

Easy Safe Steps

Starting
May 18th 2026



We offer a nurturing, safe, and stimulating environment designed to help your child thrive.

Early support for children aged 1-4 showing early signs of autism or developmental delay

Practical guidance for mothers on communication, sensory needs, play, and early learning

Safe, stimulating play sessions to support children's development and confidence

Peer support and connection for mothers who may feel isolated or face language barriers

Clear signposting to local services including health visitors, early years and specialist support

Drop In

Hedgecock Community Centre
28 Stephen Jewers Gardens,
Barking, IG11 9FA

Mondays
9:30am to 11:30

Thursdays
9:30am to 11:30

Referrals

Email brief information of Child and Mother to **info@hedgecockcentre.org.uk**



Buses: 62, 287 and 368
Tube: District Line, Upney Station



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