



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:

cdcfoffices@dulwichwood.com

Call: 020 7525 2017



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, SE15 OR SE17** could be eligible to receive free fruit & veg vouchers

For further information or to register for vouchers email;

cdcfoffices@dulwichwood.com



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

www.imaginationlibrary.com/checkavailability

Our Centre's

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

Dulwich Wood Children and Family Centre
Lyll 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 and Centres.

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

Summer Term 1 Timetable



Monday 6th June to 22 July 2022

All sessions now require bookings in advance

Email: cdcfoffices@dulwichwood.com

020 7525 2017



Twitter: @C_D_cfc



Facebook: @CamberwellandDulwichcfc

MEETING POINTS FOR OUTDOOR SESSIONS:
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/gardvarkcc/2021/07/30/free-esol-classes1/>



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**



Southwark Children & Family Centre YouTube: a channel full of stories, songs and lots of ideas to try at home: <https://www.youtube.com/c/SouthwarkChildrenFamilyCentres/about>

MONDAY

ROSE VOUCHER

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

BABY EXPLORERS 0 -18 months

Dulwich Wood 9:45am – 11:15am

Play, Song time 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

STAY AND PLAY 0 –5 Years

The Grove 10:00am-11:30am

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

BABY Massage 0 –9 months pre-crawlers

Crawford 10:30am-11:30am

5-Week course. Towels and oil required.

7 Available spaces

STAY AND PLAY 0 –5 Years

Crawford 2:00pm-3:30pm

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

WEDNESDAY

STAY AND PLAY 0-5 Years

Albrighton 9:30am-11:00am

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

BABY YOGA 0 –10 months pre-crawlers

Dulwich Wood 10:00am-11:00am

5-Weeks course for parents and babies

10 Available spaces

HEALTHY MOVERS 18 months– 5 Years

Ruskin Park 10:00am-11:00am

Physical fun interaction to a lively story and familiar songs to get everyone moving.

FRIDAY

BOOKSTART 0-5 Years

Albrighton 10:00am-11:30am

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

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.

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 Healthy Start, Regular Exercise

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