



## 0-5years Health and Wellbeing Programme

**Barking & Dagenham**

**September 2021 to March 2022**



### Stay and Play

Fun session for all the family

**Barking Learning Centre:** Thursday 10am to 11.30am

**Dagenham Library:** Tuesday 10am to 11.30am

**Leys Community Hub:** Wednesday 10am to 11.30am

**Marks Gate Community Hub:** Thursday 10am to 11.30am

**Sue Bramley Community Hub:** Monday 10am to 11.30am

**William Bellamy Community Hub:** Friday 10am to 11.30am

### Baby Massage (0-10months)

Come and get to know your baby in a calm, quiet environment. You can learn more about your baby while relaxing together

#### Face to Face sessions

Dagenham Library Tuesday 1pm to 2pm

Becontree Community Hub Thursday 1pm to 2pm

Sue Bramley Community Hub Monday 1pm to 2pm

William Bellamy Community Hub 1pm to 2pm

#### Virtual

Friday 1pm to 2pm

Click her to register [Programme Registration Form](#)



### 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, Sleeping, Eat Well for Less, Starting Solids, Healthy Teeth, Parenting Tips

Click her to register [Programme Registration Form](#)

### HENRY – Parenting Programme

An online 8 week course to gain and increase your knowledge on Healthy Exercise and Nutrition in the Really Young.

#### Face to Face

Becontree Community Hub Thursday 9.30am to 12pm

Marks Gate Community Hub Wednesday 9.30am to 11.30am

Sue Bramley Community Hub Tuesday 9.30am to 12pm

#### Virtual

Monday 11am to 12pm and Wednesday 11am to 12pm

Click her to register [Programme Registration Form](#)





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### **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 1pm to 2pm  
**Becontree Community Hub** Tuesday 10am to 11am  
**Dagenham Library** Tuesday 1.30pm to 2.30pm  
**Marks Gate Community Hub** Thursday 1pm to 2pm

### **Let's Get Moving**

A fun family session to get active and moving together through songs and music

**Becontree Community Hub** Tuesdays 1.30pm to 2pm  
**Leys Community Hub** Wednesday 1.30pm to 2pm  
**Sue Bramley Community Hub** Tuesday 1.30 to 2pm



### **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 at Becontree Children Centre**

All mothers and babies are welcome to join us for a drink and a chat. We will be able to answer any questions you have about feeding your baby.

**Every Thursday 10am to 11.30am**

For more information please email [InfantFeedingBar&Dagenham@nelft.nhs.uk](mailto:InfantFeedingBar&Dagenham@nelft.nhs.uk)



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](mailto:healthy.lifestyles@lbbd.gov.uk)