



Bonny Downs
community association

FAMILIES

HAPPY CHILDHOODS AND SUPPORT FOR CARERS



You are warmly invited to join in our programme of low cost activities that will help your children to have fun, stay safe, be healthy, learn and thrive! We also offer support services that will empower you and connect you with other parents/carers in your area. All families in Newham are welcome.

In addition to our regular activity groups detailed overleaf, we also offer:

- Affordable after school and holiday childcare service for primary children.
- Low cost 'Go Wild' summer play schemes for 8-14 year olds.
- Free skills development courses (like parenting skills and basic English).
- Support and signposting for families in crisis.
- Our sister project 'Growing Strong' also helps local children in need.

If you would like to find out more about how our project can support your family, check out our website or contact our team on the details below.



More info online: www.bonnydowns.org/families Email us: families@bonnydowns.org

0208 586 7070

BDCA is a registered charity number 1071625

Please note that the following details were correct at time of print (Feb 2018) but are subject to change. Refer to our website for updated information.

THE FOLLOWING ACTIVITIES TAKE PLACE IN TERM TIME ONLY

Cheeky Chimps Play and Learn - Give your toddlers a fun start to the week at our parent-led Under 5s playgroup at The Well on Monday mornings from 9:30 -11:30am. This popular group is only £1 per child and includes messy play, craft, games, story/song time, healthy snacks and workshops. And from Feb 19th, we will also offer a 10 minute massage station and 20-minute guided mindfulness meditation to help parent/carers relax and de-stress.

Community Choir - 'East Ham Voices' learn songs from around the world together in Bonny Downs Church Hall on Monday nights (fortnightly) from 7:30 - 9:30pm. It's only £1 per session and all over 16s welcome. For more info, contact easthamvoices@gmail.com.

FREE Courses for Parent/Carers – Are you looking to for a friendly place to practice your conversation skills and build your confidence? We partner with Skills Enterprise to run free English courses in the church hall from 10-11am on Tuesdays. We also offer free 'Triple P' courses to help you bond with your child, address challenging behaviour and reduce stress at home. Contact us to book your free place and hear details of our next parenting course.

Tots Go Wild – Pull on those welly boots and bring your Under 5s to our nature themed play group with messy play, gardening, storytelling and sensory from 9:30 - 11:30am on Wednesdays at Flanders Playing Field & Bobby Moore (indoor) Pavilion. Only £1 per child.

FREE WELLyoga - From 22nd Feb, parent/carers can enjoy our new yoga class with core strengthening, relaxing stretches and Under 3s play area at The Well 9.30-10.30 Thursdays.

FREE WELLarty - From 22nd Feb, parent/carers of all artistic ability levels are invited to a new fortnightly art class with crèche from 1-2:30pm at The Well on alternate Thursdays.

FREE Family support services - However you choose to feed your baby, it can sometimes feel like a struggle. We now have breastfeeding peer support at our toddler groups on Mondays and Wednesdays. BDCA's Growing Strong Project also offers activities, healthy food, second hand clothes and support for local children affected by poverty. Call for info.

