



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, SE15 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/heckavailability

Our Centre's

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/>

Spring Term 1 Timetable



Monday 10th January to Friday 11th February 2022

All sessions now require bookings in advance

Email: cdcfoffices@dulwichwood.com

020 7525 2017



Twitter: @C_D_cfc



Facebook: @CamberwellandDulwichcfc

No session during Half Term Week 14/02/2022 – 18/02/2022

Please complete a Lateral Flow test before attending any session. Masks must be worn by Staff and Parents

ESOL classes available for all:

For more information and to book please visit:
https://www.dulwichwood.com/aa_rdvarkcc/esol-classes/



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/



Watch Me Play: Supporting babies and young children, their parents/caregivers:
<https://www.facebook.com/watch/?v=415764302795786>

MONDAY

BABY EXPLORERS 0 -18 months

Dulwich Wood 9:30am – 11:00am

Play, Song time and Sensory activities to stimulate your baby.

14 Available spaces

PARENTING WORKSHOP 0-5 years

Virtual 1:30pm – 2:15pm

50 things to do Before 5 (10th Jan)

New Parents with Babies Q&A (Friday 14th Jan)

Promoting Positive Behaviour (17th Jan)

Schemas (24th Jan)

Potty Training (31st)

Family Routine (7th Feb)

TUESDAY

BABY MASSAGE 0 – 9 months pre-crawlers

Dulwich Wood 10:00am – 11:00am

5-week course – Towel, oil required.

10 Available spaces

BOOKSTART 0-5 years

Dulwich Wood 10:00am – 11:30am

Activities supporting literacy using puppets and props to make story time fun and engaging.

14 Available spaces

WEDNESDAY

STAY & PLAY 0 – 5 years

Albrighton Centre 9:30am – 11:00am

Starting on 19/01/2022

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

14 Available spaces

CHATTERTIME 0 – 5 years

Albrighton Centre 1:00pm– 2:15pm

Starting on 19/01/2022

To help support your child's Speech & Language difficulties.

10 Available spaces

CHILDMINDERS SESSION 0-5 years

The Grove 10:00am – 12:00pm 14 Available spaces

THURSDAY

TODDLER TIME 2 – 5 years

Dulwich Wood 10:00am – 11:30am

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

14 Available spaces

BABY YOGA 0-10 months pre-crawlers

Dulwich Wood 10:00am – 11:00am

5- Week Course for parents and babies.

10 Available spaces

FRIDAY

BOOKSTART 0-5 years

Albrighton 10:00am – 11:30am

Activities supporting literacy using puppets and props to make story time fun and engaging. 14 Available spaces

SENSATIONAL PLAY 2 – 5 years

The Grove 10:00am – 11:30am

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

10 Available spaces

VIRTUAL WORKSHOPS

Sessions are run by a qualified Speech and Language Therapist.

CHATTERTIME 15 months – 4 years

MONDAYS 10:30am – 11:00 am

Appointments only

BABBLING BABIES 0-18 months

Wednesday 10:00am – 11:00am

Appointments only

VIRTUAL DROP-IN

To book a place please register with your local children's centre or email gst-tr.contacts@nhs.net your child's name & DOB, contact number and GP name.

<https://www.guysandstthomas.nhs.uk/our-services/therapies/speech-language/overview.aspx>



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: henry@gstt.nhs.uk with your name, child's age, contact number and postcode