saints**
  - 10.00 to 11.15am (Drop in)
  - For babies 0 to 12 months
- **Little Stars (Indigo) @ Thackeray Drive**
  - Term time only
  - 10.00am to 12.00am (call to book)
  - For children 0 to 4 years with SEND
- **Zumba @ Loxford**
  - 11.15am to 12.15pm (drop in)
  - Open to all families and children 0 – 5 years.
  - £3.00 per session
- **Creative English @ All Saints**
  - Term time only
  - 1.00pm to 2.30pm (Drop in)
  - For adults (talk to staff about crèche)
- **ESOL @ Loxford**
  - 1.00pm to 3.00pm
  - Bookings via Redbridge Institute on 020 8550 3398
- **Benefits Advice Session (DABD) @ Thackeray Drive**
  - 2.00pm to 3.00pm
  - Available 1st & 3rd Monday each month
  - Call on 020 8252 5340 to book.
  - Booking line is open every Thursday between 9.30am to 4.00pm
- **Story and Rhyme Time @ Keith Axon Library, 160-170 Grove Road, Chadwell Heath, RM6 4XB**
  - Fortnightly starting from 28 Oct | 2.00pm to 2.45pm (drop in) | For children 0 to 5 years
- **Baby Massage @ Loxford**
  - 5 week Course starts 11 November
  - 2.00pm to 3.00pm
  - Babies from birth to 6 months

### TUESDAY
- **Stay & Play with Precious Smiles Preschool @ All Saints**
  - Time only
  - 9.45am to 10.45pm (Drop in)
  - For children 2 to 4 years
- **Ante-natal Baby Feeding Café @ Loxford**
  - 1st Tuesday of every month
  - 10.00am to 11.00am (drop in)
- **Busy Babies & Self Weigh @ Albert Road**
  - 10.00am to 11.15am (drop in)
  - For babies from birth to walking
- **Family Support and Advice @ Thackeray Drive or All Saints**
  - 10.00am to 11.30am (call to book)
  - Parents of children 0 to 4 years
- **Rhyme Time @ Central Library**
  - 10.30am to 11.00am (drop in)
  - For children 0 to 5 years
- **Baby Feeding Cafes @ Albert Road**
  - 11.15am to 12.15pm (drop in)
  - For children from birth to walking
- **Baby Feeding Cafes @ Loxford**
  - 11.15am to 12.15pm (drop in)
  - For children from birth to walking
- **Busy Babies @ Thackeray Drive**
  - 1.30pm to 2.45pm (drop in)
  - For babies 0 to 12 months
- **Family Support and Advice @ Albert Road**
  - 2.00pm to 4.00pm (Call to book an appointment)
  - Parents of children 0 to 4 years

### WEDNESDAY
- **Childminders Group @ Thackeray Drive**
  - 20 Nov to 9.00am to 11.00am
  - Term time only
- **SEN Station coffee morning @ Loxford**
  - 9.30am to 12.00pm fort nightly
  - Call 07889 260879 for more information
- **New Beginnings Postnatal Support Group @ Thackeray Drive**
  - 10.00am to 11.00am (call to book)
- **New Beginnings @ Albert Road**
  - Term Time only
  - 10.00am to 11.00am (call to book)
  - Parents and Carers with children under 1
- **Baby Massage @ Thackeray Drive**
  - Starting 27 Nov
  - 10.00am to 11.00am (call to book)
  - For babies 6 weeks to 6 months
- **Baby Feeding Café @ Thackeray Drive**
  - 1.00pm to 2.00pm (drop in)
  - All women including pregnant mums.
  - £3.00 per session or £10.00 for 4 sessions
- **Family Support and Advice @ Albert Road**
  - 2.00pm to 4.00pm (Call to book an appointment)
  - Parents of children 0 to 4 years

### CENTRE CLOSURES
- All Children’s Centres will be closed for staff training purposes on Thursday 31 October.

### SESSION DESCRIPTIONS
SEE NEXT PAGE FOR MORE INFO ON EACH SESSION OR ACTIVITY.

### THURSDAY
- **Chatter Matters @ Thackeray Drive**
  - 6 week course starts 7 November
  - 10.00am to 11.30 am (Call to Book)
  - For children 2 to 4 years
- **Chatter Matters @ Christchurch**
  - 6 week course starts 7 November
  - 10.00am to 11.00am (call to book)
  - For children age 2+
- **Busy Babies @ Thackeray Drive**
  - No session 31 October
  - 10.00am to 11.15am (drop in)
  - For babies 0 to 12 months
- **Busy Boys @ Albert Road (6 week course)**
  - 6 week course starts 14 November
  - 10.30am to 11.30am (call to book)
  - For boys 1 to 3 years
- **Rhyme Time @ Central Library**
  - 10.30am to 11.00am (drop in)
  - For children 0 to 5 years
- **Awaaz @ Loxford**
  - 12.45pm to 3.00pm (drop in)
  - For parents and carers
- **ESOL @ Loxford**
  - 1.00pm to 3.00pm
  - Bookings via Redbridge Institute on 020 8550 2398
- **Parent led Stay & Play @ Thackeray Drive**
  - Term time only
  - 1.30pm to 2.30pm (Call to book an appointment)
  - For children walking to 4 years
  - Please bring piece of fruit

### FRIDAY
- **Busy Babies @ Peabody**
  - 10.00am to 11.00am (drop in)
  - For babies from birth to walking
- **Baby Massage @ Albert Road**
  - 5 week course starts 15 November
  - 10.00am to 11.00am
- **Active Healthy Kids @ St Lukes**
  - 10.00am to 11.00am (drop in)
  - For children age 2+
- **Little Stars @ Albert Road**
  - 10.00am to 12.30pm (drop in)
  - For children 0 to 4 years with SEND
- **Baby Feeding Café @ Loxford**
  - 1.00pm to 2.00pm (call to book)
  - For mothers and babies
- **Bollywood @ All Saints**
  - Term time only
  - 1.30pm to 2.30pm (drop in)
  - For parents with 1 child only (limited creche)
  - £3.00 per session or £10.00 for 4 sessions
- **Book Corner @ Thackeray Drive**
  - Starting 8 Nov
  - 2.00pm to 2.45pm (call to book)
  - For children 18 months to 4 years
- **Sensory Room @ Loxford**
  - Available 9.00am to 4.00pm Monday to Friday (call to book).
  - For children aged 0 to 8 years with SEND
  - Touch, taste, smell, sight and sound have never been so much fun!

**Drop in sessions:** Please arrive 10 minutes before the start to avoid disappointment as spaces are limited and allocated on a first come, first served basis.

**SEND = special educational needs and/or disabilities**
This page offers extra information about each session/activity listed on Children's Centre timetables across Redbridge.

Please note that not all sessions listed below are available at all centres.

**Active Healthy Kids**
Encouraging active lifestyles, physical movement and outdoor play.

**Ante-natal Baby Feeding Café**
Information and support for breastfeeding and infant feeding.

**Awaaz**
Support and friendship for women from diverse backgrounds and ethnicities.

**Baby Feeding Cafes**
Join us for a drink and a chat whilst we answer any questions you have about feeding your baby from breast, bottle as well as starting solid food.

**Baby Massage**
Learn how you can massage your baby and how it helps them feel securely attached and loved. It can also help reduce crying, emotional distress and improve sleep.

**Bollywood**
Be active, get fit and have fun with your child in this dance based session

**Bookstart**
Helping your child to build the foundations to reading by boosting their communication, concentration and imaginative play.

**Busy Babies**
Support your baby’s early development through discussion and sensory play opportunities.

**Busy Boys**
Fun and interactive sessions exploring new ideas that support boys development.

**Busy Toddlers**
Supporting children’s learning through play, home learning and school readiness.

**Chatter Matters course**
Fun activities that supports your child’s speech and language development.

**Child Health Clinic**
Speak with someone from the Health Team, have your child weighed and discuss further health issues and queries.

**Creative English**
Learn English in a fun way to help you to speak English every day.

**English Conversation Classes**
A welcoming session to learn basic conversational English and to make friends.

**ESOL**
A course to help speakers of another language to learn or improve their English.

**Family Support and Advice**
For support and advice on all aspects of family life including free education and childcare for 2, 3 and 4 year olds.

**Healthy Eating Workshop**
An informative workshop with info on foods, drinks, snacks and vitamins as well as tips for fussy eaters.

**Introduction to Solid Foods**
Advice and guidance on how and when to introduce your child to solid foods.

**Little Stars**
Support for children with a developmental delay and/or additional needs and an opportunity for parents and carers to meet.

**New Beginnings**
Weekly postnatal support group, come and meet similar parents and talk about life and parenting.

**Parent Gym course**
Practical, enjoyable and interactive sessions with a different parenting theme each week.

**Rhyme Time**
Share rhymes to help develop your child’s language skills.

**Self Weigh**
An opportunity to weigh your child.

**SEN Station Coffee Morning**
Support group for families with children with SEN. Join us for a drink and a chat.

**Sensory Room**
Touch, taste, smell, sight and sound have never been so much fun!

**Stay and Play**
A pre-school led session providing a variety of play activities and opportunities for parents and children to socialise.

**Talking Therapies**
Are you feeling stressed, anxious, depressed or experiencing low mood? We are working together with Redbridge IAPT to support families through free and confidential talking therapy support.

**Welfare Benefits Advice**
Advice on welfare benefit entitlement and support to complete applications.

**Yoga**
Gentle exercise for you.

**Zumba**
Be active, get fit and have fun with your child in this dance aerobics based session.

### Additional addresses

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Aldersbrook Library</td>
<td>2a Park Road, Wanstead, E12 5HQ</td>
</tr>
<tr>
<td>Fullwell Cross Library</td>
<td>140 High St, Barkingside IG6 2EA</td>
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<tr>
<td>Hainault Health Centre</td>
<td>Manford Way, Chigwell, IG7 4DF</td>
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<tr>
<td>Hainault Library</td>
<td>100 Manford Way, Chigwell IG7 4DD</td>
</tr>
<tr>
<td>Keith Axon Centre Library</td>
<td>160-170 Grove Road, Chadwell Heath RM6 4XB</td>
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<tr>
<td>Ray Park</td>
<td>295 Snakes Lane East, Woodford Green IG8</td>
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<tr>
<td>South Woodford Clinic</td>
<td>114 High Road, South Woodford E18 2QS</td>
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<tr>
<td>Wanstead Library</td>
<td>Spratt Hall Road, Wanstead E11 2RQ</td>
</tr>
<tr>
<td>Wanstead Place</td>
<td>45 Wanstead Place, Wanstead, E11 2SW</td>
</tr>
<tr>
<td>Woodford Green Library</td>
<td>Snakes Lane West, Woodford, IG 0DX</td>
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