

KEEPING families STRONG

EPEC Being a Parent:

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience.

Wednesdays 10am-12pm (Starting 18th January 2023)

At Crawford Children & Family Centre London SE5 9NF.

Email us at cdcfoffices@dulwichwood.com for more information.



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



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



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. We can provide you with Foodbank vouchers please call: 0207 525 2017



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

www.imaginationlibrary.com/checkavailability



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

For further information on Vitamin D
Email: cdcfoffices@dulwichwood.com

Call: 020 7525 2017



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 Timetable



Tuesday 09.01.2023 till Friday 10.02.2023

Email: cdcfoffices@dulwichwood.com

020 7525 2017

Twitter: @C_D_cfc

Instagram: c_d_cfc

Facebook: @CamberwellandDulwichcfc

MEETING POINTS FOR OUTDOOR SESSIONS:
Ruskin Park: On the grass by the bandstand.

OUR CENTRE'S

- Crawford Children and Family Centre
Crawford Rd, Camberwell,
London SE5 9NF
- Albrighton Children and Family Centre
37 Albrighton Rd,
London SE22 8AH
- Dulwich Wood Children and Family Centre
Lyll Avenue,
London SE21 8QS
- The Grove Children and Family Centre
Tower Mill Rd,
London SE15 6BP



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. **To Download scan**



Register with us at the centre for access to fun activities, tips and ideas to help your little one develop. **To register**



Upcoming Workshop Starting Solids: Introducing solid foods at 6 months, workshop running in March. To book please email gst-tr.HVsupportanddevelopmentworker@nhs.net

MONDAY

ROSE VOUCHERS
CRAWFORD: 9:30am-12:00am/1:00pm-3:00pm

MIDWIVES CLINIC.
CRAWFORD: 10:00am-3:30pm
Appointment only

KIDS PORTAGE 0-5 YEARS
THE GROVE: 10:00am-11:00am
Come along for educational support for children with SEN and their families.
Referrals only

BABY EXPLORERS 0-18 Months
DULWICH WOOD: 9:45am-11:15am
Play, singing and sensory activities to stimulate your baby.

STAY AND PLAY 0-5 YEARS (50 THINGS TO DO)
DULWICH WOOD: 2:00pm-3:00pm
Come and play and get weekly tips & ideas for learning through play.

TIME FOR ART
DULWICH WOOD: 2:00pm-3:30pm.
Spark your child's imagination through playful painting and keep your little creatives engaged and open them up to new ways of playing.
Session running on the 9th January only.

TUESDAY

BOOKSTART 0-5 YEARS
DULWICH WOOD: 10:00am-11:30am
Activities supporting literacy using puppets and props to make story time fun and engaging.

STAY AND PLAY 0-5 YEARS
THE GROVE: 10:00am-11:30am
Come and play and get weekly tips & ideas for learning through play.

MOVE AND GROOVE 0-5 YEARS
THE GROVE: 1:00pm-3:00pm
Physical fun to get everyone moving.

TUESDAY

BOOKSTART 0-5 YEARS
CAMBERWELL LIBRARY: 10:00am-11:30am
Activities supporting literacy using puppets and props to make story time fun and engaging.

BREASTFEEDING CAFE
CRAWFORD: 10:00am-12:00pm
Drop in for advice and support for any of your breast-feeding concerns.
Last arrivals by 11:30

ESOL
CRAWFORD: 1:00pm-3:00pm
Develop your English language skills and get a recognized ESOL qualification. For parent with children aged 0-5 years. Crèche provided
Running till July 2023 term time only

WEDNESDAY

ROSE VOUCHERS
CRAWFORD: 9:30am-12:00am/1:00pm-3:00pm

MIDWIVES CLINIC.
CRAWFORD: 10:00am-3:30pm
Appointment only

EPCE BEING A PARENT 2-11 YEARS
CRAWFORD: 10:00am-12:00pm
A 9-week course to help parents to learn practical skills for everyday life.
Starting on 18th Jan term time only

BABY EXPLORERS 0-18 Months
CRAWFORD: 9:45am-11:15am
Play, singing and sensory activities to stimulate your baby.

TIME FOR ART
CRAWFORD: 1pm-2:30pm.
Spark your child's imagination through playful painting and keep your little creatives engaged and open them up to new ways of playing.
Session running on the 11th January only.

STAY AND PLAY 0-5 YEARS
ALBRIGHTON: 10:00am-11:30am
Come and play and get tips & ideas for learning through play.

WEDNESDAY

CHATTERTIME 2-5 YEARS
ALBRIGHTON: 1:00pm-2:15pm
To help support your child's speech & language difficulties.

THURSDAY

TODDLERTIME 2-5 YEARS
DULWICH WOOD: 10:00am-11:30am
Come and play and get tips & ideas for learning through play.

HEALTH VISITOR DROP IN
CRAWFORD: 10:00am-3:30pm

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS
CRAWFORD: 10:30am-11:30am
5-Week course for parents and babies. Towels and Oil are required.

STAY AND PLAY 0-5 YEARS
CRAWFORD: 1:15pm-2:30pm
Come and play and get weekly tips & ideas for learning through play.

TIME FOR ART
Crawford: 1:15pm-2:30pm.
Spark your child's imagination through playful painting and keep your little creatives engaged and open them up to new ways of playing.
Session running on the 12th January only.

FRIDAY

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.

BOOKSTART 0-5 YEARS
ALBRIGHTON: 10:00am-11:30am
Activities supporting literacy using puppets and props to make story time fun and engaging.

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS
DULWICH WOOD: 10:30am-11:30am
5-Week course for parents and babies. Towels and Oil are required.