



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](mailto:cdcfoffices@dulwichwood.com)



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](mailto:cdcfoffices@dulwichwood.com)

Call: 020 7525 2017



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

[www.imaginationlibrary.com/heckavailability](http://www.imaginationlibrary.com/heckavailability)

### 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

**Christmas Jumper Day**  
Friday 10<sup>th</sup> December 2021



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 2**



**Monday 1<sup>st</sup> November to Wednesday 22<sup>nd</sup> December 2021**

All sessions now require bookings in advance

Email: [cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)

020 7525 2017



Twitter: @C\_D\_cfc



Facebook: @CamberwellandDulwichcfc

**ESOL classes available for all:** For more information and to book please visit:  
<https://www.dulwichwood.com/aardvarkcc/esol-classes/>



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.

**DOWNLOAD the APP:** [southwark.50thingstodo.org/](https://southwark.50thingstodo.org/)

**Watch Me Play:** Supporting babies and young children, their parents/caregivers:  
<https://www.facebook.com/watch/?v=415764302795786>

### MONDAY

#### **BABY EXPLORERS 0 -18 months**

**Dulwich Wood 9:30am – 11:00am**

Play, Song time and Sensory activities to stimulate your baby.

14 Available spaces

#### **EARLY WORDS TOGETHER 2-3 Years**

**Dulwich Wood 11:00am – 11:45am**

**08/11/2021 – 06/12/2021**

A 5-Week Programme building Parents' confidence so that they can support their children's communication, Language and literacy skills

6 Available spaces

### TUESDAY

#### **BABY MASSAGE 0 – 9 months pre-crawlers**

**Dulwich Wood 10:00am – 11:00am**

**02/11/2021 – 30/11/2021**

5-week course – Towel, oil required.

8 Available spaces

#### **BOOKSTART 0-5 years**

**Dulwich Wood 10:00am – 11:30am**

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

14 Available spaces

#### **STAY & PLAY 0-5 years**

**The Grove 10:00am – 11:30am**

Play, song time and sensory activities to stimulate your baby.

10 Available spaces

#### **STAY & PLAY 0-5 years**

**Crawford 1:30pm – 3:00pm**

Play, song time and sensory activities to stimulate your baby.

10 Available spaces

### WEDNESDAY

#### **STAY & PLAY 0 – 5 years**

**Albrighton Centre 9:30am – 11:00am**

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

14 Available spaces

#### **CHATTERTIME 0 – 5 years**

**Albrighton Centre 1:00pm– 2:15pm**

**03/11/2021 – 15/12/2021**

To help support your child's Speech & Language difficulties.

10 Available spaces

#### **FATHERS & CARERS GROUP 0-5 years**

**Dulwich Wood 10:00am – 11:30am**

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

14 Available spaces

### THURSDAY

#### **CHILDMINDERS SESSION 0-5 years**

**The Grove 10:00am – 12:00pm** 15 Available spaces

#### **TODDLER TIME/BOOGIE MITES 2 – 5 years**

**Dulwich Wood 10:00am – 11:30am**

Come and play and get weekly tips & ideas for learning through play. 14 Available spaces

#### **BABY YOGA 0-10 months pre-crawlers**

**Dulwich Wood 10:00am – 11:00am**

**04/11/2021 – 16/12/2021**

7- Week Course for parents and babies.

8 Available spaces

#### **STAY & PLAY 0 – 5 years**

**DULWICH WOOD 1:30pm – 3:00pm**

Come and play and get weekly tips & ideas for learning through play. 14 Available spaces

### FRIDAY

#### **BOOKSTART 0-5 years**

**Albrighton 10:00am – 11:30am**

Activities supporting literacy using puppets and props to make story time fun and engaging. 14 Available spaces

### 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.

10 Available spaces

### VIRTUAL WORKSHOPS

Sessions are run by a qualified Speech and Language Therapist.

#### **CHATTERTIME 15 months – 4 years**

**Appointments only**

**MONDAYS 10:30am – 11:00 am**

#### **BABBLING BABIES 0-18 months**

**Appointments only**

**Wednesday 10:00am – 11:00am**

To book a place please register with your local children's centre

or email [gst-tr.contacts@nhs.net](mailto:gst-tr.contacts@nhs.net)

<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](mailto:henry@gstt.nhs.uk) with your name, child's age, contact number and postcode