



## 0-5years Health and Wellbeing Programme

**Barking & Dagenham**

### Stay and Play

Fun session for all the family

**Thames 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 Learning Centre: Tuesday 10am to 11.30am**

**Village Community Hub: Thursday 10am to 11am**



### Baby Massage (0 – 10 months) 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 Learning Centre**  
**Thames Community Hub**  
**Heath Community Hub**

**Gascoigne Community Centre**  
**Marks Gate Community Hub**  
**Becontree Community Hub:**



### 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 Community Hub Tuesday 10am to 11am**

**Dagenham Learning Centre Tuesday 1.30pm to 2.30pm**

**Heath Community Hub: Friday 10am to 11am**



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## Let's Get Moving

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

**Becontree Community Hub: Tuesday 1.30pm to 2pm**

**Valence Library: Monday 1pm to 1.30pm**

**Village Community Hub: Thursday 11am to 11.30am**



**HENRY – Parenting Programme** Click her to register [HENRY - Healthy Families 0-12 years - Joy \(thejoyapp.com\)](#)

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

## Parenting Programme

Do you have any questions and concerns around the following then and join us Wednesday 1pm to 2.30pm

Toilet Training, Sleep, Fussy Eating, Eat Well for less, Starting Solids, Healthy Teeth, Play and Language Workshop,

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

come





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### Play & Communication Advice Sessions

A one-to-one session with a play and communication worker if you need advice regarding your child's play and communication skills.

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

### Mellow Bumps

A parent workshop for women during pregnancy anytime between 16-30 weeks. Mellow Bumps is a chance to meet other parents-to-be and support each other at this important time in a relaxed atmosphere. The course will help you think about how you feel about becoming a parent and get ready to welcome your baby to the world.

Online on Mondays at 1pm - 2.30pm starting in January 2024

Face to face at Heath Community Hub, Frizlands Lane, Dagenham, RM10 7HX Thursdays, 2pm to 3.30pm from 18 January 2024

To book on please email: [parentingprogrammes@lbbd.gov.uk](mailto:parentingprogrammes@lbbd.gov.uk)



### Story and Rhyme

Fun story time with music and rhyme

**Marks Gate Community Hub:** Monday 10.30 -11.15 am

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)



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