



# 0-5years Health and Wellbeing Programme

# Barking & Dagenham

## Stay and Play

Fun session for all the family

**Thames Community Hub:** Monday 10am to 11.30am

**Valence Library:** Monday 10am to 11.30am

**Barking Learning Centre:** Thursday 9.30am to 10.25am & 10.40am to 11.35am

**Dagenham Learning Centre:** Tuesday 10am to 11.30am

**Village Community Hub:** Wednesday 10am to 11.30am

**Sue Bramley Community Hub:** Monday 10am to 11.30am



## Baby Massage (0 - 6months) 4 – 5 week course

**Booking Only** Click her to register [Programme Registration Form](#)

Get to know your baby in a calm, quiet environment. You can learn more about your baby while relaxing together

**Dagenham Learning Centre** Tuesday 12noon to 1pm

**Becontree Community Hub** Thursday 1.30pm to 2.30pm

**Thames Community Hub** Monday 1pm to 2pm

**Heath Community Hub** Friday 1pm to 2pm

**Gascoigne Community Centre** Friday 10am to 11am

**Marks Gate Community Hub:** Thursday 11am to 12noon



## Babbling Babes

A group for parents/carers and their babies aged 0-18 months. This group gives you special time to play, explore, and communicate with your baby.

**Barking Learning Centre** Thursday 1.15pm to 2.15pm

**Becontree Community Hub** Tuesday 10am to 11am

**Dagenham Learning Centre** Tuesday 1.30pm to 2.30pm

**Marks Gate Community Hub** Thursday 1pm to 2pm

**Heath Community Hub:** Friday 10am to 11am



## Let's Get Moving

A fun family session to get active and moving together through songs and music

**Becontree Community Hub** Tuesday 1.30pm to 2pm

**Valence Library:** Monday 1pm to 1.30pm

**Marks Gate Community Hub:** Thursday 10am to 10.30am



For more information on any of the above sessions please contact the Healthy Lifestyles Team on: **020 8724 8018** or email [healthy.lifestyles@lbbd.gov.uk](mailto:healthy.lifestyles@lbbd.gov.uk)



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**HENRY – Parenting Programme** Click her to register [HENRY registration form](#)

The Healthy Families programme is a free 8-week session, evidence-based programme which supports families with children aged 0-5 years to develop a healthier lifestyle for the whole family. It supports physical and emotional wellbeing, and covers nutrition, physical activity, portion sizes, screen time, self-care, exploring feelings, and managing challenging behaviour. Families will receive FREE leisure vouchers to use for soft play, swimming, and Junior Gym on completion of the programme



## Parenting Programme

Do you have any questions and concerns around the following then come and join us Wednesday 1pm to 2.30pm

Toilet Training, Sleep, Fussy Eating, Eat Well for less, Starting Solids, Healthy Teeth, Play and Language Workshop,

Click her to register [Programme Registration Form](#)



## Play & Communication Advice Sessions

A one-to-one session with a play and communication worker if you have concerns regarding your child's play and communication skills.

Click her to register [Programme Registration Form](#)

## All Around the World

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

**Barking Learning Centre** Friday 10am to 10.45am

For more information, please call 020 8724 8725



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# 0-5years Health and Wellbeing Programme

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## Infant feeding Café

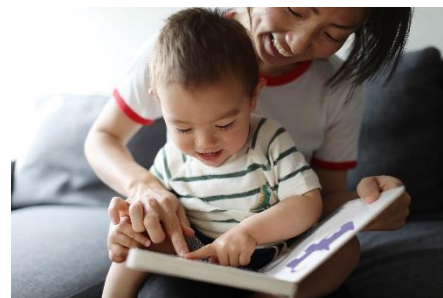
All mothers and babies are welcome to join us for a drink and a chat.

For more information on sessions and advice please email [InfantFeedingBar&Dagenham@nelft.nhs.uk](mailto:InfantFeedingBar&Dagenham@nelft.nhs.uk)

## Story and Rhyme

Fun story time with music and rhyme

**Marks Gate Community Hub:** Thursday 10am to 10.30am



## Tots N Play

Tots N Tunes - a play session for 0-5 years old children!

**Barking Learning Centre:** Monday 10.30am to 12.00noon

For more information, please email [totsntunes@hotmail.com](mailto:totsntunes@hotmail.com)

## Dads Rock

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

**Barking Learning Centre:** Saturday 10am to 11.15am

For more information, please email [totsntunes@hotmail.com](mailto:totsntunes@hotmail.com)



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