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	9.30 - 11.30	Stay and Play 0 -5's	Time for fun for you and your under 5's with some messy resources Recommended for walkers - 4 years old	Delivered by Children's Centre staff
Monday	1.30 - 2.15	Move and Groove 0-5's	Singing, music & rhymes	Delivered by Children's Centre staff
Tuesday	10.00 - 11.30	Baby Explorers For non-walkers	Sensory play, singing and rhymes Specifically for non-walkers	Delivered by Children's Centre staff
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	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 spaces please arrive at 10.00 November 12th December 17th
Wednesday	10.00 - 11.30	Chattertime 0 - 5's	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 – drop in	Run by the Evelina London Health Visitors and Children's Centre Staff Bring Child's Red Book
Thursday	10.00 - 12.00	Welfare Rights Advice	Support and advice on your benefits – no need to book	Delivered by Cambridge House Law Centre 31st October 12th December
Friday	9.30 - 11.30	Stay and Play 0-5's	Time for fun, for you and your under 5's	Delivered by Children's Centre staff
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	Chattertime 0 – 5's	A play session for children with language and communication difficulties	Run by the Speech & Language Therapists
Monday	1.00 - 2.30	Big Hopes, Big Futures - Stay and Play Group Finishing soon	12 week school readiness stay and play - the weekly sessions are planned around the needs of you and your child and will help in many areas of their development and reaching their milestones	Last date on Monday 4th November Delivered by Homestart and Children's Centre Staff
Wednesday	1.15 – 2.30	NEW from 6th November Let's Get Physical 18mths – 5's	New drop in physical programme to promote a healthier lifestyle for 18months – 5 years with their parent/carer	Delivered by Children's Centre Staff
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 0 – 5's		
Friday	10.00 - 11.30	Bookstart 0 – 5's	Reading, rhymes & stories with a lending library	Delivered by Children's Centre staff and Southwark Libraries Staff

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 6BY 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 0 – 5's		
Tuesday	9.30 - 11.30	Stay and Play 0-5's	Time for fun for you and your 0 – 5's	Delivered by Children's Centre Staff
Tuesday	1.00 - 2.30	NEW Stay and Play 0 -5's	An extra session of Stay and Play with messy resources available	Delivered by Children's Centre Staff
Wednesday	10.00 - 12.00	Southwark Childminders' Group	A support group for Southwark childminders	Run by Child-minders. Move and Groove session on the last Wednesday of the month
Thursday	10.00 - 12.00	Welfare Rights	Support and advice about benefits – no need to book	Delivered by Cambridge House Law 31st October 12th December
Thursday	1.00 - 2.30	Terrific Two's 20 – 36 months	A group for 2 year olds to encourage social skills and school readiness.	Delivered by Children's Centre Staff
Friday	10.00 - 11.30	NEW from 8th November Baby Massage and Tummy Time 5 weeks For non-walkers	Book on to our new course and learn about the benefits of baby massage and tummy time with support from our Early Years Practitioners Specifically for non-walkers	Delivered by Children's Centre Staff Booking required call 0207 525 2017
Friday	10.00 - 11.30	Starting Solids 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 please arrive promptly November 22nd December 13th

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
Tuesday	10.00 - 11.30	Bookstart 0-5's	Reading, rhymes & stories with a lending library	Held at Kingswood House SE21 8QR Southwark Libraries and Children's Centre Staff
Tuesday	1.30 – 2.45	New from 5th November Nurture Group For 0-3's	Nurture is important for the development of attachement, self esteem and language, come along to find out more	Delivered by Children's Centre Staff
Wednesday	9.30 - 11.30	From 6th November Stay and Play 0 - 5's	Time for fun, for you and your under 5's with messy resources available	Delivered by Children's Centre Staff No Session on Wednesday 30th October
Wednesday	1.00 – 2.30	NEW Terrific Two's 20 – 36 months	A group for 2 year olds to encourage social skills and school readiness.	Delivered by Children's Centre Staff
Wednesday	3.30 - 4.30	Russian Group 0-5's	Stay and play for speakers of Russian - parents or children or those who are interested in the language	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	10.30 - 12.30	Welfare Rights	Support and advice about benefits – no need to book	Delivered by Cambridge House Law Centre 21st November
Friday	10.00 - 11.30	Baby Explorers For non-walkers	Fun activities to stimulate your baby's senses in our sensory room.	Delivered by Children's Centre Staff

Term Time Only

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