

Family Advisory and Information

Telephone advice and support for families on parenting strategies, children's behaviour, accessing health and nursery, housing and employment.

To book a slot please email ccadmin@pilgrimsway.southwark.sch.uk

Rose Vouchers

Support to buy fresh fruit and vegetables for low-income families and living in **SE1, SE5 or SE17**

If you wish to register to please phone 0207 358 2878 or email ccadmin@pilgrimsway.southwark.sch.uk

Speech and Language support

Chattertime and Babbling babies.



Contact gst-tr.contacts@nhs.net for further information.

Starting Solids Foods and Nutrition support

Contact EYNutrition@gstt.nhs.uk for further information.

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.

To book please email: Henry@gstt.nhs.uk

For more information, please visit <https://www.henry.org.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 Centre

Tenda Road, SE16 3PN

Telephone: 0207 358 2878

ccadmin@pilgrimsway.southwark.sch.uk

Please visit our websites for further information

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



Southwark Children and Family Centres
Bermondsey and Rotherhithe



Bermondsey and Rotherhithe Children and Family Centres



From 15th November-22nd December 2021



INDOORS AND OUTDOORS

ALL sessions require a booking which you can make two weeks in advance and are limited to numbers of families. If you are unable to attend, please contact us so we can offer the space to another family.

To book, please email:

ccadmin@pilgrimsway.southwark.sch.uk



Our registration form is now available to complete on our website

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

Please complete this if you are new to attending our Children and Family and Centres.



MONDAY



Early Words Together at Two (2-3 years) 10:00am-11:00am at Rotherhithe

From 15th Nov-13th Dec Helping families develop confidence and support children's language and literacy development.

Welcome Session (0-5 years) 10:00am-11:30am at Pilgrims Way (Invitation Only)

A session for first time users to introduce the Children and Family Centre.

Baby Massage (8 weeks-pre-crawlers) 10:00am-11:00am at Ellen Brown

15th Nov-13th Dec Baby massage promotes bonding and attachment, and helps to boost a baby's immune system, reduce stress, relieve colic, and encourage sleep

TUESDAY

SENsational Play (0-5 years) 10:00am-11:30am at Ellen Brown (Invitation Only)

A session for children with additional and educational needs to join an interactive and stimulating session.

Baby Explorers (12 months-24 months) 1:30pm-3:00pm at Ellen Brown

An opportunity for you and your baby to play together and actively explore the environment and stimulating learning opportunities

Baby Group 'Sensory Play' (0-12 months) 10:00am-11:30am at Rotherhithe

Bond, play and have fun with your baby in relaxed sensory session

Healthy Movers (18 months - 5 years) 1:30pm-2:45pm at Rotherhithe

Interactive and fun physical activities to promote wellbeing and help you and your child stay fit and healthy.

WEDNESDAY

Bookstart (0-5 years) 10am-11:30am OUTDOORS at Pilgrims Way

Have fun bringing stories alive through storytelling, arts and crafts and sharing books.

Family Yoga (0-5's) 12:15pm-1:00pm at Pilgrims Way **New Session**

An opportunity for parents/carers and children to strengthen their bonds and spend healthy and happy quality time together whilst supporting each other and having fun.

Chattertime (18 months-5 years) 1:30pm-3:00pm at Ellen Brown

Aimed at encouraging the development of young children's early communication skills, with a speech and language therapist attending to give advice and support.

Toddler Time (2 years +) 10am-11:30am at Rotherhithe

An opportunity for toddlers to learn and develop through fun by exploring, being active and creative and support next steps into nursery education.

Stay and Play (0-5's) 1:30-3:00pm at Rotherhithe

Learning through play and stimulating activities whilst meeting other families with our team on hand to support you with any queries.

THURSDAY

Breastfeeding Café (Invitation Only) 10am-12:00pm at Rotherhithe

A session offering information and practical support for pregnant and breastfeeding mums and their families.

Welcome Session (0-5 years) 1:30-3:00pm at Rotherhithe (Invitation Only)

A session for first time users to introduce the Children and Family Centre.

Let's Get Physical (2-5 years) 10am-11:30am at Pilgrims Way **New Session**

Come ready to get involved in multi sports and physical activities whilst developing a healthy lifestyle and supporting your child's fine and gross motor skills.

Stay and Play (0-5's) 1:30pm-3:00pm at Pilgrims Way

Learning through play and stimulating activities whilst meeting other families with our team on hand to support you with any queries.

FRIDAY

Zumba Kids Jr (0-5 years) 10am-10.45am at Rotherhithe

Get active! Twist, jump and move to the beat. A fun way to increase your fitness for all the family.

Family Music (0-5 years) 11:15am-11:45am at Rotherhithe

You and your child can have fun signing together, be inspired and develop confidence in talking and building vocabulary.

Baby Stay and Play (0-18 months) 10:00am-11:30am at Pilgrims Way **New Session**

Bond, play and have fun with your baby in relaxed sensory session

RIVERSIDE (0-5 YEARS) TERM TIME ONLY

Soft Play Tuesdays 10:30am-11:45am at Salmon Centre

Baby Group (Under 12 months) Wednesday 10am-11:30am at Ellen Brown

Soft Play Thursdays 10:30am-11:45am at Salmon Centre

To book, please email: bookingssoftplayrca@gmail.com

Christmas Circus 10th December at Ellen Brown 10:30am-11:30am

Numbers are limited so please book by calling **0207 358 2878** or emailing

ccadmin@pilgrimsway.southwark.sch.uk



50 Things To Do Before You Are Five



Download the brand new 50 Things App to your phone for free activities around Southwark **Download the app: southwark.50thingstodo.org/**