

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

Venue: Ellen Brown
NO SESSION ON MONDAY 10th JUNE (STAFF TRAINING)
Stay and Play (1 year and above)
10:00am-11:30am
Parent/Carers exploring, learning, and developing through fun and stimulating play activities.
Monday 24th June 2024 – SPECIAL EVENT – National Literacy Trust CHAT, PLAY and READ promotion for 1-5 year olds.
Baby Massage (8 weeks old-Pre-crawlers) Booking Required
Dates: Various Dates across the year
This group has a long waiting list so please email us to go on the list.

Venue: Ellen Brown

How children play and 'Schema's' Workshop - book your place
Monday 8th July 2024
1.30 – 3pm
"A schema is a pattern of repeated actions. Clusters of schemas develop into later concepts"
(Athey, 2007)

Venue: Rotherhithe

NO SESSION ON MONDAY 10th JUNE (STAFF TRAINING)
Stay and Play (1 year and above)
10:00am-11:30am

Tuesday

Venue: Ellen Brown
NO SESSIONS ON 25th JUNE 2024
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: Rotherhithe

NO SESSIONS ON 25th JUNE 2024
Welcome to Parenthood!
1.30 – 2.30pm
Dates: 11th JUNE, 18th JUNE, 2nd JULY, 9th July.
A new supportive group for families with babies **0-12 months** aimed at exploring and discussing topics on the first year of your baby's life with the additional benefit of support around emotional and mental wellbeing for you and your baby.

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:
julia.tropiano@southwark.gov.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
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.

Venue: Pilgrims' Way

St Giles Employment Advisor
Will be holding a surgery/drop in to discuss any employment questions you may have.
10am – 2.00pm on Friday 28th June 2024
Email:
ccadmin@pilgrimsway.sch.uk
to book at time slot.

Thursday

Venue: Ellen Brown
CENTRE CLOSED 4th July 2024
Boogie Mites (0-12 months)
Times: 10am-10:30am
Music programme to support babies' development.
Mother and Baby Wellbeing Group (Invitation Only)
Dates: 9th May-27th June
Time: 12pm-1pm
For more information and to book please contact:
www.talkingtherapiessouthwark.nhs.uk
Telephone: 020 3228 2194 Email: ccadmin@pilgrimsway.southwark.sch.uk

Venue: Ellen Brown
Toilet Training Workshop – Ellen Brown
11th July 2024 1pm – 3pm
To book your place email
ccadmin@pilgrimsway.southwark.sch.uk

Venue: Rotherhithe
Breastfeeding Café 10:00am-12:00pm
A session offering information and practical support for pregnant and breastfeeding mums and their families.

Venue: Pilgrims' Way
CENTRE CLOSED 4th July 2024
Boogie Mites (From 6 months-5 years)
10:00am-10:30am
Music programme to support children's development.
Melodies for Mums (Invitation Only)
16th May-25th July 2x groups
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@breatheah.org

Friday

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: 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.
Speech & Language Therapist – 21st June 2024

Venue: Ellen Brown
Starting Solids Workshop
19th July 2024 – 1pm – 3pm
Please email:
gst-tr.HVsupportanddevelopmentworker@nhs.net
Email you would like to attend along with your name, child's name and date of birth, postcode and contact number.

Bermondsey and Rotherhithe Children and Family Centres

Timetable Monday 3rd June – 19th July 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

Website:
www.evelinalondon.nhs.uk/communityspeechandlanguage

Facebook: @EvelinaSLT



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.



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/>



Free Vitamin D

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



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.

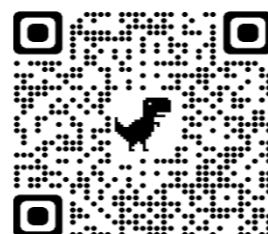
We kindly ask everyone **NOT** to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.



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



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/>



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 please phone 0207 358 2878 or email ccadmin@pilgrimsway.southwark.sch.uk



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