

FRIDAY FAMILY SUPPORT AN ADVICE SESSION:

Every Friday at the Crawford centre our family services are on site to offer advice and support on any concerns you might have. **Please note that this sessions is by appointment only and booking is required** email us at: cdcfcoffices@dulwichwood.com

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

[Register here.](#)



50

things to do

before you're
five

how to have fun and learn at the same



A menu of exciting activities for families with young children, giving them great suggestions for



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

www.imaginationlibrary.com/checkavailability



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.

Vouchers available at Crawford Centre

Monday & Wednesday
9:30am-12:00pm/1:00pm-3:00pm

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 274 8543



Southwark Children and Family Centres
Camberwell and Dulwich



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

Sessions are Term Time only 5th June Till 21st July 2023



Email: cdcfcoffices@dulwichwood.com

020 7525 2017

Twitter: [@C_D_cfc](https://twitter.com/C_D_cfc)

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
- Dulwich Wood Children and Family Centre
Lyll Avenue, London SE21 8QS
- The Grove Children and Family Centre
Tower Mill Rd,
London SE15 6BP

Dulwich Wood

MONDAY

BABY GROUP 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) 1:30pm-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.

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS. KINGS WOOD HOUSE

1:00p-2:00pm

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

Booking is required

THURSDAY

TODDLERTIME 2-5 YEARS

10:00am-11:30am

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

EARLY WORDS TOGETHER 2-3 YEARS

11:45am-12:45pm

A 5-week programme building parents' confidence so that they can support their children's communication, Language and literacy skills.

FRIDAY

HEALTHY MOVERS 18MONTH-5 YEARS. DULWICH WOOD PARK

10:30am-11:30am

Physically fun interaction to a lively story and familiar songs to get everyone moving. **Starting on 23rd June**

Crawford

MONDAY

MOVE AND GROOVE 0—5 YEARS

2:00pm-2:45pm

A structured singing session with instruments and props.

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

EPEC 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 10th May Referrals Only.

BABY GROUP 0-18 Months

1:30pm-3:00pm

Play, singing and sensory activities to stimulate your baby.

BABY MASSAGE 0-10 MONTHS PRE-CRAWLERS

1:30pm-2:30pm

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

Booking is required.

Crawford

THURSDAY

HEALTH VISITOR DROP IN 0-2 YEARS

10:00am-3:00pm

KEEPING WELL POST BIRTH 0-6MONTHS 10:00am-12:00pm

10-Week therapeutic early intervention programme for mother with infants under 6 months experiencing or at risk of post-natal mental health distress.

Starting on 27th April. Referrals Only

HEALTHY MOVERS 18MONTH-5 YEARS. RUSKIN PARK

10:30am-11:30am

Physically fun interaction to a lively story and familiar songs to get everyone moving. **Starting on 13 July**

STAY AND PLAY 0 -5 YEARS

1:30pm-3:00pm

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

FRIDAY

YOGA FOR PARENTS WELL-BEING

9:30am-11:30am

8-Week group where you can learn the tools to manage stress and challenging emotions

Starting on 28th April. Referrals Only.

HENRY: HEATHY START BETTER FUTUR 0-5 YEASRS12:30pm-3:00pm

8-Week course to help support you make positive lifestyle changes and create a healthier environment for you and your little one.

Starting on 19th May. Booking is required, please email:

gst-tr.HVsupportanddevelopmentworker@nhs.net

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

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

SENSATIONAL PLAY 0-5 YEARS

10:00am-11:30am

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

EARLY WORDS TOGETHER 2-3 YEARS

11:45am-12:45pm

A 5-week programme building parents' confidence so that they can support their children's communication, Language and literacy skills.

TUESDAY

STAY AND PLAY 0 -5 YEARS

10:00am-11:30am

Come play, sing-along and get weekly tips & ideas for learning through play.

MOVE AND GROOVE 0—5 YEARS

1:30pm-2:15pm

A structured singing session with instruments and props.

FRIDAY

SENSATIONAL PLAY 0 -5 YEARS

10:00am-11:30am

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