

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 cdcfcoffices@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;

cdcfcoffices@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: cdcfcoffices@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 Centres.

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

Spring Term Two Timetable



Monday 20.02.2023 till Friday 31.03.2023

Email: cdcfcoffices@dulwichwood.com

020 7525 2017

Twitter: [@C D cfc](https://twitter.com/CDcfcc)

Instagram: [c d cfc](https://www.instagram.com/c_d_cfc)

Facebook: [@CamberwellandDulwichcfc](https://www.facebook.com/CamberwellandDulwichcfc)

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
- 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 click here.](#) Or Scan →



Dulwich Wood

MONDAY

BABY EXPLORERS 0-18 Months

9:45am-11:15am

Play, singing and sensory activities to stimulate your baby.

STAY AND PLAY 0-5 YEARS (50 THINGS TO DO) 2:00pm-3:00pm

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

TUESDAY

BOOKSTART 0-5 YEARS

10:00am-11:30am

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

THURSDAY

TODDLERTIME 2-5 YEARS

10:00am-11:30am

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

HENRY STARTING SOLIDS - 6 MONTHS

1:00pm-3:00pm

A workshop to help you get your baby off to a great start.

Session running on the 2nd March only

FRIDAY

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS

10:30am-11:30am

5-Week course for parents and babies. Towels and Oil are required.

Booking is required.

Crawford

MONDAY

ROSE VOUCHERS

9:30am-12:00pm/1:00pm-3:00pm

MIDWIVES CLINIC.

10:00am-3:30pm

Appointment only

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 CAFÉ

10:00am-12:00pm

Drop in for advice and support for any of your breastfeeding concerns.

Last arrivals by 11:30

ESOL

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

9:30am-12:00pm/1:00pm-3:00pm

MIDWIVES CLINIC.

10:00am-3:30pm

Appointment only

EPCE BEING A PARENT 2-11 YEARS

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

1:30pm-2:30pm

Play, singing and sensory activities to stimulate your baby.

Crawford

THURSDAY

HEALTH VISITOR DROP IN 0-2 YEARS

10:00am-3:00pm

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS 10:30am-11:30am

5-Week course for parents and babies. Towels and Oil are required.

Booking is required.

STAY AND PLAY 0-5 YEARS

1:30pm-2:30pm

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

FRIDAY

HENRY STARTING SOLIDS - 6 MONTHS

10:00am-12:00pm

A workshop to help you get your baby off to a great start.

Session running on the 24th March only

Albrighton

WEDNESDAY

STAY AND PLAY 0-5 YEARS

10:00am-11:30am

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

CHATTERTIME 2-5 YEARS

1:00pm-2:15pm

To help support your child's speech & language difficulties.

FRIDAY

BOOKSTART 0-5 YEARS

10:00am-11:30am

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

The Grove

MONDAY

KIDS PORTAGE 0-5 YEARS

10:00am-11:00am

Come along for educational support for children with SEN and their families.

Referrals only

TUESDAY

STAY AND PLAY 0-5 YEARS

10:00am-11:30am

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

MOVE AND GROOVE 0-5 YEARS

1:30pm-2:30pm

Physical fun to get everyone moving.

FRIDAY

SENSATIONAL PLAY 2-5 YEARS

10:00am-11:30am

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