

## FRIDAY FAMILY SUPPORT AN ADVICE SESSION:

Every Friday 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: [cdcfcoffice@dulwichwood.com](mailto:cdcfcoffice@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

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

before you're  
**five**

for

how to have fun and learn at the same



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

[www.imaginationlibrary.com/checkavailability](http://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](mailto: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



Southwark Children and Family Centres  
Camberwell and Dulwich



## Autumn Term Timetable

Friday 8th September till Friday 20th October



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

Email: [cdcfcoffices@dulwichwood.com](mailto: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  
Lyall 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

1:00pm-2:00pm

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

**Starting 12th Sept.**  
**Booking is required**

### WEDNESDAY

#### CHATTERTIME PLUS 2-5 YEARS

10:00am-11:30am

A stay and play group tailored to support children with complex communication needs who have difficulties in several areas of communication, such as attention, social interaction, behaviour, understanding language and talking

### THURSDAY

#### TODDLERTIME 2-5 YEARS

10:00am-11:30am

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

#### EARLY WORDS TOGETHER 3-4 YEARS

11:45am-12:45pm

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

#### SENSATIONAL PLAY 0 -5 YEARS

1:30pm-3:00pm

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

## Crawford

### 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 4th Oct. 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.

**Starting 13th Sept. Booking is required**

### THURSDAY

#### HEALTH VISITOR DROP IN 0-2 YEARS

10:00am-12:00pm

#### STAY AND PLAY 0-5 YEARS

10:00am-11:30am

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

#### 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 29th Sept. Referrals Only.**

#### HENRY: HEATHY START BETTER FUTUR 0-5 YEARS 12:30pm-3:00pm

6-Week of sessions to help support you make positive lifestyle changes and create a healthier environment for you and your little one. **Starting on 8th Sept. Booking is required, please email:** [gst-tr.HVsupportanddevelopmentworker@nhs.net](mailto:gst-tr.HVsupportanddevelopmentworker@nhs.net)

### 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

**Starting 12th Sept Term Time 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

### 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 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

1:00pm-1:45pm

A structured singing session with instruments and props.

### THURSDAY

#### STAY AND PLAY 0 -5 YEARS

10:00am-11:30am

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

#### STAY AND PLAY 0 -5 YEARS

1:00pm-2:30pm

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

### 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.