

# 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	Messy Play	Bring your child to have messy Fun! Recommended for walkers - 4 years old	Delivered by Children's Centre staff
Monday	1.30 – 2.15	Move and Groove	Singing, music & rhymes 0 to 5 years old	Delivered by Children's Centre staff
Tuesday	10.00 – 11.30	Baby Explorers	Sensory play singing and rhymes Specifically for non-walkers	Delivered by Children's Centre staff
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories 0- 5 years old	Delivered by Children Centre Staff and Camberwell Library Held at Camberwell Library SE5 7AL
Tuesday	1.00 - 3.00	Breastfeeding Café	Support for breast-feeding mothers For Southwark residents only	Run by the Evelina London Health Visitors
Tuesday	10.00 – 11.30	Starting Solid Foods Recommended for babies 4-6 months old	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	15 <sup>th</sup> January 12 <sup>th</sup> February 12 <sup>th</sup> March 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 Evelina London Speech Therapists and Children Centre Staff
Thursday	9.30 - 11.00	Baby Clinic	Child Health Clinic for babies	Run by the Evelina London Health Visitors and Children's Centre Staff
Thursday	10.00 - 12.00	Welfare Rights Advice	Support and advice on your benefits – no need to book	Delivered by Cambridge House Law Centre 14 <sup>th</sup> February 28 <sup>th</sup> March
Thursday	1.00 - 3.00	<b>NEW</b> Cook and Eat 6 week course Thursday 28 <sup>th</sup> February – Thursday 4 <sup>th</sup> April 2019	Join the Evelina London Community Children's Nutrition and Dietetics Service and cook healthy simple meals for all the family Booking Required	Call to book – 0207 525 2017 Spaces are limited  Crèche available for children aged 12months+
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

# 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 For Southwark Residents only	Run by the Evelina London 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 <b>NEW - Booking Required</b>	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	Call to book 0207 525 2017 28 <sup>th</sup> January 25 <sup>th</sup> February 18 <sup>th</sup> March Recommended for babies 4-6 months old
Monday	1.30 – 3.00	Stay and Play U18 months Group	A soft play session for babies 0 – 18 months	Run by the Evelina London Health Visitors
Monday	2.00 – 3.30	Newborn Parents Group birth-6 months	An opportunity to meet other parents with babies, share experience and receive tips and support	Run by the Evelina London Health Visitors
Wednesday	9.30 – 11.00	Multiple Births Group	Soft Play and Support group for parents with multiples	Delivered by Children's Centre Staff
Thursday	9.45 – 10.30	Move and Groove	Singing, music & rhymes <b>NEW two session times!</b>	Delivered by Children's Centre staff
Thursday	10.45 - 11.30	Move and Groove		
Friday	10.00 - 11.30	Bookstart	Reading, rhymes & stories for 0 - 5 years	Delivered by Children's Centre staff and Southwark Libraries Staff

## 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 - 10.45	Move and Groove	Singing, music & rhymes	Delivered by Children's Centre Staff
Monday	11.00 - 11.45	Move and Groove	<b>NEW two session times!</b>	
Tuesday	9.45 - 11.30	<b>New Time</b> Stay and Play for 0-4's	Time for fun, for you and your under 4's	Delivered by Children's Centre Staff
Tuesday	1.00 - 2.30	<b>NEW</b> Now I Am 2	A group for 2- 3 years olds to encourage social skills and school readiness	Delivered by Children's Centre Staff
Tuesday	1.15 - 2.45	Nutrition Advice	For parents and carers who would like to speak to a dietitian 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 dietitian 29 <sup>th</sup> January 26 <sup>th</sup> February 26 <sup>th</sup> March
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 by a Speech and Language Therapist 15 <sup>th</sup> Jan 12 <sup>th</sup> Feb
Wednesday	10.00 - 12.00	Southwark Childminders' Group	A support group for Southwark childminders	Run by Child-minders With a Move and Groove session on the last Wednesday of the month
Wednesday	1.00 - 2.30	Messy Play	Exciting messy resources for your child to explore, recommended for walkers to 4 years	Delivered by Children's Centre Staff
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits - no need to book	Delivered by Cambridge House Law 7 <sup>th</sup> February 21 <sup>st</sup> March
Friday	10.00 - 11.30	Baby Explorers	Fun activities to stimulate your baby's senses in our sensory room Specifically for non-walkers	Delivered by Children's Centre Staff
Friday	10.00 - 11.30	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. Limited space 15 <sup>th</sup> February 8 <sup>th</sup> March Recommended for babies 4-6 months old

# 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
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories for 0-5 years	Held at Kingswood House SE21 8QR Delivered by Children's Centre staff and Southwark Libraries and Children's Centre Staff
Tuesday	1.30 - 3.00	<b>NEW</b> Now I Am 2	A group for 2- 3 year olds to encourage social skills and school readiness	Delivered by Children's Centre Staff
Wednesday	9.45 - 11.30	Stay and Play for 0-4's	Time for fun, for you and your under 4's	Delivered by Children's Centre Staff
Wednesday	11.30 - 12.00	Toy Library	Borrow toys for free	Ask the Children's Centre team for advice on toys
Wednesday/ Thursday on specified dates	1.30 - 3.30	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	Delivered by Evelina London Speech and Language Therapist  16 <sup>th</sup> January 7 <sup>th</sup> February 27 <sup>th</sup> February
Wednesday	1.30 - 3.00	Baby Explorers	Fun activities to stimulate your baby's senses in our sensory room Specifically for non walkers	Delivered by Children's Centre Staff
Wednesday	1.30 - 3.00	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 a registered dietitian 23 <sup>rd</sup> January
Wednesday	3.30 - 4.30	<b>NEW</b> Russian Group	Stay and play for speakers of Russian - parents or children	Delivered by Children's Centre Staff
Thursday	10.00 - 12.00	Southwark Childminders' Group	A support group for Southwark childminders	Run by the Childminders With a Move and Groove session on the last Thursday of the month
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits - no need to book	Delivered by Cambridge House Law 24 <sup>th</sup> January 7 <sup>th</sup> March
Thursday	1.00 - 1.45	<b>NEW</b> Move and Groove	Singing, music & rhymes	Delivered by Children's Centre staff
Friday	10.00 - 11.30	<b>NEW TIME</b> Chatterbox	A play session for children with language and communication difficulties	Delivered by Children's Centre Staff



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

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