



## Southwark Children and Family Centres Bermondsey and Rotherhithe

The children's centre runs courses for parents, and we have volunteer opportunities for people looking to give some time to their community or extend their skills. The parent and volunteer co-ordinator can discuss opportunities to complete relevant training or develop your skills and learn more about your child through parenting courses. She also runs the parents' forum and is happy to welcome new parents/carers onboard and get feedback from them.



If you would like to speak to Lucy, the parent and volunteer co-ordinator you can email or call:

lucywright@pilgrimsway.

southwark.sch.uk

Tel-07484081879

Children's Centre contact details:

0207 358 2878

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



## Southwark Children and Family Centres Bermondsey and Rotherhithe

### Courses September- December 2018



#### **Pilgrims' Way Children's Centre**

Tustin Estate, Manor Grove, SE15 1EF

**Bus: 453, 53, P12, 21, 42, 172**

#### **Ellen Brown Children's Centre**

145 Grange Road, SE1 3EU

**Bus: 78, 188**

#### **Rotherhithe Children's Centre**

Southwark Park, Hawkstone Road, SE16 2PF

**Bus: 1, 381**



## Bermondsey & Rotherhithe Children's Centre September – December 2018

<p><b>Crèche</b>          For some courses or training we can offer free childcare for your children in our crèche. Our experienced Early Educators will provide a safe and supportive environment to engage your child and make sure they get the most from their time at crèche.</p> <p>Coming to a crèche may be the first time a child has spent time away from their parents, therefore we ask that you try to bring them to one of our Stay and Play sessions during the weeks before your course or training starts, so they become familiar with the crèche room and our staff.</p>	<p><b>My Space</b>          A space for parents to relax, chat and meet with other parents- get advice around parenting, getting back to work as well as healthy lifestyles and child safety. There is a crèche provided for this session which could help children feel more confident separating from their parents in preparation for nursery/school.</p>
<p><b>Functional Skills</b>          Improve English, maths and IT - help to get a better job - feel more confident. Functional Skills offers support to become more independent and move on to a further education course or training programme.</p>	<p><b>Save a Baby's Life</b>          The workshops are designed to introduce parents and carers, to some basic emergency lifesaving skills. All of our trainers are students at King's College London and have been trained by the Royal Lifesaving Society.</p>
<p><b>About Boys Course</b>          Get a wider understanding of boys' development and behaviour, learn practical ways to set boundaries and manage behaviour, become more confident and gain skills in parenting boys.</p>	<p><b>Melodies for Mums</b>          Melodies for Mums draws on pioneering research carried out in 2016 by Royal College of Music and Imperial College. It is a ten-week programme of singing and music-making for mothers with post-natal depression and is a viable alternative to traditional approaches of support.</p>
<p><b>Work Well</b>          Work Well helps people with common mental health problems, such as depression or anxiety, move into paid work. You may also be able to have one-to-one session with a personal Career Coach.</p>	<p><b>Cook and Eat Course</b>          This six-week course teaches parents and carers all about healthy eating, including the eat-well plate, five-a-day, fat, sugar and salt, label reading and recipe adaptation. Plus learn new practical cooking skills, shopping on a budget as well gain information on food safety and hygiene. The course is run by a NHS Early Years Community Food Worker.</p>
<p><b>Talking Therapies</b>          We are here to help if you are experiencing low mood, depression or anxiety and you would like to know more about self-help and talking therapies; please contact centre for more information.</p>	<p><b>EPEC -Empowering Parents, Empowering Communities</b>          Improve parent/child relationship, reduce child behaviour issues and increase parenting confidence</p>
<p><b>Infant Baby Massage</b>          Helping baby to feel securely attached, reduced crying and emotional distress, relief from wind, colic constipation and teething as well as many other benefits to baby and mother.</p>	