

NEW!! FREE DIGITAL TRAINING:

Get training and support with, Emailing, Paying bills online, Booking GP appointments and much more.

Sessions by appointment to book call: **0783 776 066**



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



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 and Centres.

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

Autumn Term One Timetable



Monday 05/09/2022 till Friday 21/10/2022

Email: cdcfcoffices@dulwichwood.com

020 7525 2017

Twitter: @C_D_cfc

Instagram: c_d_cfc

Facebook: @CamberwellandDulwichcfc

MEETING POINTS FOR OUTDOOR SESSIONS:
Ruskin Park: On the grass by the bandstand.

OUR CENTRE'S

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

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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**



PARENT ADVOCACY DROOP IN: For parents undergoing assessments by children's social care. Get support and advice from parents who gone through it. **From 10:00am-1:00pm At the Grove Last Thursday of every month.**

MONDAY

ROSE VOUCHER

Crawford: 9:30am-11:00am/1:00pm-3:00pm

WELFARE BENEFITS ADVICE

Crawford: 10:00am-12:00pm.

Appointment Only last Monday of every month

BABY EXPLORERS 0-18 Months

Dulwich Wood: 9:45am-11:15am

Play, singing and sensory activities to stimulate your baby.

STAY AND PLAY 0-5 Years

Dulwich Wood 2:00pm-3:30pm

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



TUESDAY

BOOKSTART 0-5 Years

Dulwich Wood: 10:00am-11:30am

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

Starting on the 13th September

BABY YOGA 0-10 Months pre-crawlers

Dulwich Wood: 10:00am-11:00am

5-week course for parents and babies.

Starting on the 13th September

STAY AND PLAY 0-5 Years

The Grove: 10:00am-11:30am

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

Starting on the 13th September

STAY AND PLAY 0-5 Years

The Grove: 2:00pm-3:30pm

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

Starting on the 13th September

NEW!! ESOL

Crawford: 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 on the 13th September till July 2023

BOOKSTART 0-5 Years

Camberwell Library: 10:00am-11:30am

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

Starting on the 13th September

WEDNESDAY

STAY AND PLAY 0-5 Years

Albrighton: 9:30am-11:00am

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

CHATTERTIME 0-5 Years

Albrighton: 1:00pm-2:15pm

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

THURSDAY

TODDLERTIME 2-5 Years

Dulwich Wood 10:00am-11:30am

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

BABY MASSAGE 0-10 Months pre-crawlers

Crawford: 10:30am-11:30am

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

Starting on the 15th September

STAY AND PLAY 0-5 Years

Crawford: 1:15pm-2:30pm

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

HEALTHY MOVERS 18 Months - 5 Years

Ruskin Park: 10:00am-11:00am

Fun physical interaction to a lively story and familiar songs to get everyone moving.

FRIDAY

SENSATIONAL PLAY 2-5 Years

The Grove: 10:00am-11:30am

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

BOOKSTART 0-5 Years

Albrighton: 10:00am-11:30am

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