

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: Ellen Brown**

**Stay and Play (1 year and above)**  
10:00am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

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

**Dates: 15<sup>th</sup> January-5<sup>th</sup> February**  
**Times:**  
**Group 1 – 12.45pm- 1:45pm**  
**Group 2 – 2.30pm- 3:30pm**

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

**Venue: Rotherhithe**

**Stay and Play (1 year and above)**  
10:00am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

**Bookstart Sessions at local libraries**

**Bookstart (0-4 years) Term Time Only**

**Canada Water Library 10-11:30am**  
21 Surrey Quays Rd, SE16 7AR

**Blue Anchor Library 10-11am**  
Market Place, London, SE16 3UQ

**Tuesday**

**Venue: Ellen Brown**

**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.

**\*Parent Forum 9<sup>th</sup> January during Baby and Us\***

**SENsational Stay and Play (0-5 years)**  
1:30pm-3:00pm

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

**Venue: Rotherhithe**

**Connecting with our Natural World- Sessions with Kew Gardens Booking Required**

**Dates: 23rd Jan, 30<sup>th</sup> Jan and 6<sup>th</sup> Feb**  
**Times: 11am-12pm**  
**Age Group: 2 years and above**

Nature-based session, planting, arts and crafts and sensory experiences. We will take a trip to Kew Gardens in April (Travel cost and lunch covered)

To book, please email us at  
[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

**Are you expecting a baby, or new to Parenting?**

**Parents and Peanuts** is a space for parents to ask questions and discuss hopes and fears, take away some of the parenting unknowns and meet other parents.

For further information and support, email:  
[sheila@stmichaelsfellowship.org.uk](mailto:sheila@stmichaelsfellowship.org.uk)

**Wednesday**

**Venue: Ellen Brown**

**Toddler Time (2 years and above)**  
10:00am-11:30am

A session for families with toddlers to explore their curiosity, learn through play and supporting next steps into nursery.

**Chattertime Plus (18 months and above)**  
1:30pm-3:00pm From 17<sup>th</sup> January

A stay and play group tailored to support children with complex communication needs and areas such as attention, social interaction, behaviour, understanding language and talking.

**Venue: Pilgrims' Way**

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

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

**Thursday**

**Venue: Ellen Brown**

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

**Dates: 18<sup>th</sup> January-21<sup>st</sup> March**  
**Times: 10am-12pm**

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

**Venue: Rotherhithe**

**Breastfeeding Café (Drop in)**  
10:00am-12:00pm

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

**Friday**

**Venue: Rotherhithe**

**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: 11:30am-12:00pm**

**Ages: 12 months and above**

**Venue: Ellen Brown**

**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.

**Starting Solids Workshop**

**Date: Friday 12<sup>th</sup> January 13:00 to 15:00** **Booking Required**

The workshop will help you decide:

When your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough and how to make mealtimes an enjoyable experience for both of you

Book a place by emailing: [gst-tr.hvsupportanddevelopmentworker@nhs.net](mailto:gst-tr.hvsupportanddevelopmentworker@nhs.net).

**POLITE NOTICE**

Due to our popularity of our groups please note that priority will be given to families trying to access our sessions. We would like to keep EVERYONE safe and healthy, and some groups have a limited number of families permitted in our centres.

**Winter Timetable 8<sup>th</sup> January- 9<sup>th</sup> February 2024**

**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?**

This is practical tool that the Early Years Team uses to discover children's level of communication, promote, and support the development of speech and language from as young as 6 months old- 5 years, through working together with parents/carers and completing fun activities.

Please speak with a member of staff for further information.

**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)



**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)



**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/>



**Free Vitamin D**

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



**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)

