

We are now operating a system on first come, first served basis with a limited capacity in each centre.  
A few sessions still require a booking so please check our timetable and email us to book on

[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)



## Monday

### Venue: Rotherhithe

From 18<sup>th</sup> September

**Stay and Play (1 year and above)**

10:00am-11:30am

Learning and developing through play and fun stimulating activities by exploring, being creative and active.

From 18<sup>th</sup> September

**Boogie Mites (0-12 months)**

1:30pm-2:15pm

Music programme to support children's language, brain development, physical, social development.

### Venue: Pilgrims' Way

**Next Steps- Autism Parenting Training (Invitation Only)**

For families with children under 5, diagnosed with Autism.

Dates: 18<sup>th</sup> September-30<sup>th</sup> October

Times: 10am-12:00pm

### Venue: Ellen Brown

**Baby Massage (8 weeks old-Pre-crawlers)**

**Booking Required**

Dates: 25<sup>th</sup> September-23<sup>rd</sup> October

Times: 10am-11:00am

Baby massage promotes bonding and attachment, and helps to boost a baby's immune system, reduce stress, relieve colic, and encourage sleep.

### Bookstart Sessions

**Bookstart (0-5 years) Term Time Only**  
10:00am-11:30am

**Canada Water Library**

21 Surrey Quays Rd, SE16 7AR

**Blue Anchor Library**

Market Place, London, SE16 3UQ

## Tuesday

### Venue: Ellen Brown

From 19<sup>th</sup> September

**Baby and Us (From birth up to 12 months)**

10:00am-11:30am

Join this relaxed session and have an opportunity to bond, play and have fun with your baby and meet other parents.

From 19<sup>th</sup> September

**SENsational Stay and Play (0-5 years)**

1:30pm-3:00pm

A fun and playful session that encourages the development of early attention and social communication skills for children with additional, special educational or medical needs.

### Venue: Pilgrims' Way

**Melodies 4 Mums (Invitation Only)**

Dates: 19<sup>th</sup> Sept-21<sup>st</sup> Nov 2023

Times: 1:30pm-2:30pm and 3:30pm-4:30pm

Connect with your baby in a supportive space, unwind and de-stress through the joy of singing and music-making.

For more information and to register, email: [m4m@breatheahr.org](mailto:m4m@breatheahr.org) or visit: [breatheahr.org](http://breatheahr.org)

## Wednesday

### Venue: Ellen Brown

From 20<sup>th</sup> September

**Stay and Play (1 year and above)**

10:00am-11:30am

Learning and developing through play and fun stimulating activities by exploring, being creative and active.

**Chattertime Plus (18 months and above)**

From 27<sup>th</sup> Sept

Times: 1:30pm-3:00pm

A stay and play group that is tailored to support children with complex communication needs who need help with several areas of communication, such as attention, social interaction, behaviour, understanding language and talking.

### Venue: Pilgrims' Way

From 20<sup>th</sup> September

**Stay and Play + Bookstart (0-5 years)**

**Term Time Only 10:00am-11:30am**

Learn and develop through play, have fun bringing stories alive through storytelling, arts and crafts and register with the library.

## Thursday

### Venue: Ellen Brown

**EPEC Baby and Us (New Parenting Programme) (0-9 months old)**

**(Invitation Only)**

Dates: 5<sup>th</sup> Oct-7<sup>th</sup> Dec

Times: 10am-12pm

A 9-week peer-led group which helps parents feel confident for parenting and everyday life with your new baby.

From 14<sup>th</sup> September

**Boogie Mites (12 months and above)**

1:30pm-2:15pm

Music programme to support children's language, brain development, physical and social and emotional development.

### Venue: Rotherhithe

From 14<sup>th</sup> September

**Breastfeeding Café (Drop in)**

10:00am-12:00pm

A session offering information and practical support for pregnant and breastfeeding mums and their families.

### Venue: Pilgrims' Way

From 14<sup>th</sup> September

**Parents and Peanuts (From pregnancy up to baby 12 months old) Booking Required**

**Young Parents Group-Under 25yrs**

Time: 12:00pm-3:00pm

A space for parents under the age of 25 to ask questions and discuss hopes and fears, take away some of the parenting unknowns and meet other parents.

To book, email:

[sheila@stmichaelsfellowship.org.uk](mailto:sheila@stmichaelsfellowship.org.uk)

## Friday

### Venue: Rotherhithe

From 15<sup>th</sup> September

**Boogie Mites**

Music programme to support children's language, brain development, physical and social and emotional development.

Times: 10:00am – 10:30 am

Ages: 0-12 months

Times: 11:15am-11:45pm

Ages: 12 months and above

### Venue: Ellen Brown

From 15<sup>th</sup> September

**Baby Explorers (12 months-24 months)**  
10:00am-11:30am

Engage with your baby in play and help them discover the world through fun and engaging activities.

### Venue: Pilgrims' Way

**Cygnets Workshop- Autism Parenting Training (Invitation Only)**

Dates: 22<sup>nd</sup> September-3<sup>rd</sup> Nov

Times: 12pm-2:00pm

Workshop for parents/carers of children over 5 years old with a diagnosis of Autism

### Speech and Language Drop in Dates/Health Promotions/WellComm Drop ins

#### WellComm Drop in:

- 27<sup>th</sup> September and 18<sup>th</sup> October- Stay and Play at Ellen Brown

#### Speech and Language Drop in

- 20<sup>th</sup> Sept **Bilingualism Session**- Stay and Play Ellen Brown
- 11<sup>th</sup> October- Bookstart/Stay and Play at Pilgrims Way

Autumn Timetable 14<sup>th</sup> September-20<sup>th</sup> October 2023

**Speech and Language support**

**Virtual Chattertime and Drop in Sessions**

Are you worried that your child is not talking or doesn't understand you? Do you have questions or concerns about your child's communication skills? Please book onto a virtual session with a speech and language therapist

To book on, email: [gst-tr.contacts@nhs.net](mailto:gst-tr.contacts@nhs.net)

Website:  
[www.evelinalondon.nhs.uk/communityspeechandlanguage](http://www.evelinalondon.nhs.uk/communityspeechandlanguage)

Facebook: @EvelinaSLT



**What is WellComm?**

The WellComm can be used with children from 6 months to 6 years to identify if there are any areas of speech, language, communication, and interaction development that may need further support. During this session we will observe children's understanding of what is being said to them and how they communicate verbally.

Come to our drop-in sessions for more information and support.

**50 Things To Do Before Five!**

Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn.

Website: <https://50thingstodo.org/>



**Dolly Parton Imagination Library**

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5<sup>th</sup> birthday. Sign up and make bedtime fun.

For more information please email:  
[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)



**Free Vitamin D**

Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.



We kindly ask everyone **NOT** to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.



We have gone paperless to help save the environment.

Please scan the QR Code to download the timetable and find out updates.

[br-cc.org.uk](http://br-cc.org.uk)



**Contact us!**

**Ellen Brown Children and Family Centre**

145 Grange Road (Spa Park) SE1 3EU

**Pilgrims' Way Children and Family Centre**

Tustin Estate, Manor Grove, SE15 1EF

**Rotherhithe Children and Family Centre**

Southwark Park (Hawkstone Road entrance) SE16 2PF

Telephone: 0207 358 2878

[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

Please visit our websites for further information

<http://br-cc.org.uk/br-cc/>



**HENRY Programme**

This programme aims to help you feel more confident as a parent, physical activities for the little ones, what children and the whole family eats, family lifestyle habits and enjoying life as a family.

For more information, please visit  
<https://www.henry.org.uk/>



To book please email:  
[gst-tr.hvsupportanddevelopmentworker@nhs.net](mailto:gst-tr.hvsupportanddevelopmentworker@nhs.net)

**Rose Vouchers**

Support to buy fresh fruit and vegetables for low-income families and living in SE1, SE15, SE5 or SE17  
If you wish to register to please phone 0207 358 2878 or email [ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

