



We know that anyone can reach crisis point and we're here to help when that happens. Foodbank provides emergency food to help people in crisis.



Families with a child under 5 years old, on low income and living in **SE1, SE5 OR SE17** could be eligible to receive free fruit & veg vouchers

For further information or to register for vouchers email;

[cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)



Pregnant women, new mums and children under four in Southwark can get free vitamin D supplements.

**For further information on Food bank / Rose Vouchers or Vitamin D**

**Email:**

[cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)

**Call: 020 7525 2017**



Every child living in Southwark can register to receive a free book, every month, until their 5<sup>th</sup> birthday.

[www.imaginationlibrary.com/checkavailability](http://www.imaginationlibrary.com/checkavailability)

### Our Centres

Crawford Children and Family Centre  
Crawford Rd, Camberwell,  
London SE5 9NF

Dulwich Wood Children and Family Centre  
Lyll Avenue,  
London SE21 8QS

Albrighton Children and Family Centre  
37 Albrighton Rd,  
London SE22 8AH

The Grove Children and Family Centre  
Tower Mill Rd,  
London SE15 6BP



Southwark Children and Family Centres  
Camberwell and Dulwich



**Please complete our registration form if you are new to attending Southwark Children and Family and Centres.**

<https://www.dulwichwood.com/aardvarkcc/>

**Summer Term 2**



**Monday 28<sup>th</sup> June to Friday 23<sup>rd</sup> July 2021**

**All sessions now require bookings in advance**

**Email: [cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)**

**020 7525 2017**



**Twitter: @C\_D\_cfc**



**Facebook: @CamberwellandDulwichcfc**

**MEETING POINTS FOR OUTDOOR SESSIONS:**

**Dulwich Park: On the grass in front of the boating pond.**

**Ruskin Park: On the grass by the bandstand.**



### Resource Packs / 2-3 Packs / Arts & Crafts / SENDs

Collect an Activity Pack with resources and instruction sheet to learn, play and create at home together. We have Sports Packs for those signing up for Healthy Movers!



A menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.

**DOWNLOAD the APP: [southwark.50thingstodo.org/](http://southwark.50thingstodo.org/)**

#### MONDAY

**BABY MASSAGE 0 – 9 months pre-crawlers**  
**Dulwich Wood 10:00am – 11:00am**  
6-week course – taking applications for August!

**OUTDOOR EXPLORERS 0-5 years** **NEW SESSION**  
**Ruskin Park 1:15pm – 2:15pm**  
Our outdoor stay and play session with activities, songs and stories.

#### TUESDAY

**BABY MASSAGE 0 – 9 months pre-crawlers**  
**Dulwich Wood 10:00am – 11:00am**  
6-week course – taking applications for August!

**HEALTHY MOVERS 0 – 5 years**  
**Ruskin Park 10:30am – 11:30am**  
Physical fun to favourite stories and familiar songs to get everyone moving.

**BABY EXPLORERS 0 – 18 Months**  
**Crawford 1:15pm – 2:15pm**  
Play, song time and sensory activities to stimulate your baby.

#### WEDNESDAY

**STAY & PLAY 0 – 5 years**  
**Albrighton Centre 9:30am – 11:00am**  
Come and play and get weekly tips & ideas for learning through play.

**SEND GROUP 0 – 5 years** **NEW SESSION**  
**Albrighton Centre 1:00pm– 2:15pm**  
5-week-course to help support your child's SEND needs.

**BABY EXPLORERS 0 – 18 Months**  
**Dulwich Wood 10:00am – 11:00 am**  
Play, song time and sensory activities to stimulate your baby.

#### THURSDAY

**TODDLER TIME/SONG TIME 2 – 5 years**  
**Dulwich Wood 10:00am – 11:30am**  
Come and play and get weekly tips & ideas for learning through play.

**STAY & PLAY 0 – 5 years** **NEW SESSION**  
**DULWICH WOOD 1:00pm – 2:15pm**  
Come and play and get weekly tips & ideas for learning through play. **Commencing 17<sup>th</sup> June 2021**

#### FRIDAY

**HEALTHY MOVERS 18 months – 5 years**  
**Dulwich Park 10:00am – 11:00am**  
Physical fun to favourite stories and familiar songs to get everyone moving.

#### SEND-SATIONAL PLAY FRIDAY

**Targeted workshop – Referral only**  
**The Grove 10:00am – 11:30am**  
**Commencing 18<sup>th</sup> June 2021**

#### VIRTUAL WORKSHOPS

Sessions are run by a qualified Speech and Language Therapist.

**BABBLING BABIES 0 – 15 months**  
**WEDNESDAYS 10:00am – 10:30am and 10:30am – 11:00 am**

**CHATTERTIME 15 months – 4 years**  
**MONDAYS 10:30am – 11:00 am**

To book a place please register with your local children's centre  
or email [gst-tr.contacts@nhs.net](mailto:gst-tr.contacts@nhs.net)



HENRY stands for  
Health, Exercise Nutrition for the Really Young.

HENRY is an eight-week programme for parents of infants and toddlers aged 0 to 5 years. The Programme helps parents get their children off to the best start in life.

To book a place, please email Jennie Crossan on [jennifer.crossan@gstf.nhs.uk](mailto:jennifer.crossan@gstf.nhs.uk) with your name, child's age, contact number and postcode