

Timetable - Tuesday 5<sup>th</sup> November – Wednesday 18<sup>th</sup> December 2024



**Monday**

**Venue: Ellen Brown**  
**NO SESSIONS ON 4<sup>TH</sup> NOVEMBER & 25<sup>TH</sup> NOVEMBER – STAFF TRAINING**

**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.

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

Various Dates across the year  
 Starts 11<sup>TH</sup> November

This group has a long waiting list so please email us to go on the list.

**Venue: Rotherhithe**

**NO SESSIONS ON 4<sup>TH</sup> NOVEMBER & 25<sup>TH</sup> NOVEMBER – STAFF TRAINING**

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

**Venue: Pilgrims' Way**

**NO GRUPOS EL 4<sup>TH</sup> NOVIEMBRE & 25<sup>TH</sup> NOVIEMBRE – CAPACITACION DEL EQUIPO**

**Stay and Play en Español**  
**(Spanish speaking parents)**  
**0-5 years**  
**10:00am-11:30am**

**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

**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**

**Learning through Play**  
**Parent Workshop – 18 months plus**

**12<sup>TH</sup> November – 10<sup>TH</sup> December**  
 Learning Unlimited presents an interactive workshop giving parents tips and ideas for play activities  
 Email to book  
[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

**Venue: TBC**

**'Welcome to Parenthood'**  
**10am – 11.30am**  
**INVITATION ONLY**

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.  
 Dates to be confirmed.

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

**Wednesday**

**Venue: Ellen Brown**

**Stay & Play**  
**(1-5 years old)**  
**10:00am-11:30am**



**Parent Drop In**  
 A member of staff is available for help and advice for parents that are experiencing difficulties. We are here to help!!

**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.



**Thursday**

**Venue: Ellen Brown**

**Boogie Mites**  
**(0-12 months)**  
**10am-10:30am**

**Venue: Ellen Brown**  
**Melodies for Mums group**  
**(INVITATION ONLY)**

For more information and to register email: [m4m@breatheahr.org](mailto:m4m@breatheahr.org)

**Venue: Pilgrims' Way**

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

**Venue: Rotherhithe**  
**Breastfeeding Café**  
**Infant feeding Drop-in**  
**10:00am-12:00pm**

Information and practical support for pregnant and breastfeeding mums and their families.

**Venue: South Bermondsey**  
**Starting Solids Workshop**  
**Thursday 5<sup>th</sup> December**

**1:00pm – 3:00pm**

To book email:

[gst-tr.HVsupportanddevelopmentworker@nhs.net](mailto:gst-tr.HVsupportanddevelopmentworker@nhs.net)

**Friday**

**Venue: Rotherhithe**

**Boogie Mites**

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

**Ages: 0-12 months**  
**10:00am – 10:30 am**

**Ages: 12 months and above**  
**11:30am-12:00pm**

**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.

**Saturday**

**Venue: Rotherhithe**

**Gardening Workshop**  
**(2 years plus)**  
**10am-11:30am**

**16<sup>th</sup> November**

**7<sup>th</sup> December**

Email to book

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



We operate 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)

### 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

### 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, SE16, 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)



### Southwark Start for Life offer includes help with:

- Feeding your baby ✓
- Mental health & wellbeing ✓
- Support for children special needs & disabilities ✓
- Early education at home ✓
- Accessing information, advice, and your free childcare offer ✓
- Making friends and connections ✓
- Building relationships with your baby ✓
- Everyday parenting challenges ✓

<https://services.southwark.gov.uk/>

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.

### 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.

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/>

### 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](mailto:julia.tropiano@southwark.gov.uk)