



Timetable 19th Feb-28th March 2024

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



Monday

Tuesday

Wednesday

Thursday

Friday

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 Yoga (Age group: From 2 months up to pre-crawlers) Booking Required
Dates: 4th March-25th March
Times: 1:30pm-2:30pm

Families are required to attend the 4 weeks sessions of Baby Yoga. Parents and babies will experience a mixture of movements and relaxation moments to help with physical and mental wellbeing.

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.

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: 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

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: Ellen Brown

EPEC Baby and Us (New Parenting Programme) (0-9 months old) (Invitation Only)
Dates: 18th January-21st March
Times: 10am-12pm

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

SEN Intervention and Support (Invitation Only) NEW SESSION
Time: 1:45-3:00pm

A space for families with children with additional/special educational needs to meet with an Early Years Practitioner for individual support. Contact us for more information. Call or email to book: 02073582878

ccadmin@pilgrimsway.southwark.sch.uk

Venue: Rotherhithe

Boogie Mites

Music programme to support children's language, brain development, communication, physical and social development. You and your child will benefit from the mood-boosting effect of sharing music together.

Times: 10:00am – 10:30 am
Ages: 0-12 months
Times: 11:30am-12:00pm
Ages: 12 months and above

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.

Venue: Pilgrims' Way

Counselling Art Therapy (Invitation Only)
9:30am-12:30pm

Session delivered in partnership with another service. For more information, please email us ccadmin@pilgrimsway.southwark.sch.uk

Venue: Pilgrims' Way

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

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

Venue: Pilgrims' Way

NEW SESSION
Boogie Mites (From birth up to 8 months)
10:00am-10:30am

Music programme with lively songs and gentle lullabies to help babies develop body awareness, build relationships and tune into sounds. You and your baby will benefit from the mood-boosting effect of sharing music together.

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.

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

NOTICES

We have a new Text Messaging service to communicate with families regarding any news or changes to our sessions. If you would like to opt in, please speak with a member of staff.

Mobile phones are **NOT** permitted to be used in our sessions. This is for safeguarding purposes and a chance for children to spend quality time with adults.

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.

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.

Healthy Minds Thrive Project

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings.

For more information, please email: premila.soobul@southwark.gov.uk

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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.contactsit@nhs.net

Website:
www.evelinalondon.nhs.uk/communityspeechandlanguage

Facebook: @EvelinaSLT



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



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



What is WellComm? Speech and Language Support

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



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

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



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 5th birthday. Sign up and make bedtime fun.

For more information please email:
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

Please visit our websites for further information

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

