

# Tuesday 25th Feb-28th March Timetable 2025

## Bermondsey and Rotherhithe Children and Family Hubs

To book on sessions please email us below  
[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

### Monday

**Venue: Ellen Brown**  
**No sessions on 24<sup>th</sup> Feb**

**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**

**Venue: Rotherhithe**  
**No sessions on 24<sup>th</sup> Feb**

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

### Wednesday

**Venue: Ellen Brown**

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

**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: Rotherhithe**

**Baby Boogie Mites**  
**(0-12 months)**  
**2:00pm-2:30pm**

### Thursday

**Venue: Ellen Brown**

**Boogie Mites**  
**(0-12 months)**  
**10:00am-10:30am**

**Venue: Pilgrims' Way**

**Stay and Play**  
**(0-5 years)**  
**10:00am-11:30am**

**Venue: Rotherhithe**  
**Breastfeeding Café**  
**Infant feeding Drop-in**

**10:00am-12:00pm**

**Baby Sensory Group**  
**(0-12 months)**

**2:00pm-3:00pm**

A relaxed space for you and your baby to explore their new world together through their senses.

### Friday

**Venue: Rotherhithe**

**No sessions on 7<sup>th</sup> March- Staff meeting**

**Toddlers Boogie Mites**

Music programme to support children's development holistically

**Ages: 12 months and above**

**Group 1: 10:00am – 10:30 am**

**Group 2: 11:30am-12:00pm**

**Venue: Ellen Brown**

**No sessions on 7<sup>th</sup> March- Staff meeting**

**Little Explorers**

**(12 months-24 months)**

**10:00am-11:30am**

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

### Workshops at South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

- **Save a Baby's Life-** Wednesday 12<sup>th</sup> March 1pm-3pm To book, email: [ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)
- **National Energy Action Advice-** Thursday 13<sup>th</sup> March 10am-12pm

### HENRY Programme (Booking Required)

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

- **Starting Solids-** Friday 21<sup>st</sup> March 10am-12pm
- **Fussy Eating-** Friday 28<sup>th</sup> March 10am-12pm

### 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 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/>

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)

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](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 5th 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

#### South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

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)