



**Thames View
Infants**

Family Support Bulletin



January Edition



and
**Carers of Barking and
Dagenham**
present
Self Care for Carers
Coaching Workshop

WHEN? Monday 20th
January 10am-12 noon

WHERE? at the Memory
Lane Resource Centre, 234a
Porters Avenue, Dagenham

OR

Online (let us know if you
need support to join online)

HOW CAN I SIGN UP?
Places are limited. Book
yours by calling the Carers
Centre on 020 8593 4422

As carers it is so important that we look after ourselves- not only for us but also for the people we care for. But it's not always easy to prioritise ourselves with so much else on our 'to do' list!

Come along to this workshop to learn more about what self-care means, why it is so important, and learn some simple and powerful tools to better take care of your own well being.



Digital Drop-In PC Access, Internet Use and Support

Do you need a safe space to access a computer and use the internet? This could be to pay a bill, complete an important document or just do some shopping!

The Adult College offer free drop-in Digital Support Sessions where you can book a slot to borrow one of their computers for your own use. They even have a friendly face on hand to help if you have a question.

Digital Support Sessions are in the college buildings and run during Term time as follows:

- Parsloes Avenue, Dagenham: Tuesdays, between 1.00-3.30pm
- Ripple Road, Barking: Wednesdays, between 9.30-12.00pm

If you don't have a device of your own, or can't afford the internet, give us a call to book your slot on 020 8270 4722.

REPAIRS SURGERIES



Do you need help with an existing or ongoing repair in your home?

You can now speak to a member of the repairs team face-to-face at Barking Learning Centre or Dagenham Library to get an update on your repairs issue or ask any questions you may have.

- Barking Learning Centre: 9.30am - 3.30pm, Every Monday
- Dagenham Learning Centre: 9.30am - 3.30pm, Every Tuesday

Appointments can be made through the online [booking form](#) or by calling the contact centre on this number 020 8215 3000.

Inclusive Digital Zone



Friendly Sessions to Learn Digital Skills

Every Friday, just drop in
during 11am - 1pm



Inclusive Digital Zone



Barking Learning Centre Community and Family Hub
2 Town Square, Barking, IG11 7NB.
Telephone: 020 8724 8725



ABBEY LEISURE CENTRE OPEN DAY

SATURDAY 25TH JANUARY 2025 8:00-17:00

Come along to our FREE open day and take part in our free activities!

- Free Family Swimming
- Free PT Taster Sessions
- Free Women Only PT Taster Sessions
- Free Mini Treatments
- Free Group Exercise Classes
- Free Face Painter
- Free Balloon Artist
- Community stalls and much more!

Plus, the chance to meet Team GB sprinter Harry Aikines-Aryeetey!



All sessions can be booked via our app or website, book today to secure your space!
www.everyoneactive.com/news/abbey-leisure-centre-open-day/

ABBEY LEISURE CENTRE Bobby Moore Way, Barking, IG11 7HW Tel: 020 3948 4960



Parkrun- Barking

What is Barking parkrun?

A free, fun, and friendly weekly 5k community event. Walk, jog or run – it's up to you!

When is it?

Every Saturday at 9:00am.

Where is it?

The event takes place at Barking Park. See [Course page](#) for more details.

What does it cost to join in?

Nothing - it's free! Please [register](#) before you first come along. Only ever register with parkrun once and don't forget to bring a **scannable** copy of your barcode. If you forget it, you won't get a time recorded!



Please come along and join in whatever your pace!

SCIENCE MUSEUM



Science Museum- Early Birds

Early Birds is a sensory friendly event for families with members who need a quieter environment to enjoy the museum.

This event is suitable for those who benefit from visiting the museum free from the hustle and bustle of the general public (for example, individuals with ASD or sensory processing differences).

Taking place on selected Saturdays and Sundays across the year, we open the museum exclusively before or after hours, and wherever possible will have adjusted operations and/or lowered volume levels on exhibits.

As well as exploring some of the galleries, you can enjoy a selection of fun workshops in a gallery space. There will also be quiet areas for those needing to take a break. More details on exactly what to expect on the day will be sent out in advance of each Early Birds event.

The Early Birds accessible events are completely free and suitable for families with children aged 4–15. Siblings are welcome to attend, but all children and adults attending the event will need to [book](#).



'Dawnosaurus' Relaxed Morning Visit

'Dawnosaurus' is a free event for neurodivergent children (including autism ADHD, Tourette's, OCD and other sensory processing difficulties).

Enjoy the Museum, free from the hustle and bustle of the general public.

Visitors have access to a wide range of galleries and activities, supported by and led by experienced, neurodivergent-aware staff.

This event is best for children aged five to 15, and siblings are welcome.

It's essential that all visitors [book](#) a free ticket online in advance. Tickets are released for each event a few months in advance.



For children with special educational needs, London Transport Museum opens outside of regular hours on certain special days. You can enjoy the museum at a quieter time, free from the general public, and with many of the gallery sounds turned off. Explore our [All-Aboard](#) family spaces in peace, or get hands-on with genuine parts of transport history!

Feel free to come in and use any of our sensory objects including our bespoke stimming board which is crafted by our Learning Team to provide a calming sensory experience for our visitors. Please [book](#) as places are limited- tickets are free for under 18's, carers are admitted free of charge.