

What's on at Crawford?

Camberwell - Crawford Road, London SE5 9NF



Day	Time	Activity	What is it?	Notes
Monday	10.00 - 11.30	Messy Play	Bring your child to have messy fun!	9 months - 4 years
Tuesday	10.00 - 11.30	Baby Sensory	Fun activities to stimulate your baby's senses	0 - 18 months
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories	Held at Camberwell Library SE5 7AL
Tuesday	1.00 - 3.00	Breast Feeding Café	Support for breast-feeding mothers	Run by the Health Visitors
Tuesday	1.20 - 2.30	Move & Groove	Singing, music & games	Delivered by Aardvark staff
Wednesday	10.00 - 11.30	Chattertime	A play session for children with language and communication difficulties	Run by the Speech Therapists
Thursday	9.30 - 11.30	Health Visitors	Child health clinic for babies	Run by the Health Visitors
Thursday	10.00 – 11.00	NEW - Baby Massage	For babies between 8 – 12 weeks	11 th Jan - 22 nd Feb (No sessions 18th Jan) Call to Book a place
Thursday	10.00 - 12.00	Welfare Rights Advice	Support and advice on your benefits	4 th Thursday of the month Check website for dates
Friday	9.30 - 11.30	Toddler Group	Time for fun, for you and your toddler	Delivered by Aardvark staff

***All activities listed are Term Time Only**

What's on at Albrighton?



South Camberwell - Albrighton Road, London SE22 8AH

Day	Time	Activity	What is it?	Notes
Monday	10.00-11.30	Breast Feeding Café	Support for breast-feeding mothers	Run by the Health Visitors
Monday	10.00 - 11.30	Chattertime	A play session for children with language and communication difficulties	Run by the Speech & language Therapists
Monday	2.00 - 3.00	Introducing Solids	A session with the Early Years Dietician	Once a month check website for dates
Monday	2.00 – 3.30	New Baby Group	Support your child's development through play	Run by Health Visitors
Tuesday	10.00 – 1.00	NEW – Strengthening Families	13 week Parenting Course	Starts Jan 9 th Crèche Available
Thursday	10.00 - 12.00	Multiple Births Group	Support group for parents with multiple births	Run by parents
Thursday	1.20 – 2.30	Move & Groove	Singing, music & games	Delivered by Aardvark staff
Friday	10.00 - 11.30	Bookstart	Reading, rhymes & stories for 0 - 5 years	Run by Library staff

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Most of our activities are 'Term Time Only,' which means they stop during the school holidays.

If you are unsure of when the holidays are, please check the calendar on our website: www.aardvarkcc.com



Albrighton Community Fridge

Need some help stocking your fridge?

The Albrighton Community Fridge is a new service to give local people a chance to get **free food** donated by **Sainsbury's**. All food is **within the 'use by date'**. The Fridge is located at the Albrighton Community Centre and is open at the following times:

Tuesday 1-5pm Wednesday 1-3pm and 5-7pm Thursday 1-3pm



What's on at The Grove?

Peckham - Tower Mill Road, London SE15 6BP



Day	Time	Activity	What is it?	Notes
Monday	9.30 - 10.30	Introducing Solids	A session with the Early Years Dietician	Once a month Check website for dates
Monday	9.30 - 11.30	Baby Sensory	Activities to stimulate your baby's senses	0 - 18 months
Monday	12.00 - 2.30	NEW - Family Literacy	10 Week parent & carer Literacy Course	15 th Jan – 26 th Mar Call to Book a place
Tuesday	09.30-11.30	NEW – Cook & Eat	6 Week course, healthy simple meals for all the family	Starting 20 th Feb 2018 – Call now to book
Wednesday	9.30 - 11.30	Toddler Group	Time for fun, for you and for your toddler	Delivered by Aardvark staff
Wednesday	10.00 - 12.00	Child-minders' Group	A support group for Southwark child-minders	Supported by the Dietician and Speech & Language Therapist
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits	2 nd Thursday of the Month Check website for dates
Thursday	10.00 - 1.00	NEW - Keeping Well Post Birth	10 Week programme for mothers at risk of post natal depression	Referral Only. Call: 07816324396 or 07815448408 Starting Jan 11 th 2018
Thursday	1.15 - 2.45	Messy Play	Exciting messy resources for your child to explore	9 months - 4 years
Friday	9.30-10.40	Move & Groove	Singing, music & games	Delivered by Aardvark staff

***All activities listed are Term Time Only**



We have **office staff** at **two centres**.

To book on a course or to find out more give us call:

Dulwich Wood: 0207 525 2017

Crawford: 0207 274 8543

Or visit us at: www.aardvarkcc.com

**Aardvark
Children's Centres**



What's on at Dulwich Wood?

Dulwich - Lyall Avenue, London SE21 8QS



Day	Time	Activity	What is it?	Notes
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories	Held at Dulwich Wood CC from 16/01/2018
Tuesday	1.20 - 2.30	Move & Groove	Singing, music & games	Delivered by Aardvark staff
Tuesday	9.00-3.00	Solace	Support and advice around domestic violence	Contact centre to book an appointment
Wednesday	9.30 - 11.30	Toddler Group	Time for fun, for you and your toddler	Delivered by Aardvark staff
Wednesday	11.30 - 12.00	Toy Library	Borrow toys for free	Ask Martha for advice on toys
Thursday	10.00 - 12.00	Child-minders' Group	A support group for Southwark child-minders	Supported by the Dietician and Speech & Language Therapist - Once a month Check website for dates
Thursday	10.15 - 11.45	Baby Sensory	Activities to stimulate your baby's senses	0 - 18 months
Thursday	10.30 - 12.30	Welfare Rights	Support and advice about benefits	1 st Thursday of the month Check website for dates
Thursday	1.30 - 3.00	Messy Play	Exciting messy resources for your child to explore	9 months - 4 years
Thursday	1.30-3.00	Nutrition Advice	Have questions about fussy eaters or balanced diets? Speak to our dietitian.	Once a month Check website for dates
Friday	9.00 - 12.00	IAPT	Counselling service for adults (by appointment only)	Contact centre to book an appointment
Friday	9.30 - 11.30	ChatterBox	A play session for children with language and communication difficulties	Delivered by Aardvark staff

Closure Dates:

The Children's Centres will be closed for the following:

Thursday 18th January 2018.

