EARLY YEARS Cocoon

Parenting booklet

A collaborative booklet full of resources, guidance and local services · 2023

We are thrilled to be a part of creating another valuable parenting booklet, reaching out to numerous local families and providing support on their parenting journey. Behind every project lies a lot of hard work, but it's all worthwhile when we see how it brings together various services available to families in our borough. This, in turn, motivates us to forge stronger relationships with more organisations, all working towards a common goal.

We are delighted to present our 4th edition, focusing this time on the specific areas of learning from the Early Years Foundation Stage statutory framework. These areas are fundamental to the development of young children, and early years settings use them to plan and provide enriching opportunities for kids to enhance their skills. The areas are:

• Literacy • Maths • Understanding the world • Expressive arts and design

Our aim is to make these areas more accessible to families, just as we did with the prime areas of learning in our previous edition. We intend to address them during our playgroup sessions and other events we organise. By working together, we can empower our children and contribute to their healthy growth.

We would like to express our gratitude to the local organisations that have contributed to this booklet, sharing valuable insights on family life, and the supportive services they offer. We've thoughtfully organised these articles according to the above-mentioned areas of learning. Additionally, we've included an extra page with other services that you might find beneficial.

We would also like to take this opportunity to extend our heartfelt appreciation to our main funder, The National Lottery Community Fund, our partners, collaborators, and our dedicated team. Above all, we want to thank our local families, who continue to be at the heart of what we do.

Ever since we started, our mission has always been to build a strong and supportive community. We're immensely proud of the progress we've made, and how the bonds of our "village" have grown stronger over the years. Such achievements are only possible when we come together, embracing our differences and sharing the collective journey of parenting, with all its joys and challenges.

Illustrations & layout: © Calu Design

Natalia Lema

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Instagram: @earlyyearscocoon | www.earlyyearscocoon.co.uk

Barking & Dagenham

About us

Early Years Cocoon CIC (EYC) is an organisation whose activities and services are aimed at benefiting and supporting the community, specifically families with young children in Barking and Dagenham.

We became a CIC (Community Interest Company) in June 2020. Prior to this, we operated as a community group, providing most services on a voluntary basis. Despite being a young organisation, we are passionate about what we do and dedicated to making a positive impact on society.

Our objectives are:

- To develop supportive services for families with young children
- To promote positive parenting by focusing on the learning and development of children
- To strengthen social, communication and artistic skills in young children and their parents
- To share creative and educational practice to ensure the well-being of children within supportive families
- To create multidisciplinary stimuli for children by collaborating with other local community organisations and individuals

Our projects are continually inspired by the needs and insights of our community. We gather this information through various means, including conversations, notice boards, surveys, chats and our registration form. This community-led approach lies at the heart of what we do, as it enables us to adapt and build upon the reality of the families we serve. We recognise the significant impact on the way we facilitate our services of listening to the voices of our families, who often lack opportunities to express themselves.

We receive support from grants, donations and the incredible collaborations we have established since we started.

Sharing books and rhymes

The enjoyment of sharing books is the most important factor in learning to read. By sharing books together, the process of reading is already beginning. It is never too early to start reading to your baby and to chat about the pictures in the story. Reading can take place at any time during the day, even in the bath or on the potty!

Top Tips

- Don't read for too long. **Keep it short**, but do it often, like every bedtime.
- You don't have to read every word. **Talk about the pictures** but don't ask them to name the pictures.
- **Read their favourite stories** again and again. This helps them to understand and remember the language they hear.
- **Books come in different forms**, e.g black and white for newborns, fabric, board, sensory, lift the flaps, paperback and in different languages. All available from your local library free of charge.
- **Make looking at books fun**. Use props, like puppets or cuddly toys, to help bring the words to life. The children can then also do actions to your words. Create a quiet book area with no distractions.
- When at home, **find a quiet place** and turn off the TV or radio. This helps your child to listen and focus on the books.
- Children love the sound of their parent's and carer's voice. **Reading to them can help to calm them**.
- **Be slow and clear when you read**; don't be afraid to use funny voices for different characters in the story. This will make it more interesting or fun for your child.
- **Let other grown-ups read** to your children too.
- REMEMBER: **Reading helps** your child's language to develop.

LBBD Healthy Lifestyles Team (Play and Communication) | healthy.lifestyles@lbbd.gov.uk

Using picture books

Picture books play an essential part in bringing stories to life for children, and depending on the story being told it is a great way to stretch the imaginations of its intended audience.

It's not always easy to keep children engaged when reading books, so it's important that the imagery throughout the story is attractive and interesting. Picture books are also a great way for readers to relate to characters which is why the diverse representation of characters is one of many ways a good book can resonate with children who see themselves in the story.

According to a UK study from the 'Centre for Literacy in Primary Education', in 2021 only 5% of children's books had main characters from ethnic minorities.

When writing my children's book, 'Gboyega Never Gives Up' my main purpose was to create a character whose story would help inspire a young generation to keep on persevering no matter the challenges or obstacles that they may face. It was essential for my story to structure a sequence of events which not only allowed for young children to comprehend what was happening, but also enabled the reader to learn from the character through their own experiences.

Books by Ranti | www.booksbyranti.com | info@booksbyranti.com | @booksbyranti

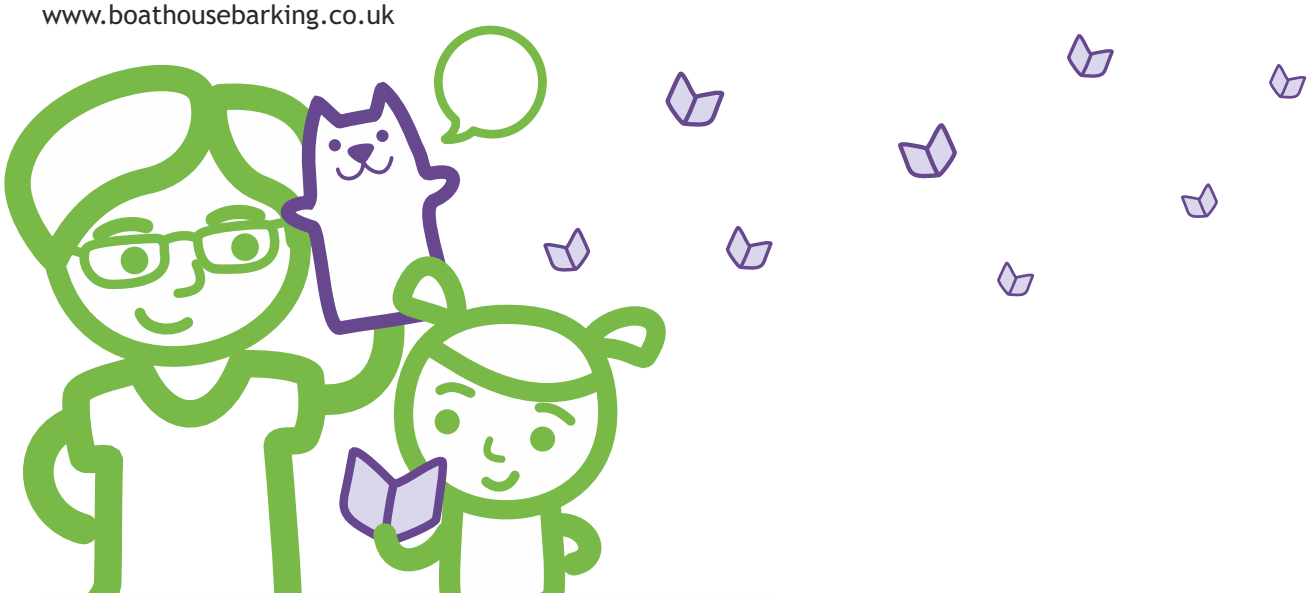
Storytelling fun

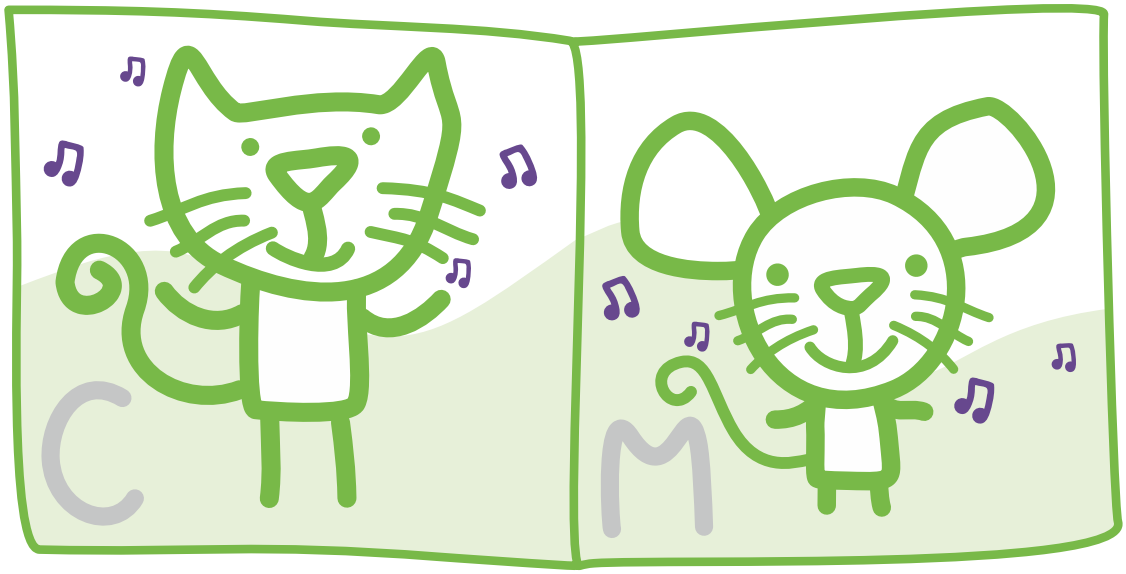
The relationship we have with our under 5s when we share stories with them is one of the most magical times we can spend. Bringing words to life in this shared experience sets them up for a lifetime of love of reading.

- **Enchanting Expressions:** Channel your inner clown, raise your eyebrows, and let your eyes widen with excitement. Your little ones will be captivated by your animated expressions.
- **Puppets and Props:** Introduce puppets and props. Give unique voices to the characters. Use hats, scarves, and stuffed animals to create a vibrant, interactive experience that will keep your little ones engaged.
- **Action-Packed Adventures:** When sharing stories embrace the power of movement. Let your body become the story as you imitate the actions of characters. Encourage your children to let their imaginations run wild with playful movements.
- **Sensational Sensory Experiences:** Engage multiple senses during storytelling to create an immersive experience. Use different textures like soft fabrics or squishy materials to represent elements in the story. By appealing to your child's senses, you'll make storytelling a vivid and memorable adventure.
- **Interactive Inclusions:** Keep your little audience involved in the storytelling process. Ask them open questions, encourage them to predict what might happen next, and let them contribute to the story's development.

The key to captivating storytelling for under 5s is enthusiasm and creativity. Let your imagination soar, and embrace your inner child on this magical storytelling journey.

The Boathouse Studios is running storytelling sessions in Barking and Dagenham, supported by the Early Years and Childcare Service. Carole Pluckrose, Artistic Director, Boathouse Barking CIC
www.boathousebarking.co.uk





Reading time

BookTrust aims to encourage a love of books, stories, and rhymes from as young an age as possible. Sharing books, stories, and rhymes with your child from an early age can help ensure they are happier and healthier and support them to do better at preschool and school.

Reading

- **Try to read with your child every day.** Remember you can read anything anywhere! Signs on a walk to the park, labels at the supermarket or a book at bedtime.
- **Remember reading is not just about words**, pictures enrich all stories and sometimes even tell their own. Look at pictures in books together and talk about what you see.
- **Why not visit your local library**, see how many amazing books you can borrow to read together for FREE!

Stories

- **Children LOVE to hear stories** about themselves and their lives. Talk together and tell stories about your day or encourage their imagination by making up stories together which your child is at the centre of.

Rhymes

- **Children LOVE to sing and have fun.** Whether you sing a nursery rhyme, sing along with the radio or make up your own songs, surrounding your baby or child with jingles and rhymes, you will see them smile and play and you'll be helping them develop their speech.

BookTrust gifts free books and rhymes at key ages to help families read together every day. To find out more about the full range of FREE resources available to you and find more tips and activities to do with your child to foster a love of books, please visit our website or talk to your local library.
BookTrust For Families | https://www.booktrust.org.uk

Learning maths

Learning maths together as a family is a great way to help your child to develop their skills and feel more confident with maths.

You can help your child to see that maths is all around them as you go about your day. Break it down, remove the fear, and show them that making mistakes is a way of learning. Reading stories which involve counting, as well as playing maths games such as pointing out the shapes we see around us, giving directions while walking in the park, noticing how high a tree is, how wide the lake is, how many ducks and swans they can see, are all examples of maths in practice. Playing these kinds of games helps to explore mathematical concepts and ideas, and fosters comprehension and fluency.

As your child grows, talk to them about how maths can be applied in everyday life. Give them a small weekly allowance, encourage them to save for when they want to buy something. This will introduce the concept of budgeting from an early age. Talking about measurements, fractions, ratio and proportion when cooking, or involving them in planning a trip, will help to reinforce and clarify concepts and enable them to practise carrying out simple calculations.

Supporting your children to develop their maths abilities from an early age will positively influence their future success with number skills and contribute to their wellbeing and confidence.

At the Adult College we support families, parents, and carers to develop their maths skills through our family learning sessions and workshops held in local schools and community centres. We also offer maths courses for beginners up to GCSE Maths. All our maths courses are free.
The Adult College of Barking and Dagenham - https://adultcollegeenrol.lbbd.gov.uk/
adultcollegeenquiries@lbbd.gov.uk | T. 020 8270 4722

Exploring patterns

We are surrounded by patterns. A pattern is a design which repeats itself through shapes, lines, colours and so forth. It can be found anywhere and everywhere. Patterns can be as simple as your child counting the petals on a flower or even the stripes on a zebra. Through counting sequences children learn to understand how to recall and find logical connections, make predictions, understand what comes next and form new ways of thinking. Patterns can strengthen the foundation in cognitive concepts and reasoning skills during later years.

Here are a few things you can try at home:

- Using a small potato cut it in half and dip it into paint, try stamping patterns in different colours with your child to help them understand sequencing & counting.
- Using dot stickers on paper to create patterns based on basic shapes like a triangle, square or circle can be lots of fun and also help with fine motor skills & vocabulary.
- Take a crayon or colouring pens and draw around your child's hands in different colours of the rainbow, create different patterns in each hand with squiggly lines, zig zags, dots and watch the patterns unfold.
- Observe nature and count flowers and leaves. With loose fallen foliage create a repetitive patterned art piece or try making a natural headband with foliage too.

Sarina Mantle | www.wildsuga.com

Maths at home

Children are often enthusiastic about topics related to maths such as numbers, colours, shapes, sizes and time, so our role is to enrich their experiences.

Count out loud whenever you have a chance and when it is needed. Going upstairs or downstairs, sorting toys, while shopping, cooking, putting clothes into the washing machine, and so on. You can count actions too.

Cooking is an activity that covers many areas of learning including maths. You can explore capacity (how much milk is needed?), size (do we use a big or small bowl?), colours, shapes (what cutter would you like to use for the biscuits?).

Purchase some **puzzles** (second hand can do the job), and **construction toys** where pieces can be put together to create models. Boxes are very attractive, so any delivery or recycled boxes can be transformed into creative projects.

Talk about the day of the week, month and if it is morning, afternoon or evening. After a few times children will recall this vocabulary.

Singing nursery rhymes that include numbers is one of the best ways to enjoy and learn.

Get a set of flashcards to play with them. Show them what the numbers look like and match cards to real quantities of objects. Go number hunting around the house spotting numbers everywhere.

Water and sand play are very useful for exploring concepts such as empty, half full and full. Pouring into smaller containers or filling bottles with small objects can be fun and educational.

Learning maths is about trying things out in everyday tasks and making knowledge meaningful in the many interactions we have with our children.

Imaginative play

The Make Your Mark team want to let you know how important it is for children of ALL ages to think and play creatively. No matter the resources you can always have fun, whether it's a "Princess Castle" in a cardboard box or a "Camp" in a fort of pillows & blankets; there's no limit for imagination, so let them reach for the stars.

Making friends and playing with other children strengthens the mind, reduces the risk of adolescent anxiety and allows children to build skills that will help with their confidence later on in life.

Easy steps to creating your very own castle
Materials needed:

- Large cardboard boxes (x2)
- Scissors
- Packing tape/sellotape
- Markers/paint
- Craft/wrapping paper (optional)
- Decorative items like ribbons, stickers, or glitter

1. Prepare the cardboard boxes
Large cardboard boxes that are roughly the same size. Cut off the top flaps from both. If different heights, cut one of them to match.

2. Create the base
Place one box vertically on the floor, ensuring the open side is facing forward. Cut out a door shape near the bottom of the box, leaving space for kids to enter. Stack the second box vertically on the first box, aligning edges.

3. Decorate
Use markers/paint to colour the boxes. Add details to walls, such as bricks, windows, or ivy. For an extra touch, cover the walls with craft/wrapping paper. Cut out windows and doors and attach them to the castle with tape.

4. Create features
Cut out square/rectangular shapes to make towers. Attach them to the top corners of the castle. If desired, cut out triangular shapes to make turrets. Attach them to the top of the towers. Decorate the towers and turrets.

5. Finishing touches
Use ribbons, stickers/glitter to embellish the castle to make it more magical. Allow your creativity to shine with any additional decorations you like.

Encourage your child to engage in imaginative play, using the castle as a backdrop for their adventures and storytelling. Remember to supervise children and ensure any small items are safe and age-appropriate. Have fun building your castle!

Carnival arts

The power of carnival arts brings people together across differences and tells stories that bring about learning, positive mental health and physical health, resilience, the healing of social divisions, development of numeric and literacy skills and confidence, to name a few.

UKON Careers uses carnival arts to support individuals into education, employment, and training. We offer volunteering opportunities, work experience and internships, as well as 1-2-1 career coaching. Our work also supports improved mental health and physical well-being, community cohesion, reduction of violence, resilience, and reduction of isolation.

We collaborate with many grassroots organisations, schools, colleges, businesses, and local authorities. We have been working with Early Years Cocoon for just over three years now and we have been delivering workshops to support early years learning, family learning support communication skills, resilience, motivation, literacy, numeracy through arts and crafts, and employability skills for parents/carers, and adults.

Our work is intergenerational, which means we work with children and families, young people, and senior citizens. We believe the best way to support individuals is by wrapping our delivery around the family to support a holistic delivery in which all members of the family are supported and whereby parents/carers and adults can develop skills to support their children, young people as well as their own personal and professional development.

By working in schools and in the community UKON Careers brings these stories to a new generation. Our work experience programmes are open to anyone though we work more with people who are disadvantaged by virtue of race, disability, and other marginal experiences.

https://ukoncareers.com/ | info@ukoncareers.com | @ukoncareers | Facebook: UKON Careers

Dance and movement

Dance and movement for children is a great way to build confidence and self-esteem while also exploring creative ways to engage with your child and improve their concentration levels.

Get up and Move Dice Game - This exercise also partners with an arts and craft workshop.

- **Make two giant dice** out of cardboard boxes. On one box write words like: skip, jump, walk and on the other write action words like ‘in a circle’ and ‘like your favourite animal’.
- **Ask the children to roll both dice** and then **follow the instructions**. This is also fun when it is done to a variety of sounds, such as rain, splashing puddles, birds tweeting, etc.

You could also make fun flash cards of these action and direction words and put them into cloth bags for the children to pick.

BDYD is a champion grassroots charity which makes positive changes to our community by offering high quality arts based projects, youth dance workshops, community arts events and career pathway activities. www.bdyd.uk | bdyd@me.com

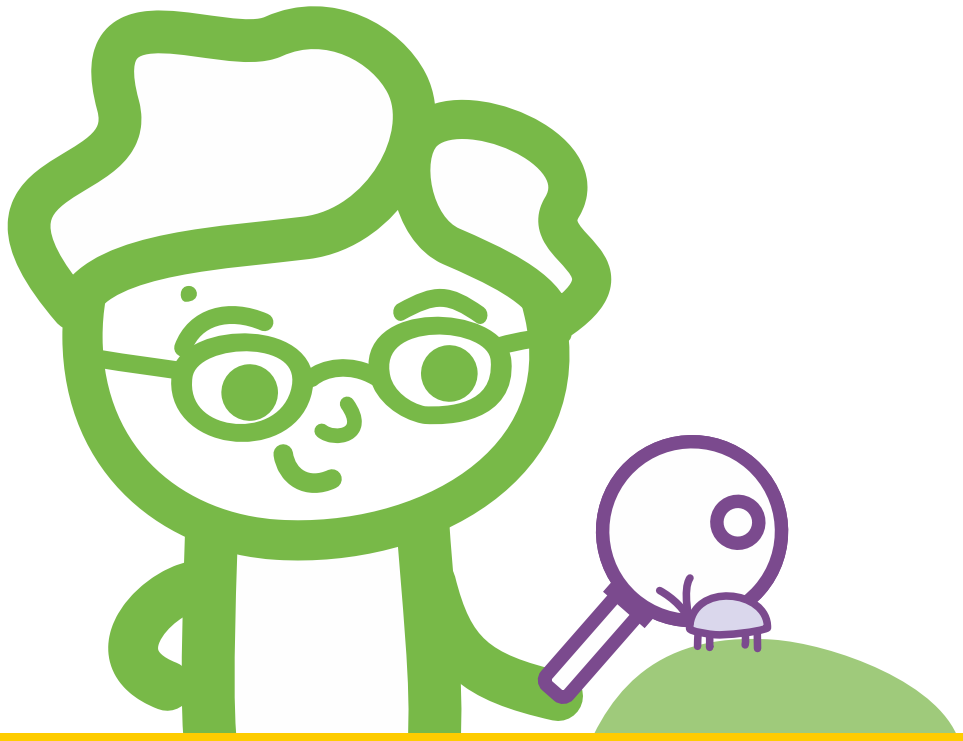
The benefits of art

The benefits of art are many – before children write they draw. Art is a relaxing and calm activity, it allows children a space to be creative, explore new ideas and regulate. Art improves children's coordination skills as well as their fine motor skills and builds their confidence.

From ages 0-5 years children should be given tools and no direction. You can set up an area indoors or outdoors with different paper textures, colour tones, paints, sticks, straws, paper buds, etc and let the children create. Use nature walks to collect treasures and to create art with.

One of our recommendations we have as children grow up is to build an equipment inventory that children can have access to. When you use better quality mediums the standard of art is notably better and encourages the child. It is important that children can access equipment that is within reach. If you have space, store recycled items that children can use in their arts and crafts.

Art from the Start | www.artfromthestart.co.uk | Ulasakr@artfromthestart.co.uk



Exploring the natural world

Taking part in a Forest School is an exciting way to foster holistic learning experiences for children in their early years. A key aim of Forest School sessions is to support families to engage with their local outdoor environment. Families are able to develop skills in teamwork, using tools safely and, in particular, contribute significantly to children's development by enhancing their understanding of the natural world, and how to look after it.

The natural environment offers a sensory-rich experience for our children. From the texture of plants and mud to the sounds around us, children engage their senses in a profound way. Sensory exploration in nature stimulates their cognitive development, enhances their language skills, and promotes emotional well-being.

Attending Forest School sessions provides a rich platform for children to explore and make sense of their environment. By engaging with the natural world, children actively discover the local biodiversity. They are present through the changing seasons, explore various habitats, and encounter different species. They learn to identify plants, insects, and animal tracks, fostering their ability to make observations. These experiences allow them to develop a deep appreciation and curiosity for the natural world.

Crucially, Forest School nurtures children's understanding of the importance of caring for the environment. They learn about sustainability and the impact of human actions on nature. Through engaging in activities like planting seeds, children develop a sense of responsibility towards the natural world and become passionate advocates for its preservation.

Forest school education

Our love for nature is a language that unites us no matter our background. From a learning perspective, being outdoors offers incredible emotional and physical development opportunities, from fine motor skills to teamwork and family bonding. I have been teaching outdoor skills for many years, from early years to adults, and here are the main reasons for why I chose to specialise in forest school education.

Positive, empowering experiences
Forest schools create a positive, child-led learning environment, where children are given the skills to succeed in each activity but are also allowed to choose what to do and explore in their own time. Outdoor activities are fun, creative, and achievable. There is no need for long, dreary overnight expeditions to feel a sense of accomplishment, the best positive experiences are born from many small successes!

Practicing gentleness
One of the most important virtues as a human is the ability to be kind and gentle towards each other. Every single surface in a woodland is covered in thousands of spectacular lifeforms that are linked to us and help keep us alive. The forest school ethos encourages pupils to treat all lifeforms as equally important from the smallest insect to the largest tree. Practicing gentleness is a skill that is vital for social interactions but is just as important in the ever-growing climate of environmental concern.

Accessible to all
Forest school education lends itself particularly well to pupils with special needs, anxiety or disabilities. There are no expectations, no exams, no pressures, only safety and respect. By being shown how to problem-solve and how to assess risk, pupils quickly build independence, motivation and confidence.

Eastbrookend Country Park Ranger Service
www.barkinganddagenhamcountryparks.com
rangers@lbbd.gov.uk

Raising children

Raising children is one of the most intense experiences in someone's lifetime. Love, fear, happiness, sadness, anger, joy... all these familiar emotions multiply and take on a different meaning. Children make us feel the world in a completely different way; they waken our senses, they slow down our rhythm, they soften our hearts and bring a contagious energy and laughter. But they also push us to our limits; tiredness, frustration, anger, patience, sadness, these all reach new heights. We might find ourselves reflected in our child or they might remind us of situations we lived when we were little. Here are some tips that might help you along this incredible journey.

- **Trust yourself and your instincts:** You know your baby best. If something feels off, seek a third or fourth opinion.
- **Trust your baby:** Little ones come with their instructions. Trust and respond to their needs, embracing the process.
- **Allow yourself to feel:** All emotions are valid and teach us valuable lessons. Break free from stereotypes and embrace a realistic, healthy approach.
- **Seek support:** Share emotions with family, attend parenting courses, or join playgroups for empathy and guidance.
- **Treat children with love and respect:** They are little human beings in the making, deserving of compassion, patience and, above all, love. Love is the answer.

Nice Bunch, a Community Interest Company, supports local residents through socialising sessions in a nurturing, friendly and welcoming environment.
nicebunchcic@gmail.com | 077 7939 6161 | @nicebunchcic

Dinky Medics

For many toddlers a visit to the doctors is usually because they are unwell or injured and can sometimes cause distress. Dinky Medic Club, one of Babyzone's five evidence based classes, introduces children to medical practices, equipment and medical roles in a fun and safe environment. X-rays, stethoscopes, thermometers are on standby to deal with all of teddy's bumps and injuries! You will see lots of role plays such as paramedics, doctors, nurses and surgeons; and a range of medical conditions that the children learn to diagnose and fix.

Getting adult help is always a top priority with children learning how to call 999 in an emergency. It's never too early to teach your children what to do in an emergency!

Babyzone is based at Future Youth Zone and is a FREE drop-in for babies and toddlers (0-4 years) – and their families. You don't need to book and there is no timetable at Babyzone, so you can't be late! Classes: Dinky Medics, Toddler Sense, Baby Sensory, Baby Massage, Reading Fairy, Mini Professors – science experiments, Parent First Aid plus much more.
https://www.futureyouthzone.org/whats-on-offer/babyzone/
Facebook: /babyzoneUK | @babyzoneUK

Exploring nature

Being in nature is great for our health. Not only physically – walking and running, doing sports and activities, but also mentally – healing our mind and soul. As parents we struggle to keep the perfect balance between household duties and work, personal interests and providing for our kids. The rhythm of our days is getting busier and busier. Even when it seems that these sleepless nights would never end, there comes a day when our children grow up and become independent. We then start wondering whether we have built that strong connection and bond with our kids.

Spending quality time with our loved ones, no matter how old they are, is precious and rewarding. One of the things we all can do regardless of our abilities is to find time and a way to enjoy the outdoors together. Nature offers so much to connect through. We can discuss the shapes of the clouds, read aloud under the shade of a tree, splash in a puddle, or draw with a stick, spot insects, and give them names, and even make up a story. Maybe this ladybird has a super important task of delivering a message to this ant over there. Or maybe the squirrel is protecting the fairy house which can be seen only at night. The nature provides the scene, the script is up to us.

The love for outdoors is one of the reasons we are so proud of having a sculpture trail based on one of our stories. The sculpture trail offers the opportunity to connect with each other through activities, discussions and noticing the beautiful scenery. We are pleased to learn about kids' tributes and gestures such as saving their lunch to take it to Turtle Arty sculpture and have a picnic with a beautiful view and share the food with Arty. We sometimes take notepads and canvases to paint outdoors. We spot rabbits in the park, hop like them, and then give Rabbit Ray's sculpture a cuddle, charging our A-stone, our minds and our bodies with positive energy and rabbit's curiosity.

Being outdoors is a truly magical feeling.

Arty's Eastbrookend Sculpture Trail is based on BooksByMile story "Arty's Eastbrookend Adventures" and located at Eastbrookend Country Park, the Chase, Dagenham, Romford, RM7 0SS
BooksByMILE | www.booksbymile.co.uk | books@booksbymile.co.uk | 07529172648

Why we need community

Being part of a supportive community has impacted my parenting journey by allowing me to meet other parents and have someone to lean on if I need help, which has had a major impact on my confidence. I feel like I can conquer anything.

"A supportive community is often the reason I leave the house. It's so relieving when you realize you're not alone in the daily struggle, and it's such a delight to share tips and advice. My relationship with my children is also refreshed through these encounters, as it's the perfect setting to model how to make friends!".

It's a blessing to have a supportive hand. Parenting might be overwhelming at times when you feel worried, stressed and constantly questioning yourself. Being able to share the thoughts, advice, personal journeys and support each other is so precious.

"Walking down the street we're individuals, strangers from different backgrounds. But together we support each other, share milestones, births, tantrums and we're not alone in it. We have community who "get it", who are in it with us, who can speak into the joys and sorrows. No longer individuals but together there's unity and community".

It has also given us parents, grandparents, guardians a space where to share our personal experiences. A lot of us don't have families that we can rely on and parenting can be very hard at times when done alone. A supportive community creates a village, a family where everyone supports each other and it provides a space where children are happy to come back. I have seen massive improvements with my own children since taking part in the amazing playgroups provided by Cocoon and we are looking forward to more.

"They say, 'it takes a village to raise a child,' and during this time of such intense turmoil in the world, it is refreshing to be a part of a community where children along with their parents who are coming from different cultures and colours are playing and mingling alongside each other. Little do these little ones know they are on a journey of their own and I hope these innocent children can grow and intermingle so that one day when they grow up, they will be nurtured to be a more tolerant and hopefully a better nation than what we are".

Other local services

Mums Matter LBBD is a free 8-week peer support course which aims to empower and support mums with children aged 2 and under, to take control of their mental health and well-being during the perinatal period – FREE crèche provided.
Mind in Havering, Barking & Dagenham
www.haveringmind.org.uk/services/mums-matter/
mumsmatter@haveringmind.org.uk @mumsmatter.hbdmind

Barking & Dagenham Talking Therapies offer free and confidential mental health support (through individual and group therapy) for people who are experiencing depression, anxiety, and stress.
www.talkingtherapies.nelft.nhs.uk/barking-and-dagenham
For further information or to self-refer, please call 0300 300 1554 (option 3)

Future MOLDS Communities (FMC) is a youth and resident led organisation providing activities and services from John Smith House community hub.
www.futuremc.org.uk | admin@futuremc.org.uk | @future_molds_communities_

Mums On a Mission supports families through our Peer Advocacy service, Fitness & Wellbeing activities, Youth Intervention and Campaigning to ensure the voices of vulnerable and isolated families are amplified.
info@momsonamission.co.uk | 073 9351 0909

Youth Spot Bar is a pop up youth centre activity hub that provides a social and fun educational outlet for children and young people taking part in community projects, sports, workshops and events.
https://youth-spot-bar.business.site/ | youthspotbar@outlook.com | 074 9507 1150

Studio 3 Arts inclusive programme is created by and for local people to entertain, engage with social issues, empower communities and nurture emerging artists.
www.studio3arts.org.uk | @studio3arts | 020 8594 7136

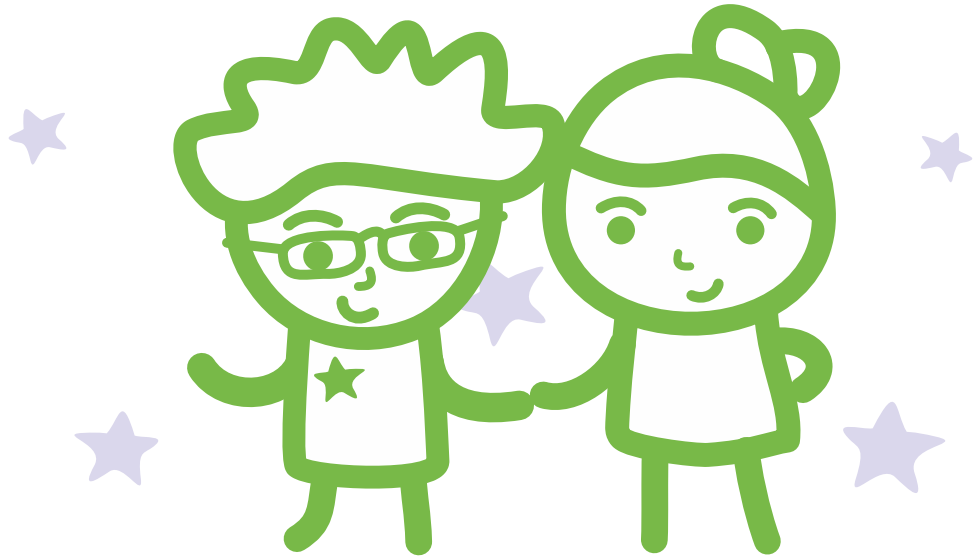
Kingsley Hall is a well established local charity providing a range of spaces and activities for all ages and wrap around support for families and young children.
www.khccc.com | info@khccc.com

All Women's Network is a collaborative organisation that provides training opportunities for employment and offers support to women facing social and economic barriers, including abuse, isolation, and financial challenges.
www.allwomensnetwork.co.uk | allwomensnetwork@gmail.com | @allwomensnetwork2623

Becontree South C of E offers many services within the borough to support families and people of all ages, including: Tiny Tots and Toddlers, Craft and a Cuppa, theSHED; Foodstore and Tea and Toast.
www.becontreesouth.org.uk

Triangoals provides activities for families such as football, wing chun, community outreach consultation and much more based at Barking Riverside Minter Road IG11 OFJ
triangoals@live.co.uk | 073 0521 6025

EARLY YEARS Cocoon



Funders, partners and families
Thank you for your ongoing support!

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