

# What's on at Crawford?



Southwark Children and Family Centres  
Camberwell and Dulwich

Camberwell - Crawford Road, London SE5 9NF

Day	Time	Activity	What is it?	Notes
Monday	9.45 – 11.15	<b>NEW TIME</b> Messy Play	Bring your child to have messy fun!	9 months - 4 years
Monday	1.20 - 2.30	Move and Groove	Singing, music & rhymes	Delivered by Children's Centre team <b>10<sup>th</sup> September to 15<sup>th</sup> October</b>
Monday	1.00 – 3.00	<b>NEW</b> Cook and Eat Well Course <b>Crèche available</b>	Join the Evelina London Community Children's Nutrition and Dietetics Service and cook healthy simple meals for all the family	6 week course from 29 <sup>th</sup> October to 3 <sup>rd</sup> December <b>Call to book a place</b>
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	Breastfeeding Café	Support for breast-feeding mothers	Run by the Health Visitors
Tuesday	10.00 – 11.30	Starting Solid Foods	Experience based information and practical ideas in a group setting on when and how to start solid foods with your baby Delivered by an NHS registered dietitian	18 <sup>th</sup> September 16 <sup>th</sup> October 13 <sup>th</sup> November 18 <sup>th</sup> December Limited spaces please arrive at 10.00
Wednesday	10.00 - 11.30	Chattertime	A play session for children with language and communication difficulties	Run by the Speech Therapists
Thursday	9.30 - 11.00	Baby Clinic	Child Health Clinic for babies	Run by the Health Visitors
Thursday	10.00 - 12.00	Welfare Rights Advice	Support and advice on your benefits – no need to book	27 <sup>th</sup> September 8 <sup>th</sup> November 20 <sup>th</sup> December
Thursday	1.00 – 2.30	<b>NEW TIME</b> Toddler Group	Time for fun, for you and your toddler	Delivered by Children's Centre team
Saturday	11.30 - 1.00	Spanish Ante-natal	Drop in ante-natal sessions for Spanish speakers	Last Saturday of every month. Run by Spanish Midwives

Some activities listed are Term Time

# What's on at Albrighton?



Southwark Children and Family Centres  
Camberwell and Dulwich

South Camberwell - Albrighton Road, London SE22 8AH

Day	Time	Activity	What is it?	Notes
Monday	10.00 - 11.30	Breastfeeding 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 – 3.30	Starting Solid Foods	Evidence based information and practical ideas in a group setting on when and how to start solid foods with your baby Delivered by an NHS registered dietitian	17 <sup>th</sup> September Limited spaces please arrive at 2.00 <b>More Dates TBA for October – December 2018</b>
Monday	2.00 – 3.30	Post Natal Group	An opportunity to meet other parents with babies, share experience and receive tips and support	Run by Health Visitors
Wednesday	9.30 – 11.30	Multiple Births Group	Support group for parents with multiple births	Delivered by Children's Centre Staff
Thursday	10.00 – 11.10	Move & Groove	Singing, music & rhymes	Delivered by Children's Centre staff
Friday	10.00 - 11.30	Bookstart	Reading, rhymes & stories for 0 - 5 years	Run by Library staff

Some activities listed are Term Time Only

## Term Time Only

Many 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](http://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    Thursday 1-3pm**



# What's on at The Grove?



Southwark Children and Family Centres  
Camberwell and Dulwich

Peckham - Tower Mill Road, London SE15 6BP

Day	Time	Activity	What is it?	Notes
Monday	10.00 - 11.10	<b>NEW TIME</b> Move and Groove	Singing, music & rhymes	Delivered by Children's Centre team <b>From 29<sup>th</sup> Oct to 10<sup>th</sup> Dec</b>
Tuesday	9.30 – 11.30	<b>NEW</b> - Incredible Years Parenting Course with Crèche	Support your child's social and emotional development and confidence in this 9 week parenting course	Starts Tuesday 18 <sup>th</sup> September <b>Limited spaces, call to book</b>
Tuesday	1.15 – 2.45	<b>NEW TIME</b> Toddler Group	Time for fun, for you and your toddler	Delivered by Children's Centre team
Tuesday	1.15 - 2.45	<b>NEW TIME</b> Nutrition Advice	For parents and carers who would like to speak to a dietician for simple evidence based information about nutrition for their baby and child, including difficult mealtimes, introducing solid foods and healthy eating	Delivered within Toddler Group by a registered dietitian  2 <sup>nd</sup> October 7 <sup>th</sup> December
Tuesday	1.15 – 2.45	Evelina London Speech and Language Drop-in	For parents and carers who would like to speak to a speech and language therapist about how to help develop their child's communication or discuss any concerns	Delivered within Toddler Group by a Speech and Language Therapist 11 <sup>th</sup> September 09 <sup>th</sup> October 13 <sup>th</sup> November 11 <sup>th</sup> December
Wednesday	10.00 - 12.00	Child-minders' Group	A support group for Southwark child-minders	Run by Child-minders Supported by a Speech and Language therapist, once a month
Wednesday	1.00 – 2.30	<b>NEW TIME</b> Messy Play	Exciting messy resources for your child to explore	9 months - 4 years
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits – no need to book	20 <sup>th</sup> September 1 <sup>st</sup> November 13 <sup>th</sup> December
Thursday	10.00 – 1.00	<b>NEW</b> Keeping Well Post Birth Group	11 week course for mothers with young babies, experiencing, or at risk of post natal depression or stress	Thursday 20 <sup>th</sup> September <b>Limited spaces, call to book a place</b>
Friday	10.00 – 11.30	<b>NEW TIME</b> Baby Sensory	Fun activities to stimulate your baby's senses in our sensory room	0 – 18 months
Friday	10.00 - 11.30	<b>NEW TIME</b> Starting Solid Foods	Evidence based information and practical ideas in a group setting on when and how to start solid foods with your baby	Delivered by an NHS registered dietician. Limited space 5 <sup>th</sup> October 7 <sup>th</sup> December

# What's on at Dulwich Wood?



Southwark Children and Family Centres  
Camberwell and Dulwich

Dulwich - Lyall Avenue, London SE21 8QS

Day	Time	Activity	What is it?	Notes
Monday	10.00 - 11.10	<b>NEW TIME</b> Move and Groove	Singing, music & rhymes	Delivered by Children's Centre Team <b>From 10<sup>th</sup> Sept to 15<sup>th</sup> October</b>
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories	Held at Kingswood House
Tuesday	9.00 - 3.00	Solace	Support and advice around domestic violence	Contact centre to book an appointment
Tuesday	1.00 - 2.30	<b>NEW TIME</b> Messy Play	Exciting messy resources for your child to explore	Delivered by Children's Centre team 9 months – 4 years
Wednesday	9.30 - 11.30	Toddler Group	Time for fun, for you and your toddler	Delivered by Children's Centre team
Wednesday	9.30 – 11.30	Evelina London Speech and Language Drop-in	For parents and carers who would like to speak to a speech and language therapist about how to help develop their child's communication or discuss any concerns	26 <sup>th</sup> September 24 <sup>th</sup> October 21 <sup>st</sup> November 19 <sup>th</sup> December
Wednesday	11.30 - 12.00	Toy Library	Borrow toys for free	Ask the Children's Centre team for advice on toys
Wednesday	1.30 – 3.00	<b>NEW TIME</b> Baby Sensory	Fun activities to stimulate your baby's senses in our sensory room	0 – 18 months
Wednesday	1.30 – 3.00	<b>NEW TIME</b> Nutrition Advice	For parents and carers who would like to speak to a dietician for simple evidence based information about nutrition for their baby and child, including difficult mealtimes, introducing solid foods and healthy eating	Delivered by a registered dietician 13 <sup>th</sup> September 28 <sup>th</sup> November
Thursday	10.00 - 12.00	Child-minders' Group	A support group for Southwark child-minders	Supported by an Evelina London Speech & Language Therapist once a month check website for dates
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits – no need to book	6 <sup>th</sup> September 29 <sup>th</sup> November 18 <sup>th</sup> October
Friday	9.30 - 11.30	Chatterbox	A play session for children with language and communication difficulties	Delivered by Children's Centre Team. <b>Speech and Language drop in on some dates - TBA</b>
Friday	9.00 - 12.00	IAPT	Counselling service for adults <b>(by appointment only)</b>	Contact Centre to book an appointment



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

0207 525 2017 or visit us at: [www.aardvarkcc.com](http://www.aardvarkcc.com)