

What's on at Crawford?

Term time Only



Southwark Children and Family Centres
Camberwell and Dulwich

Camberwell - Crawford Road, London SE5 9NF T: 0207 525 2017

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 Drop in by Evelina Speech and Language Therapist 3 rd June, 24 th June
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 Drop in by Evelina Speech and Language Therapist 9 th July
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	Limited spaces please arrive at 10.00 7 th May 4 th June
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 9 th May 20 th June
Saturday	10.30 - 12.00	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?

Term time Only



Southwark Children and Family Centres
Camberwell and Dulwich

South Camberwell - Albrighton Road, London SE22 8AH T: 0207 525 2017

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 Booking Required For babies 4-6 months old	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 29 th April 17 th June
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 and Homestart
Thursday	9.45 - 10.30	Move and Groove	Singing, music & rhymes	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

SENsational Stay and Play – Cherry Garden School, Peckham

A fun group for children with SEN and their parents/carers in a wonderful setting

Thursdays 9.00 – 11.45am in Peckham

Cherry Garden School, 41 Bellenden Road, Peckham SE15 5BB

Term time only, please see our website www.aardvarkcc.com for holiday dates and more information.

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 1-3pm Wednesday 1-3pm Thursday 1-3pm



What's on at The Grove?

Term time Only



Southwark Children and Family Centres
Camberwell and Dulwich

Peckham - Tower Mill Road, London SE15 6BP T: 0207 525 2017

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		
Tuesday	9.45 - 11.30	NEW TIME Now I Am 2	Time for fun, for you A group for 2- 3 years olds to encourage social skills and school readiness and your under 4's	Delivered by Children's Centre Staff Drop in by Evelina Speech and Language Therapist 4 th June
Tuesday	10.00 - 11.45	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 21 st May 18 th June
Tuesday	1.00 - 2.30	NEW TIME Stay and Play 0-4's	Time for fun, for you and your under 5's	Delivered by Childrens Centre Staff
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 2 nd May 13 th June
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 - Drop in by Evelina Speech and Language therapist 3 rd May, 21 st June
Friday	10.00 - 11.30	Starting Solid Foods For babies 4-6 months old	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 24 th May, 28 th June

What's on at Dulwich Wood?

Term time Only



Southwark Children and Family Centres
Camberwell and Dulwich

Dulwich - Lyall Avenue, London SE21 8QS T: 0207 525 2017

Day	Time	Activity	What is it?	Notes
Monday	2.00 – 3.00	NEW COURSE Healthy Movers	New four week physical Programme for 2 and 3 year olds and their parents/carer	Monday 29 th April, Monday 13 th May Monday 20 th May, Monday 3 rd June Booking essential call 0207 525 2017
Tuesday	10.00 - 11.30	Bookstart	Reading, rhymes & stories for 0-5 years	Held at Kingswood House SE21 8QR Southwark Libraries and Children's Centre Staff
Tuesday	10.30 – 11.30	New 3 Week Course Baby Massage	Come and learn about the benefits of baby massage and learn the technique yourself	Delivered by Children's Centre Staff 7 th May, 14 th , 21 st May For babies aged between 6 weeks and 6 months only Booking essential call 0207 525 2017
Tuesday	1.30 - 3.00	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 5's	Delivered by Children's Centre Staff Evelina London Speech and Language therapist drop in 8 th May, 12 th June
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	Baby Explorers	Fun activities to stimulate your baby's senses in our sensory room Specifically for non - walkers	Delivered by Children's Centre Staff Evelina London Speech and Language therapist drop in 22 nd May, 5 th June, 26 th June
Wednesday	1.30 – 3.00	Starting Solid Foods TT For babies 4-6 months old	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 1 st May
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 25 th April 6 th June
Thursday	1.00 – 1.45	Move and Groove	Singing, music & rhymes	Delivered by Children's Centre Staff
Thursday	3.30 – 4.30	Russian Group	Stay and play for speakers of Russian - parents or children or those who are interested in the language	Delivered by Children's Centre staff
Friday	9.30 – 11.30	NEW COURSE Cook and Eat	Learn about children's nutrition and cook healthy simple meals for all the family	Friday 3 rd May – Friday 14 th June (No session during half term 31 st May) Booking essential call 0207 525 2017