

Please note there is a cut off point for entering a session late. Please see Reception for times. All sessions are free unless otherwise stated.

Sue Bramley Children's Centre	
<b>Monday</b>	09:00-17:00 - Citizen's Advice Bureau 10:00 -11:30 - Toddler talk 13:30-15:15 - Child Health Clinic @ Thames View Health Centre
<b>Tuesday</b>	09:30-12:00- Speech & language advice session 10:00-11:15 – Play with a story 14:00-14:45 - Little Rhyme Makers 17:30-18:15 - Cllr surgery (last Tues of the month)
<b>Wednesday</b>	09:00-17:00 - Talking Therapies 09:00–15:30 – Antenatal & postnatal 10:00-11:00 – Family fun time 13:00-15:00 – Golden Years (over 60's group) 13:30-14:30 – Babbling Babes
<b>Thursday</b>	10:00-13:00 – ESOL class * 13:00 – 15:00 Legal advice (3 <sup>rd</sup> Thursday of every month). *Booking only
<b>Friday</b>	09:30 – 11:30 Community café arts & crafts 09:30 – 11:30 Clothes bank
<b>Sensory Space</b>	09.30 – 16.30 Monday – Friday * Call to book
<b>Table Tennis</b>	10:00-16:00 Monday – Friday

Gascoigne Children's Centre	
<b>Monday</b>	Baby massage *Booking only 10:00-12:00 –Legal advice *Booking only 14:00- 15:30 – Infant Feeding Support
<b>Tuesday</b>	9:00-17:00- Lean Living *Booking only 13:15-13:45 – Little Rhyme Makers
<b>Wednesday</b>	10:00-12:30- Creative English 9.30-12.30-Speech and Language Therapy (by appointments only) 10:00-11:00- Introduction to solid foods (4 <sup>th</sup> Wednesday of the month) Child Health Clinic at Abbey Children's Centre-1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of every month (by appointments only)
<b>Thursday</b>	9:15 -13:30 – ESOL class 9:30-16:30 – Income raising clinic 10:00-11:30 - Toddler talk
<b>Friday</b>	10:00-10:45- All around the world 13:30-14:45- Play with a story



<b>Barking Learning Centre</b>	
<b>Monday</b>	09:30-10:30 – Babbling Babes 10:00- 12:00 – Computer session 10:00-13:00- Stop Smoking clinic 18:00-19:00 – Reading group (1 <sup>st</sup> Monday of every month)
<b>Tuesday</b>	09:30-11:00 – Play with a Story 19:30-21:00 – Healing & wellbeing class
<b>Wednesday</b>	10:00- 12:00 – Audio Reading group (1 <sup>st</sup> Wednesday of the month) 10:00-13:00- Stop Smoking clinic 13:00-15:00- Poetry group (Every 2 <sup>nd</sup> & 4 <sup>th</sup> week of the month) 18:00- 20:00 – Box Fit
<b>Thursday</b>	10:30–11:45 – Coffee morning 14:00-14:45 – Little Rhyme Makers 16:00-19:00 – Stop Smoking clinic 19:00- 20:00 – Computer session
<b>Friday</b>	
<b>Saturday</b>	10:00-12:00- Barking Writers group (Every 1 <sup>st</sup> & 3 <sup>rd</sup> week) 10:00-12:00 – Barking Toastmasters club (1 <sup>st</sup> & 3 <sup>rd</sup> Saturday every month) 10:00-14:00- Stop Smoking clinic 11:00-15:00- Food bank (3 <sup>rd</sup> Saturday of the month)
<b>Sunday</b>	12:00-13:00 –Computer session 14:00-15:00 – Lego club

<b>Thames View Library</b>	
<b>Monday</b>	10:00–16:00 – National Careers Service * appointment only 10:00-12:00- Computer workshop
<b>Tuesday</b>	10:00-12:00 – Coffee morning
<b>Saturday</b>	13:30-14:30 – Lego club 11:30-14:30 –Table Tennis

<b>Opening Hours for the Libraries</b>		
	<b>Barking/BLC</b>	<b>Thames View</b>
<b>Monday</b>	<b>9am - 9:30pm</b>	<b>10am – 5pm</b>
<b>Tuesday</b>	<b>9am - 9:30pm</b>	<b>10am - 7pm</b>
<b>Wednesday</b>	<b>9am - 9:30pm</b>	<b>12pm - 5pm</b>
<b>Thursday</b>	<b>9am - 9:30pm</b>	<b>Closed</b>
<b>Friday</b>	<b>9am – 5pm</b>	<b>12pm - 5pm</b>
<b>Saturday</b>	<b>9am – 5pm</b>	<b>11am - 3pm</b>
<b>Sunday</b>	<b>10am – 4pm</b>	<b>Closed</b>

<b>Antenatal &amp; Postnatal Clinic</b>	Routine ante-natal checks to monitor the health of you and your unborn child during pregnancy. Post-natal checks for newborn baby checks. Booking through your midwife is required.
<b>Baby Massage (Aged 0 - 10 months)</b>	A 5 week course which gives mums, dads and carers the opportunity to spend special time interacting with their babies using massage. It helps with babies' communication, sleep and digestion.
<b>Babbling Babes</b>	This group encourages parents and carers to play, explore and communicate with their babies, aged 0-18 months.
<b>Barking Toastmaster club</b>	Providing a platform to people across cultures and ethnicity, to connect, improve on public speaking skills while growing together as individuals and as a community!
<b>Child Health Clinic</b>	A community nursery nurse is available to check the weight and height of your baby.
<b>Citizen Advice Bureau – 1<sup>st</sup> &amp; 3<sup>rd</sup> week @ SBCC</b>	Do you need information on debt, benefits, employment or housing? Citizens Advice has practical, reliable information to help you solve your problems. Call 020 8507 5970 to book an appointment.
<b>Cllr surgery (last Tuesday of the month)</b>	Meet your local Councillor for advice. No appointment needed
<b>Computer workshop</b>	Basic computers skills for adults.
<b>Community café</b>	Community group, have a drink, a chat and enjoy some art and crafts activities
<b>English speaking group</b>	Come along with your children, have fun with various topics whilst practising speaking English.
<b>Family fun time (Aged 0-5 years)</b>	This is a parent-led activity in a relaxed and friendly environment offering a range of activities for all the family to enjoy.
<b>Golden Years – Over 60's group</b>	This is a group for those aged 60 or over, enjoy some refreshment and socialising with other residents. Activities include; cards, music and bingo.
<b>Healing &amp; wellbeing class</b>	Join us for peaceful healing and wellbeing classes led by a trained professional from the Institute of the Pranic Healing.
<b>LEAN Living</b>	Do you want to lose weight and be healthier? If so LEAN living can help you achieve this. Please go to <a href="https://newme.london/">https://newme.london/</a> to book a place.
<b>Income Raising clinic</b>	Check on welfare benefits, financial health checks, debt advice, advice on paying bills and overall money advice.
<b>Table Tennis</b>	Community Table Tennis Table. Fun for all! You will be given 30 minutes of playing time.
<b>Talking Therapies clinic</b>	Talking Therapies is a free & confidential NHS Primary Care Mental Health Service, offering psychological therapy to people registered with Barking and Dagenham GPs.
<b>Little Rhyme Makers (Aged 0 - 5 years)</b>	A music and movement group for children, parents and carers to sing, share music, make friends and learn language together. You can only attend one session per week.
<b>National Careers Service</b>	1-2-1 drop in session help with: Job search skills; CV writing; Interview Skills and much more.
<b>Parenting Programmes – To be booked</b>	Various parenting programmes are available. Contact the centre for dates of 12 week courses to develop new parenting skills. Please call to book your place
<b>Play with a story (Aged 0 - 5 years)</b>	A group for parents, carers and their children to have fun sharing books, stories and activities together. Sharing books from birth helps children to learn to read later on.
<b>Reading group</b>	If you enjoy a good read and a good chat about books and authors, there are several reading groups in the Borough where you can do just that.
<b>Sensory Room (Aged 0 - 5 years)</b>	Come and enjoy the sensory equipment with your child. Please contact your centre to book a slot.
<b>Speech &amp; Language advice session – 3<sup>rd</sup> week – SBCC</b>	A Speech and Language therapist is available for advice and support regarding any questions or concerns you may have about your child's speech, language and communication development. Please contact 020 8911 3740 to book an appointment.
<b>Sternberg Reed - Legal advice service</b>	Free legal advice service on homelessness; rent; mortgage; family law etc. Appointment needed.
<b>Toddler talk (Aged 0 - 5 years)</b>	A group that encourages children with their parents and carers to learn make friends and communicate through play.

