

Whats on at The Heathway Centre?

7th May – 25 May 2019



After School Activities

Big Chef Little Chef

2nd & 4th Tuesday each month 3.45pm – 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

Booking Essential

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

Movie & Popcorn

Fridays 4.00pm- 4.45pm

Come and enjoy a cinema style experience at The Heathway Centre. The showings will be made up of a series of short animated films to support short attention spans, whilst encouraging inclusivity.

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

Please inform the Heathway Centre of any dietary requirements or food allergies.

£1 per child, 50p sibling

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

Booking Essential

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

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

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

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

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 LBBDD.

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

Citizens Advice Bureau

1st and 3rd 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 LBBDD. 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

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**

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**

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