Welcome to the West 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.

**Orchard CC, 020 8708 8344**
Liston Way, Woodford Green, IG8 7BL  
Open Monday to Friday 8.30am to 4.30pm  
✉ orchardcc@redbridge.gov.uk  
📍 find.redbridge.gov.uk/orchardcc

**Ray Lodge CC**
Ray Lodge Road, Woodford Green, IG8 7PG  
Open when sessions are running

**Aldersbrook CC, 020 8496 0100**  
Ingatestone Road, Wanstead, E12 5HE  
Open Monday to Friday 8.30am to 12.00pm  
✉ aldersbrookcc@redbridge.gov.uk  
📍 find.redbridge.gov.uk/aldersbrookcc

**Wanstead CC**
33 Wanstead Place, Wanstead, E11 2SW  
Open when sessions are running

**Redbridge School CC**
College Gardens, Redbridge, IG4 5HW  
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.

**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.

**READY TO LEARN**

For more information about how READY to LEARN can help your child please visit find.redbridge.gov.uk/readytolearn

**Further information and support**
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
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| Benefit Advice Session @ Orchard  
25 November & 23 December  
9.30am to 12.30pm  
(call to book)  
For all Redbridge families  
Advice on benefit entitlement and support to complete applications  
Call 020 8252 5340 on Thursdays only to make an appointment.  
Baby Massage @ Ray Lodge  
9.30am to 10.30am  
(call to book)  
Babies 6 weeks to approx. 6 months.  
Infant Feeding Café @ Ray Lodge  
10.30am to 12.00pm (drop in)  
For mothers and babies  
Legs, Bums & Abs @ Orchard  
Starting 30 October  
9.30am to 10.30am (drop in)  
For all Redbridge families  
Costs (£15 for 6 sessions or £3 per session)  
Busy Babies with Self Weigh @ Aldersbrook  
9.30am to 10.45am (drop in)  
For 36 week pregnant to crawling.  
Limited spaces.  
Infant Feeding Café @ Aldersbrook CC  
11.00am to 12.00pm (drop in)  
Form birth upwards  
Busy Toddlers @ Orchard  
Starting 29 October  
1.30pm to 2.45pm (drop in)  
Story & Rhyme Time @ Woodford Green & South Woodford Libraries  
2.30pm to 3.00pm (drop in)  
Run by library staff  
For children 12 to 30 months.  |

**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

**COMING SOON...**

Baby Sensory and Toddler Explore Free Play Sessions at Cranbrook Children's Centre. Information will be available on the web and reception areas.

*Booked session:* please arrive 5 minutes before and no later than 10 minutes after the start time as late arrivals may be refused entry.

*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.
Children’s Centres session and activity descriptions

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.

Awaaaz
Support and friendship for women from diverse backgrounds and ethnicities.

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.

Infant 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.

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

Aldersbrook Library
2a Park Road
Wanstead, E12 5HQ

Fullwell Cross Library
140 High St,
Barkingside IG6 2EA

Hainault Health Centre
Manford Way
Chigwell, IG7 4DF

Hainault Library
100 Manor Way,
Chigwell IG7 4DD

Keith Axon Centre Library
160-170 Grove Road
Chadwell Heath RM6 4XB

Ray Park
295 Snakes Lane East
Woodford Green IG8

South Woodford Clinic
114 High Road,
South Woodford E18 2QS

Wanstead Library
Spratt Hall Road,
Wanstead E11 2RQ

Wanstead Place
45 Wanstead Place,
Wanstead, E11 2SW

Woodford Green Library
Snakes Lane West,
Woodford, IG0 DX