

# The Heathway Centre Half Term Programme 21<sup>st</sup> Dec 2018– 2<sup>nd</sup> Jan 2019



All sessions will be held at **The Heathway Centre 512a Heathway, Dagenham RM10 7SJ**

You must book on to all Heathway centre activities. Bookings will only be taken from:  
**11am on Tuesday 18<sup>th</sup> December 2018**. You can call on **0208 227 5500** or drop in to the centre

**Siblings are welcome to all our activities**

## Family Cooking Club

Friday 21<sup>st</sup> December 2018  
10.30am – 12pm & 1pm – 2.30pm

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. We will be making **Christmas Cookies**

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

## Games Galore

Friday 28<sup>th</sup> December  
2pm – 4pm

Come and enjoy an afternoon of games and fun activities aimed at getting everyone to play together. We will be playing games such as twister, board games, interactive quiz games and some old school sports games. Parents are required to be on site, however, are not involved in the activities

**Refreshments will be provided.**

**£1 per child, 50p per siblings**

## Holiday Fun Club

Monday 31<sup>st</sup> December  
2pm – 4pm

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.**

Please inform the Heathway Centre of any dietary requirements or food allergies  
**£1 per child, 50p sibling**

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## Movie & Popcorn

Thursday 27<sup>th</sup> December  
2pm – 3.30pm

Come and enjoy a cinema style experience. We will be watching a series of **short Christmas themed** movies.

We will also be serving homemade popcorn as a treat. Children will be required to be supervised by parent/carers.

**£1 per child, 50p sibling**

## Family Fun

Saturday 29<sup>th</sup> December  
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 Activity**

## Family Zumba

Wednesday 2<sup>nd</sup> January 2019  
10am – 11am

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.

**£1 per person**



The Heathway Centre will be closed on the following dates:

- Mon 24<sup>th</sup> December 2018
- Tues 25<sup>th</sup> December 2018
- Wed 26<sup>th</sup> December 2018
- Mon 1<sup>st</sup> January 2019

If you have an urgent query relating to a vulnerable child or vulnerable adult, you can contact Barking & Dagenham council on the switchboard number: **0208 227 3000**.

We will resume normal opening hours on the **2<sup>nd</sup> January 2019** at 9am.

We would like to take this opportunity to wish all our families a Merry Christmas and a Happy New Year.



## Reminder Dates for Heathway Parent & Carers Forum Activities

The following activities have been organised by the **Heathway Parent & Carers Forum**. If you would like more information or to arrange a booking you can email [heathwayparentcarers@gmail.com](mailto:heathwayparentcarers@gmail.com). These activities **are not** delivered by The Heathway Centre.

December 2018				
Day	Time	Activity	Venue	Spaces
8 <sup>th</sup>	6pm	Bingo – Just for Carers	Mecca Bingo, Dagenham Dagenham Leisure Park, Cook Road, Dagenham RM9 6UQ	FULL
10 <sup>th</sup>	10am – 12pm	Heathway Parent/Carers Forum Coffee Morning	Heathway Centre, 512a Heathway, Dagenham RM10 7SJ	FULL
14 <sup>th</sup>	12pm – 2pm	Parent/ Carers Christmas Lunch	Toby Carvery, The Brewery, Romford RM1 1AU	FULL
14 <sup>th</sup>	6pm – 9pm	Beauty & The Beast Pantomime – Relaxed Performance	Broadway Theatre, 11-13 Broadway, Barking IG11 7LS	FULL
January 2019				
3 <sup>rd</sup>	9/30am – 11am	Pizza School. Up to 20 children.	Mod Pizza, Unit 12, The Brewery, Romford RM1 1AU	Available