

# Whats on at The Heathway Centre?

7<sup>th</sup> January – 5<sup>th</sup> April 2019



## After School Activities

### Big Chef Little Chef

2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month 3.30pm – 5pm

Cooking offers many sensory experiences from the touch and feel of ingredients to the smell and taste of the finished dish. Cooking can also support maths and science skills and help develop communication skills in a fun environment.

Enabling a child/young person to be involved in the cooking process can also assist with fussy eating habits.

Ages 3 and over     **£1 per child, 50p sibling**

**Booking Essential**

### Make a Splash

Wednesdays 4pm – 5.30pm

Enjoy a fun swim with your family. Heated pool with lighting and music. Children that cannot swim must be supervised and have enough carers to children. Conventional **Swimwear must be worn**: Costumes and swimming trunks and swimming nappies where needed. Don't forget to bring a towel and a wash bag.

**Address:** Trinity School 512 Heathway, Dagenham, Essex RM10 7SJ

### Martial Arts Fitness

Wednesdays 3.45pm – 4.45pm

Interested in martial arts? Want to try out something physical? This session will go through some basic principles of Kung Fu, teach you about patience, coordination, discipline and having fun whilst trying it out! This is a physical activity, so wearing loose sports clothing is recommended.

Delivered by a professional accredited instructor

Ages 5 and over     **£1 per child, 50p sibling**  
**Booking Essential**

### Heathway Youth & Children Group

Thursdays 4pm – 6pm

Fun filled, structured activities for children and young people aged 3 – 17 years. Parents are required to be on site, however are not involved in the activities. Activities include snack time, with children choosing different menus each week. We also provide information and briefings for parents on a wide range of issues, specific to the needs of our parents. Please call the centre for more information.

Ages 3 and over     **£1 per child, 50p sibling**

**Booking Essential**

### Family Zumba – for 6 weeks only\* TBC

Fridays 3.45pm – 4.45pm

Zumba is an exercise fitness programme inspired by the Latin beats of salsa, flamenco and merengue. It combines Latin and international dance moves alternating fast and slow rhythms. Experience our fun family taster sessions which will feel more like a dance party than a workout.

Delivered by a professional accredited instructor

Ages 3 and over     **£1.50 Per Person**

### Family Fun

Saturdays 10am – 12pm

Fun filled, structured activities for children and young people aged 3 – 17 years. Parents are required to be on site, however are not involved in the activities. Activities include snack time, with children choosing different menus each week. We also provide information and briefings for parents on a wide range of issues, specific to the needs of our parents. Please call the centre for more information.

**FREE**

# Activities for Parents/Carers

## Coffee & Catch Up Drop in Mon - Thu 9am – 10am

Offering parent/carers an opportunity to meet other parent/carers at the Heathway's self-contained kitchen. Share your experiences, have a chat and chill out over a cup of tea/coffee. Tea and coffee is provided by the Heathway Centre. Just drop in between the allocated times. **This session is not supervised by staff.**

**No booking required**

## Heathway Parents Forum

2<sup>nd</sup> Monday of each month 10am – 12pm

Heathway parents' forum meets on the **2nd Monday** of each month to support the centre with fundraising for activities, support the planning of services and to get involved in community events aimed at families with disabled children. This is an open forum, all parent/carers welcome. It's a 9.30am meet up for a 10am start. **Please call the centre to confirm dates**

## Downs Syndrome Parents Group \* starts October

First Monday of each month 10am – 12pm

A support group led by parents/carers of children with Downs Syndrome. The group meets monthly to offer advice and support on issues affecting children with downs syndrome. Supported by staff from Queens Hospital. For more information call:

**Salma: 07898 724 821**

**No Booking Required**

## Carers of B&D Parents Group

Last Wed of each month 9.30am – 11.30am

Parents are invited to come along and relax for a couple of hours in a friendly and understanding atmosphere. Why not come along and meet other parents, make new friends and have a chat over a cup of tea or coffee. Occasionally we have guest speakers from other organisations.

**No Booking Required**

## Just for Parents Lunch Club

Every 2<sup>nd</sup> & 4<sup>th</sup> Friday each month 12pm-2pm

Each week a parent/carer is encouraged to cook a meal/dish to be shared with others. An opportunity to make new friends and try delicious new dishes. **£2 charge per person** paid to the chef of the day, and a **£1 suggested donation** towards the Heathway Parents Forum.

**Booking Essential to ensure dietary requirements are catered for\***

## One to One Sensory Room Session

Dependant on availability 9.30am – 3pm

Our **sensory room** is specially designed to support your child's senses, through special lighting, music, and objects. It can be used as a therapeutic session for children with limited communication skills. Sensory equipment can help develop key life skills including vocalisation, motor skills, colour recognition and tracking.

*All parents/carers, professionals must have an induction prior to using the room.*

**Booking Essential**

## Oasis 4 Parents Coffee Morning

Last Thursday of each month 10am – 12pm

This group is parent led and supported by Oasis to provide advice and information on support available for families caring for children and young people with autism and ADHD. Sessions include guest speakers and an opportunity to meet other parent/carers.

**No Booking Required**

## Zumba for Carers – Adults only

To be confirmed

Zumba is an exercise fitness programme inspired by the Latin beats of salsa, flamenco and merengue. It combines Latin and international dance moves alternating fast and slow rhythms. Experience our fun family taster sessions which will feel more like a dance party than a workout.

Delivered by a professional accredited instructor

**£3 per person**

**\*\*No creche facilities available.**

# Services for Parents/Carers

## Computers for Families

Dependant on availability 9.30am – 5pm

We provide computers and free internet access for our parents/carers who need to complete application forms, write letters, personal use, check and send emails, online shopping, browse the internet etc.

**Booking Essential**

## Advice Sessions

Dependant on availability 9.30am – 4pm

These sessions are delivered by our Volunteers and Early Intervention Workers. If you need support and advice on services available in the community, funding and grants available, signposting to organisations and referral to specialist agencies, please book to see a staff member.

**Booking Essential**

## Incredible Years Parenting Programme

A 12-week course adapted to meet the needs of parents and carers of disabled children in LBBB.

The course is delivered in small groups helping parents learn skills on areas such as behaviour management, building positive relationships and gaining an insight into positive parenting techniques. **Referral is Essential.**

Delivered by Carers of Barking & Dagenham on 0208 593 4422. To find out about more courses available, visit them on [www.carerscentre.org.uk](http://www.carerscentre.org.uk)

## Citizens Advice Bureau

1<sup>st</sup> and 3<sup>rd</sup> Wednesday every month  
9.30am – 4.30pm

**Citizens Advice Bureau** provides an independent, confidential service, helping with all income raising, debt, hate crimes, housing and welfare related enquiries. Contact CAB directly to book an adviser appointment on **0208 594 6715** or ask Heathway staff to be booked in.

**Booking Essential**

# Short Breaks Respite Sessions

Respite sessions at the Heathway Centre are provided by organisations commissioned by LBBB. Structured activities that offer your child an opportunity to develop their social and communication skills and enable you to have a break. Meetings with individual providers can be arranged. **You must be assessed for this provision**

**Option1:** Via application to the Short Break Panel by Self-Referral or a referral supported by your family support worker or social worker

**Option2:** Via Direct Payments

## Sycamore Youth Trust 8 – 13 years

Mondays 6pm – 8pm

For further information please contact Sycamore Trust on 0208 517 9317

## Barnardos – Little Stars 1- 3 years

Mon & Wed 10am – 1pm

For further information please contact Little Stars on 0208 554 2888

## Funky Willows 8 - 17 years

Saturdays 12.30pm – 5.30pm

For further information please contact Amy Sanders on 07415 070 436

## Purple Penguin 6 - 17 years

Sundays 10.30am – 3.30pm

For further information please contact Ellen or Wendy on 07881 948 799

# Additional Services

## Speech & Language Therapy Service

Individual and group sessions for children and young people with language and communication difficulties

Delivered by Speech and Language Therapy Service for Children - 0203 644 2209

**You must already be registered with SALT services**

## Home Intervention Service

Support for parents/carers with children at Trinity School. The service aims to provide structured resources through TEACCH programme to enable continuity around strategies used between school and home.

You must be referred by your child's class teacher to access this service.

For more details you can contact Trinity School on **0203 435 5955**

## Short Break 4 Me Grant – e-marketplace

A £200 grant for children & young people living in LBB, who cannot access leisure activities without additional support. For more information visit

[www.shortbreaks4me.co.uk](http://www.shortbreaks4me.co.uk)

## MAX Card

The Max card is a discount card for families of children with additional needs. It is available for children and young people up to 25 years.

Families simply show their Max card on entry to a venue to obtain free or discounted admission to a variety of attractions and or events. The scheme is designed to help families save money on great days out at castles, zoos, bowling alleys and more.

<https://mymaxcard.co.uk/about-us/> **Cost £2.50**

## Radar Keys

Do you have a child or young person with a learning difficulty or disability? Do they find it hard to wait to use a public toilet? You can purchase a radar key from the Heathway Centre. The radar key will allow you to gain access to toilets for disabled people. **Cost £1.50**

**Booking lines will open at the beginning of each week at 10am. If spaces are full, you can request to be put on the waiting list. This guarantees you a space for the following week. Please Contact 0208 227 5500 or drop in to The Heathway Centre to make a booking.**

**\*\*Priority will always be given to children & young people with a diagnosed disability, unless a referral has been made from portage or another specialist service/organisation.**



**Booking Rules:** We ask that you let us know as soon as reasonably possible if you are unable to attend a booked session, so we can offer the space to someone else. Continuous failure to notify us of cancellations may affect future bookings.



**Session Times:** You must arrive no later than 10 minutes after a session has started. Late arrival often disrupts a group that is already in progress, therefore you may be turned away if you arrive more than 10 minutes late.



**Payment Rules:** You can either pay at the door or pay in advance. Cash payments only



**Behaviour Rules:** Parent/Carers, children and young people accessing activities at the Heathway Centre are reminded that we operate a zero-tolerance behaviour policy. All users will be expected to adhere to our acceptable behaviour policy ensuring discrimination, racism, abuse and violence of any kind is not perpetrated upon staff or other users. Staff have the right to refuse access to anyone who is deemed to breach this policy



**The Heathway Centre 512a Heathway,  
Dagenham, Essex, RM10 7SJ**



**0208 227 5500**

[www.lbbd.gov.uk/theheathwaycentre](http://www.lbbd.gov.uk/theheathwaycentre)