

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)	10am-11:30am Bookstart (0-5 years)	12pm-2pm Breastfeeding Drop-in *last arrival at 1:30pm	10am-11:30am Nature & Nourish Stay and Play (0-5 years)	10am-11:30am Stay and Play (0-5 years)	1:00pm-2:30pm Baby Sensory Group (0-18 months)	10am-11:30am Bookstart (0-5years)	10am-12pm EPEC *Referrals only starting 14 th January	10am-12pm Health Visitor (0-2years)	1pm-2:30pm Yoga for Parents Wellbeing *referrals only
11:15am-12:30pm ChatterTime (2-5 years)	1:30pm-3pm Stay & Play Early Words Together (0-5 years)		1pm-2:30pm SENsational Play (0-5years) *For children who have additional or SEN needs		Saturday 12:00pm-1:30pm Stay and Play *31 st Jan	10am-12pm Breastfeeding Drop-in *last arrival at 11:30am	1:30pm-3pm Stay and Play (0-5years)	10am-11:30am Toddler Time and Early Words Together (2-5years)	11am-12:30 Mindful Mums *Starting 26th of Feb Booking required

Rose Voucher Collection

Albrighton C&F Centre
37 Albrighton Road, London SE22 8AH

Additional Sessions

Rose Voucher Collection days are
- Tuesday at Dulwich Wood 10-12pm.
-Wednesday at Albrighton 10-11:30pm
-Thursday at Crawford 9:30 -12pm

Wednesday

10am-11:30am
Stay and Play
(0-5years)

Friday

10am-11:30am
Bookstart
(0-5years)

Parent Forum -

Tuesday 27th January: Parent Forum 10am-11:30am *Based at Dulwich wood
Thursday 29th January: Parent Forum 10am- 11:30am *Based at Crawford

Starting Solids -

Thursday 15th January October: Starting Solids Workshop 1pm-3pm *Crawford Booking is Required
Tuesday 10th February: Starting Solids Workshop 10am-12pm *Dulwich Wood Booking is Required

Find Out more!



We can provide you with Foodbank



Live in Southwark and have a child under 5 register for a monthly free book till their 5th birthday:
[Imaginationlibrary](#)

<https://50thingstodo.org/>



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: cdfcoffices@dulwichwood.com

Facebook: @CamberwellandDulwichcfc

Twitter: @C_D_cfc

Instagram: cd_childrenfamilyhub

TikTok: cd_childrenfamilyhub

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

Email: cdfcoffices@dulwichwood.com

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.

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.

Nature & Nourish:

Each session blends baby-focused soothing activities with parent wellbeing practices, creating a supportive, calm environment where both can thrive. The goal is to reduce stress, strengthen bonds, and build a sense of community.

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.

Yoga for Parents Well-Being:

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

EPEC:

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

Baby Sensory Group:

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

Parent Forum:

A welcoming space for parents and carers to share their views, ask questions, and help shape the services at our Children & Family Centres. Come along to have your say, connect with other parents, and work together with staff to support children and families in the community.

Mindful Mums:

Mindful Mums offers free wellbeing support for mums with babies aged 0-12 months. A relaxed, welcoming space to slow down, connect with others, and feel supported.