



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



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

Call: 020 7525 2017



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

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 Holidays!



Monday 26th July to Friday 27th August 2021

All sessions require bookings in advance

Email: cdcfoffices@dulwichwood.com

020 7525 2017



Twitter: @C_D_cfc



Facebook: @CamberwellandDulwichcfc

Masks are optional for both adults and staff in sessions.



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.



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

DOWNLOAD the APP: southwark.50thingstodo.org/

MONDAY

STAY & PLAY 0 – 5 years (14 families)

Dulwich Wood 9:30am – 11:30am

Come and play and get weekly tips & ideas for learning through play.

STAY & PLAY 0 – 5 years (14 families)

Dulwich Wood 1:30pm – 3:00pm

Come and play and get weekly tips & ideas for learning through play.

TUESDAY

BABY MASSAGE 0 – 9 months pre-crawlers (8 families)

Dulwich Wood 10:00am – 11:00am

5-week course for parents and babies.

BABY YOGA session 0-12 months pre-crawlers (8 families)

Dulwich Wood 11:30am – 12:30pm

27th Jul, 3rd, 10th & 17th Aug

4-week course for parents and babies.

BABY EXPLORERS 0 – 18 Months (10 families)

Dulwich Wood 1:00pm – 3:00pm

Play, song time and sensory activities to stimulate your baby.

WEDNESDAY

STAY & PLAY 0 – 5 years (14 families)

Albrighton Centre 9:30am – 11:00am

Come and play and get weekly tips & ideas for learning through play.

STAY & PLAY 0 – 5 years (14 families)

Albrighton Centre 1:00pm– 2:15pm

Come and play and get weekly tips & ideas for learning through play.

BABY EXPLORERS 0 – 18 months (10 families)

Dulwich Wood 10:00am – 11:30am

11th, 18th & 25th Aug

Play, song time and sensory activities to stimulate your baby.

THURSDAY

SENDSational PLAY 2 – 5 years (8 families)

The Grove 10:00am – 11:30am

Come and play and get weekly tips & ideas for learning through play for children with additional needs.

SENDSational PLAY 2 – 5 years (8 families)

The Grove 1:30pm – 3:00pm

Come and play and get weekly tips & ideas for learning through play for children with additional needs.

TODDLER YOGA 2-5 years (8 families)

Dulwich Wood 10:00am -11:00am

29th Jul, 5th, 12th & 19th Aug

4-week course for parents and toddlers.

STAY & PLAY 0 – 5 years (14 families)

Dulwich Wood 1:00pm to 3:00pm

12th, 19th & 26th Aug

Come and play and get weekly tips & ideas for learning through play.

FRIDAY

STAY & PLAY 0 – 5 years (14 families)

Dulwich Wood 9:30am – 11:30am

Come and play and get weekly tips & ideas for learning through play.

STAY & PLAY 0 – 5 years (14 families)

Dulwich Wood 1:30pm – 3:00pm

Come and play and get weekly tips & ideas for learning through play.

Masks are optional for both adults and staff in sessions.



Healthy Start, Brighter Future

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

with your name, child's age, contact number and postcode