### Contact us

**Crawford Children and Family Centre** 

Crawford Rd, Camberwell, London SE5 9NF

**Dulwich Wood Children and Family Centre** 

Lyall 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

**Telephone:** 0207 525 2017

Email: <a href="mailto:cdcfcoffices@dulwichwood.com">cdcfcoffices@dulwichwood.com</a>

## Please visit our websites for further information

https://www.dulwichwood.com/aardvarkcc







# Camberwell and Dulwich Children and Family Centres

January 2021 Timetable

All sessions now require booking in advance please email cdcfcoffices@dulwichwood.com

Please note that 'in real life' sessions are on pause due to COVID-19 Restrictions.



Our registration form is now available to complete on our website

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

Please complete this if you are new to attending our Children and Family and Centres.



#### **Virtual Sessions**



Songs and Stories from around the world (0-5's)

Mondays 10:30am-11am

New Parents Group (Babies up to 6 months)

Mondays 11:30am-12:00pm

Chattertime run by Speech & Language Therapist (15 months-4 years)

Mondays 10:30-11:00am

Baby Massage (8 weeks-pre-crawlers) From 19th January 2021

Tuesdays 10:30am-11:30am

Baby Group (0 –18 months)

Tuesday 10:30am-11:30am

Signing and Storytelling (0-5's)

Wednesdays 10:30am-11:00am

Toddler Time (18 months—36 months)

Wednesdays 11:30am-12:00pm

Songs, Stories and Rhymes (0-5's)

Thursdays 11:30am-12pm

Family Learning Activities

Thursdays 1:30pm-2:00pm

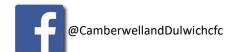
Healthy Movers (18 months-5's)

Fridays 10:30am-11:00am

Young Parents Group-Parents under 25

Fridays 10:30am-11:30am





#### Family Learning Packs: Please email us to collect your pack

Collection of Family Learning Packs with resources and activities to do at home with the children from Crawford or Dulwich Wood Children and Family Centre.

To collect your pack please email

cdcfcoffices@dulwichwood.com

#### **Advisory Sessions Wednesdays 9am-12pm**

Telephone advice and support for families in various areas such as parenting strategies, children's behaviour, accessing health and nursery, general advice about housing and employment.

To book a slot please email <a href="mailto:cdcfcoffices@dulwichwood.com">cdcfcoffices@dulwichwood.com</a>

#### Trainina / Workshops

To book please email: cdcfcoffices@dulwichwood.com

Early Words Together at Two – Wednesdays 10:30am-11:30am

A programme for families of 2-3 years olds to support a positive home learning environment, build parental confidence and enjoy exploring stories, rhymes and books.

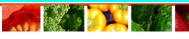
#### **Partners Sessions / Advice**

#### Speech and Language support - Virtual Workshops

Chattertime and Babbling Babies. Contact <u>gst-tr.contactslt@nhs.net</u> for further information

Starting Solids Foods and Nutrition support - Virtual workshops Contact <a href="mailto:EYNutrition@gstt.nhs.uk">EYNutrition@gstt.nhs.uk</a> for further information

#### **Rose Vouchers**



Support to buy fresh fruit and vegetables for low income families. **Rose Vouchers collection:** Monday 9am-12pm and 1:30pm-3pm from Crawford Children and Family Centre

If you wish to register to receive Rose Vouchers, please phone **020 7525 2017** or email **cdcfcoffices@dulwichwood.com** to find out whether you are eligible.

#### **Sessions On Pause:**

John Ruskin Park Dulwich Park