



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.



Families with a child under 5 years old, on low income and living in **SE1, SE5 OR SE17** could be eligible to receive free fruit & veg vouchers

For further information or to register for vouchers email;

cdcfcoffices@dulwichwood.com



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

For further information on Food bank / Rose Vouchers or Vitamin D

Email:

cdcfcoffices@dulwichwood.com

Call: 020 7525 2017



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

www.imaginationlibrary.com/checkavailability

Resource Packs / 2-3 Packs / Arts & Crafts / SENDs: Collect an Activity Pack with resources and instruction sheet to learn, play and create at home together. We have Sports Packs for those signing up for Healthy Movers!

Our Centre's

Crawford Children and Family Centre
Crawford Rd, Camberwell,
London SE5 9NF

Dulwich Wood Children and Family Centre
Lyal 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



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/>

Autumn Term 1



Monday 20th September to Friday 22nd October 2021

All sessions now require bookings in advance

Email: cdcfcoffices@dulwichwood.com

020 7525 2017



Twitter: @C_D_cfc



Facebook: @CamberwellandDulwichcfc

MEETING POINTS FOR OUTDOOR SESSIONS:

Dulwich Park: On the grass in front of the boating pond.

Ruskin Park: On the grass by the bandstand.

ESOL classes available for all: For more information and to book please visit:
<https://www.dulwichwood.com/aardvarkcc/esol-classes/>



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.

DOWNLOAD the APP: southwark.50thingstodo.org/

Watch Me Play: Supporting babies and young children, their parents/caregivers:
<https://www.facebook.com/watch/?v=415764302795786>

MONDAY

BABY EXPLORERS 0 -18 months
Dulwich Wood 9:30am – 11:00am

Play, Song time and Sensory activities to stimulate your baby.

14 Available spaces

OUTDOOR EXPLORERS 0-5 years

Ruskin Park 1:30pm – 2:30pm

Our outdoor stay and play session with activities, songs and stories.

20 Available spaces

TUESDAY

BABY MASSAGE 0 – 9 months pre-crawlers
Crawford 10:00am – 11:00am

21/09/2021 – 19/10/2021

5-week course – Towel, oil required.

6 Available spaces

BOOKSTART 0-5 years

Dulwich Wood 10:00am – 11:30am

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

14 Available spaces

HEALTHY MOVERS 0 – 5 years

Ruskin Park 10:30am – 11:30am

Physical fun to favourite stories and familiar songs to get everyone moving.

20 Available spaces

BABY EXPLORERS 0 – 18 months

Crawford 1:00pm – 2:30pm

Play, song time and sensory activities to stimulate your baby.

8 Available spaces

WEDNESDAY

STAY & PLAY 0 – 5 years
Albrighton Centre 9:30am – 11:00am

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

14 Available spaces

CHATTERTIME 0 – 5 years
Albrighton Centre 1:00pm– 2:15pm

To help support your child's Speech & Language difficulties.

10 Available spaces

THURSDAY

TODDLER TIME/BOOGIE MITES 2 – 5 years
Dulwich Wood 10:00am – 11:30am

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

14 Available spaces

BABY YOGA 0-12 months
Dulwich Wood 10:00am – 11:00am

8 Available spaces

STAY & PLAY 0 – 5 years
DULWICH WOOD 1:00pm – 2:30pm

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

14 Available spaces

FRIDAY

HEALTHY MOVERS 18 months – 5 years
Dulwich Park 10:00am – 10:45am

Physical fun to favourite stories and familiar songs to get everyone moving.

20 Available spaces

HEALTHY MOVERS 18 months – 5 years
Dulwich Park 11:00am – 11:45am

Physical fun to favourite stories and familiar songs to get everyone moving.

20 Available spaces

SEND-SATIONAL PLAY - FRIDAY

Targeted workshop – Referral only
The Grove 10:00am – 11:30am

10 Available spaces

VIRTUAL WORKSHOPS

Sessions are run by a qualified Speech and Language Therapist.

CHATTERTIME 15 months – 4 years
Appointments only
MONDAYS 10:30am – 11:00 am

BABBLING BABIES WEDNESDAYS
0-6 Months 10:00am – 10:30am
6-12 months 10:30am – 11:00am

To book a place please register with your local children's centre

or email gst-tr.contacts@nhs.net

<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