



0-5years Health and Wellbeing Programme

Barking & Dagenham

September 2022 to December 2022

Stay and Play

Fun session for all the family

Sue Bramley 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 Library: Tuesday 10am to 11.30am

Leys Children Centre: Wednesday 10am to 11.30am* Parent led

Marks Gate Community Hub: Thursday 10am to 11.30am



Baby Massage (0 - 10months) 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 Library Tuesday 12noon to 1pm

Becontree Children Centre Thursday 1.30pm to 2.30pm

Sue Bramley Community Hub Monday 1pm to 2pm

William Bellamy Community Hub Friday 1pm to 2pm

Gascoigne Children Centre Friday 11.45am to 12.45pm



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 Children Centre Tuesday 10am to 11am

Dagenham Library Tuesday 1.30pm to 2.30pm

Marks Gate Community Hub Thursday 1pm to 2pm

William Bellamy Community Hub: Friday 10am to 11am



HENRY – Parenting Programme Click her to register [Programme 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





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Parenting Programme

Do you have any questions and concerns around the following then come and join us Wednesday and Friday 1pm to 2.30pm
Toilet Training, Sleep, Fussy Eating, Starting Solids, Healthy Teeth, Parenting Styles, Play and Language Workshop
Click her to register [Programme Registration Form](#)

Let's Get Moving

A fun family session to get active and moving together through songs and music
Becontree Children Centre Tuesday 1.30pm to 2pm
Valence Library: Monday 1pm to 1.30pm



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](#)

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



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

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