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: **<u>cdcfcoffic-</u>**

es@dulwichwood.com

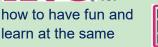
Register with us at the centre for access to fun actives, tips and ideas to help your little one develop.

Register here.



things to do

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 525 2017 Southwark Children and Family Centres Camberwell and Dulwich



Autumn Term Timetable

Friday 30th October till Thursday 21st December



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

Email: cdcfcoffices@dulwichwood.com

O20 7525 2017
Twitter: <u>@C D cfc</u>
Instagram: <u>c d cfc</u>
Facebook: <u>@CamberwellandDulwichcfc</u>

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

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 pup-pets 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. Booking is required

WEDNESDAY

CHATTERTIME PLUS 2-5 YEARS 10:00am-11:30am

A stay and play group tailored to sup-port 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 & EARLY WORDS TOGETHER 2-5 YEARS 10:00am-11:30am

Come and play and get tips & ideas for learning through play and build up you confidence in supporting your chil-gren'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.

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 Term Time Only

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. **Referrals Only.**

BABY GROUP 0-18 Months 1:30pm-3:00pm Play, singing and sensory activities to stim-ulate 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

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 Referrals Only.

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.

STAY AND PLAY & EARLY WORDS TOGETHER 2-3 YEARS

11:45am-12:45pm Come and play and get tips & ideas for learning through play and build up you confidence in supporting your 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.

WEDNESDAY

FRIDAY

Albrighton

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 & lan-guage

BOOKSTART 0-5 YEARS 10:00am-11:30am

Activities supporting literacy using pup-pets and props to make story time fun and engaging.