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| **What’s on at Camberwell and Dulwich & Bermondsey and Rotherhithe**  **Week commencing 7th September** | | | | **A picture containing knife  Description automatically generatedA picture containing knife  Description automatically generated** | |  |
| **To book any session please email ccadmin@pilgrimsway.southwark.sch.uk with your child’s name and D.O.B and your postcode.** | | | | | |
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| **Day** | **Time** | **Activity** | **What is it?** | | **Notes** | |
| **Monday** | **10:30am-11am** | Songs and Stories from around the world | Join us for a fun and interactive session, bringing books from around the world and singing our favourite songs. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Monday** | **11am-1pm** | Art Resources Collection | This will be your opportunity to collect your resources ready for Arts and Crafts Session on Wednesdays. | | **Please collect from Crawford Children’s Centre / Ellen Brown Children’s Centre.** | |
| **Monday** | **1:30pm-2:15pm** | SEND Questions and Answers | A virtual support group for children with SEND and their parents and carers. | | **Booking is advance is required for a one to one timeslot / you are welcome to join in a group. Please email ccadmin@pilgrimsway.southwark.sch.uk** | |
| **Monday** | **2:30pm-3pm** | Healthy Movers | Let us get active with some fun and physical activities and movements to help you and your child stay fit, healthy and learn all the same time | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Tuesday**  **TBC** | **10am-10:45am** | Baby Massage | Baby massage is a tradition that has been practiced in many cultures. Research has shown how regular massage can boost a baby's immune system, reduce stress, relieve colic and encourage sleep. | | **Booking in advance is required. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to add your name to our waiting list.** | |
| **Tuesday** | **10am-10:45am** | EY Questions and Answers | This session will give you the opportunity  To ask our experienced early years practioners questions on your child/ren development. | | **When booking please add your questions to your email so our staff can prepare any relevant information / handouts to support them to answer your questions.**  **Please email ccadmin@pilgrimsway.southwark.sch.uk** | |
| **Tuesday** | **10:30am-11:30pm** | Dulwich Park  Walk and Talk | Join us for a relaxed walk in your local park to give parents the chance to meet up with other families and have a chat in a safe and socially distancing way. | | **Location is in Dulwich Park. A 15 Minute Music and singing session. Please bring a blanket and your own musical instrument.**  [**https://www.designsforeducation.co.uk/diy-musical-instruments/**](https://www.designsforeducation.co.uk/diy-musical-instruments/) | |
| **Wednesday** | **9am-12pm** | Advisory Session | The overall aim is to support families who are experiencing adverse and challenging circumstances We provide support in many areas relating to parenting strategies, having difficulties with managing child/ren`s behaviour, feeling in low mood. We are here to help and guide all families onto the right pathway with receiving the right support, in a welcoming and none judgemental way. | | **Please email** [**ccadmin@pigrimsway.southwark.sch.uk**](mailto:ccadmin@pigrimsway.southwark.sch.uk) **to book a time slot.** | |
| **Wednesday** | **10:30am-11am** | Songs and Stories | Join us for a fun and interactive session, bringing books and rhymes to life. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Wednesday** | **1:30pm-2:15pm** | Arts and Crafts | A session to spark children’s creativity, imagination, and their ability to use materials and resources. This opportunity supports children with expressing feelings and ideas through making and creating. | | **This session is a virtual. Art resources will be available to be collected on Mondays from Crawford / Ellen Brown** | |
| **Wednesday** | **1:30pm-2:15pm** | Songs and Stories Outdoors  At Rotherhithe Children’s Centre | Join us for a fun and interactive session, bringing books and rhymes to life. | | **Please bring a blanket and your own musical instrument.** | |
| **Thursday** | **10:30am-11am** | Baby Time | A time and space for you and your baby to bond through fun and stimulating activities aimed at supporting the development of your baby. We will cover different topics focused on sensory and physical experiences. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Thursday** | **10:30am-11:30pm** | Southwark Park  Walk and Talk | Join us for a relaxed walk in your local park to give parents the chance to meet up with other families and have a chat in a safe and socially distancing way. | | **Location is in Southwark Park. A 15 Minute Music and singing session. Please bring a blanket and your own musical instrument.**  [**https://www.designsforeducation.co.uk/diy-musical-instruments/**](https://www.designsforeducation.co.uk/diy-musical-instruments/) | |
| **Thursday** | **1:30pm-2:15pm** | New Parents Group | This group is for new parents who would like to find out about what the children and family centres has to offer you and your family. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Friday** | **10am-10:45am** | Zumba Kids Jr | Get active! twist, jump and move to the beat. A fun way to increase your fitness for all the family. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Friday** | **11am-11:30am** | Music and Singing | All welcome to this lively communication friendly session. You and your child can have fun singing together, be inspired and develop confidence in talking and building vocabulary. | | **This is a virtual session. Please email** [**ccadmin@pilgrimsway.southwark.sch.uk**](mailto:ccadmin@pilgrimsway.southwark.sch.uk) **to book.** | |
| **Friday** | **10:30am-11:30pm** | John Ruskin Park  Walk and Talk | Join us for a relaxed walk in your local park to give parents the chance to meet up with other families and have a chat in a safe and socially distancing way. | | **Location is in John Ruskin Park. A 15 Minute Music and singing session. Please bring a blanket and your own musical instrument.**  [**https://www.designsforeducation.co.uk/diy-musical-instruments/**](https://www.designsforeducation.co.uk/diy-musical-instruments/) | |