

Summer Term 1 Timetable

Tuesday 22nd April – Friday 23rd May 2025

All sessions are free to attend

Dulwich Wood Children and Family Centre Lyall Avenue, London SE21 8QS					Crawford Children and Family Centre Crawford Road, Camberwell SE5 9NF				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11am Baby Group (0-18 months) 10:15am-11:15am Baby Massage (0-11 Months) <i>*Booking is Required Starting 28th April</i> 11:15am-12:30pm ChatterTime (2-5 years) 1:30pm-3pm Stay and Play (0-5 years)	10am-11:30am Bookstart (0-5 years) 9:30am - 10:30am Buggy Walk & Talk (0-5years) <i>*Dulwich Park Old College Gate</i> 1:30pm-3pm Baby Giggles and Wiggles (0-2 years) <i>*Starting 29th April</i>	10:15am-11:15am Baby Massage (0-11Months) <i>*Booking is Required</i> 12pm-2pm Breastfeeding Drop-in <i>*last arrival at 1:30pm</i>	10am-11:30am ToddlerTime & Early Words Together (2-5 years) 1pm-3pm ESOL <i>*Booking is Required</i>	10am-11am Move and Groove (0-5years) Saturday 1:30pm-3pm Baby Giggles & Wiggles (0-5years) <i>*12th April, 3rd & 17th May</i>	1:00pm-2:30pm Baby Sensory Group (0-18 months)	10am-11:30am Bookstart (0-5years) <i>Camberwell library</i> 10am-12pm Breastfeeding Drop-in <i>*last arrival at 11:30am</i> 1pm-3pm ESOL <i>*Term time only starting 29th April</i>	10am-12pm EPEC- Being a Parent <i>*Referrals only starting 7th May</i> 1:30pm-3pm Stay and Play & Early Words Together (0-5years)	10am-12pm Health Visitor (0-2years) <i>*last arrival at 11:30am</i> 10:30am-1pm Keeping Well Post Birth (0-6 Months) <i>*Referrals only</i> 1:30pm-2:30pm Baby Massage (0-11Month) <i>*Booking is Required</i>	1pm-2:30pm Yoga for Parents Wellbeing <i>*referrals only starting 25th April</i>
Additional Sessions			Albrighton C&F Centre 37 Albrighton Road, London SE22 8AH		The Grove Children and Family Centre Tower Mill Road, London, SE15 6BY				
Every Monday: DWP Advice session 9am-4pm <i>*Dulwich Wood Booking is Required</i> Thursday 24 th April & 22 nd May: Story time at the Gallery 1:30pm-2:30pm (0-5years) <i>*Dulwich Picture Gallery</i> Friday 16 th May: Starting Solids Workshop 10am-12pm <i>*Crawford Centre Booking is Required</i>			Wednesday 10am-11:30am Stay and Play (0-5years) 1pm-2pm Move and Groove (2-5years)	Friday 10am-11:30am Bookstart (0-5years)	Tuesday 10am-11:30am Stay and Play (0-5years)		Thursday 1pm-2:30pm SENsational Play (0-5years)		

Find Out more!

Southwark foodbank

We can provide you with Foodbank

ROSE VOUCHERS
for the little & big ones

Rose Voucher Collection days are Monday from 9am-12pm & 1pm-3pm & Thursday from 1pm-3pm at Our Crawford Centre.

Live in Southwark and have a child under 5 register for a monthly free book till their 5th birthday: [Imaginationlibrary](https://50thingstodo.org/)

<https://50thingstodo.org/>

50 things to do before you're five

Family Support & Advice Session:

Book in a face-to-face or phone call appointment to get advice and support on any well-being queries you may have: email us at: cdcfcoffices@dulwichwood.com

Free Soft Play and Sensory room:

Come along to our sessions at The Grove to enjoy our soft play and sensory rooms.



Facebook: [@CamberwellandDulwichcfc](https://www.facebook.com/CamberwellandDulwichcfc)
Web: <https://www.dulwichwood.com/aardvarkcc/>

Twitter: [@C D_cfc](https://twitter.com/C_D_cfc) Instagram: [c_d_cfc](https://www.instagram.com/c_d_cfc)
Email: cdcfcoffices@dulwichwood.com

TikTok: [@cd.children.and.fa](https://www.tiktok.com/@cd.children.and.fa)
Phone: 020 7525 2017

Session description on back.

Baby Group:

Play singing and sensory activities to stimulate your baby.

Stay and play:

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

Bookstart:

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

Keeping Well Post Birth:

A 10-week therapeutic early intervention programme for mothers, with infants under 6 months, experiencing or at risk of post-natal mental health distress.

SENsational Play:

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

ChatterTime:

A Stay and Play group to help support your child's Speech and Language.

Move and Groove:

Come play and get tips and ideas for learning through play at our structured music and singing sessions with instruments and props.

Baby Massage:

A 5-week Massage course for parents and babies. Towels and Oil are required for this session.

Stay and Play / Toddlertime & Early

Words Together:

Come and play and get tips & ideas for learning through play and build up your confidence in supporting your children's communication, language and Literacy skills.

Breastfeeding Drop-In:

Drop in for advice and support for any of your breastfeeding concerns.

Henry Starting Solids:

Come and get support to help you make positive lifestyle change and create a healthier environment for you and your little one.

Baby Giggles and Wiggles:

Join our Giggles and Wiggles Group for babies aged 0-2 years this stay and play session promotes well-begin with songs, music, and sensory play, plus guidance on helpful parent resources.

Yoga for Parents Well-Being:

A 8-week group where you can learn the tools to manage stressful and challenging emotions.

EPEC- Being a Parent

A 9-week course to help parents to learn practical skills for everyday life.

Storytime at the Gallery:

Spark you child's imagination through playful painting that stimulates your child's development and curiosity.

ESOL:

Develop your English language skills and get a recognized ESOL qualification. For parents with children aged 0-5 years. A Creche is provided.

Baby Massage:

A 5-week massage course for parents and babies. Towels and Oil are required for this session.

Buggy Walk & Talk:

Do you have a child aged 5 or under? Come along to our buggy walk and talk to meet other parents, get some gentle exercise and enjoy the outside! Meeting point by the Old College Gate.

DWP Advice:

DWP advice session where you can get support and guidance on benefits, financial assistance, and accessing government services. Our advisors will be available to help with any questions or concerns you have about the DWP process.

Baby Sensory Group:

Engage your baby with play, singing, and sensory activities that encourage exploration and stimulate their developing senses.