

Timetable of Activities

08th Jan 2018 – 31st March 2018

Please note due to Health & Safety, we will be limiting group numbers. 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Computers for families	9am – 5pm dependant on availability					
Coffee & Catch Up Drop In	9am – 10am					
Heathway Parents' Forum <i>(2nd Monday of each month)</i>	10.00am – 12.00pm					
Down Syndrome Parent Support Group <i>(1st Mon of each month)</i>	10.00am 12.00pm					
Heathway Over 11's Youth Club <i>0 – 19 years</i>		4.30pm – 6pm				
Big Chef, Little Chef <i>Last Friday of each Month</i>			4pm – 5pm			
Parents Supporting Parents	10am – 2pm Please contact 0208 227 5500 to book an appointment to speak to one of our volunteers					
*One to One Sensory Room Session	10am – 3pm Available throughout the week. Please contact The Heathway centre to arrange an induction					
Carers of B&D Parents' Group <i>(Last Weds of month)</i>			9.30am – 11.30am			
Citizens Advice Bureau <i>1st and 3rd Wed of each month</i>			9.30am – 4.30pm	Contact CAB directly to book an adviser appointment on 0208 594 6715		
Make a Splash			4pm – 5.30pm			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heathway Children & Youth Club <i>0 – 18 years only</i>				4.00pm – 6.00pm		
'Just for Parents' lunch club					12.00pm – 2.00pm	
Family Fun						10am – 12.00pm

Activity Descriptions

Big Chef, Little Chef	This activity supports parent, carer and children's cooking skills, encourages them to try new foods. <i>*Dates are - 31 Jan 2018, 28 Feb 2018, 28 Mar 2018*</i> *Booking Essential *£1.00 per child and 50p per sibling contribution
Carers of B&D Parents' Group	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 *Last Wednesday of each month*
Coffee & catch up Drop In	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. No booking required, just drop in between the allocated times.
Computers for Families	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. *Always call on the day to check availability for the computers*
Citizens Advice Bureau	Citizens Advice Bureau provides an independent, confidential service offering assistance with all income raising, debt, hate crimes, housing and welfare related enquiries. 1st and 3rd Wednesday of each month *Please phone to book an appointment*
Down Syndrome Parent Support Group	A support group led by parents/carers of children with Downs Syndrome. Supported by staff from Queens Hospital. No booking required. Call Salma – 07898 724 821 or Kate- 07739 929 919 for more information. 8th Jan 2018, 5th Feb 2018, 5th Mar 2018.
Family Fun	A group that encourages children with their siblings, mum, dads and carers to develop socialisation skills through structured and creative play. Activities include snack and circle time, encouraging children to try healthy fruits. This group can support learning and help parent, carers and children to make new friends. *Booking Essential
Heathway Parents' Forum	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. Forthcoming dates: Dates to be confirmed. Please call the centre to confirm.
Heathway Over 11's Youth Club	A session structured for the older aged young people 11- 19 years. A variety of young people led activities. Activities will be developed in consultation with our attendees. Siblings attending must also be over 11 years. *Booking Essential **£1.00 per child and 50p per sibling contribution
Heathway Children & Youth	Fun filled, structured activities for children and young people only. 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. *Booking Essential **£1.00 per child and 50p per sibling contribution

Independent Homework Club	A space for children to access a computer and catch up with their homework. An opportunity for parents/carers to help their children develop their learning skills. NB: Children over the age of 11 years with low needs can access this session independently.
'Just for Parents' lunch club	Each week a parent/carers 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*
Make a Splash	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. *Booking Essential Address: Trinity School 512 Heathway, Dagenham, Essex RM10 7SJ
Parents Supporting Parents *Advice sessions*	These sessions are delivered by our volunteer parents who are supporting and advising parents who need advice on services available in the community. The advice will extend to advising on funding and grants available, signposting to organisations and assisting with filling in forms and applications. Parents will be supported to use the BanD together website. *Booking Essential
Sensory Room	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. *Booking is Essential. All parents/carers, professionals must have an induction prior to using the room.

Short Break 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.**


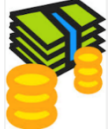

Option1: Via application to the Short Break Panel by Self-Referral or a referral supported by your family support worker or social worker

Option2: Via Direct Payments

Sycamore Youth Club		Barnardo's – 'Little Stars'		Funky Willows		Purple Penguin Club	
Mon	6pm – 8pm	Tues & Wed	10am – 1pm	Sat	12.30am – 5.30pm	Sun	10.30am – 3.30pm

We also run a variety of activities at our centre delivered by specialist support groups and agencies. These include:

Way2Say: Programme for children with social and communication difficulties. 0 – 3 years. **You must already be registered with Portage services	Delivered by Portage Services: 0208 724 8550
Speech and Language Therapy Service (SALT): Individual and group sessions for children and young people with language and communication difficulties. **You must already be registered with SALT services	Delivered by Speech and Language Therapy Service for Children 0203 644 2209
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 Essential	Delivered by Carers of Barking & Dagenham on 0208 593 4422 or visit them on www.carerscentre.org.uk

	<p>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.</p>
	<p>Payment Rules: You can either pay at the door or pay in advance. Cash payments only.</p>
	<p>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.</p>



The Heathway Centre
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0208 227 5500