



We know that anyone can reach crisis point and we're here to help when that happens. Foodbank provides emergency food to help people in crisis.



Families with a child under 5 years old, on low income and living in **SE1, SE5, SE15 OR SE17** could be eligible to receive free fruit & veg vouchers

For further information or to register for vouchers email;

[cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)



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

**For further information on Food bank / Rose Vouchers or Vitamin D**

**Email:**

[cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)

**Call: 020 7525 2017**



Every child living in Southwark can register to receive a free book, every month, until their 5<sup>th</sup> birthday.

[www.imaginationlibrary.com/heckavailability](http://www.imaginationlibrary.com/heckavailability)

### Our Centre's

Crawford Children and Family Centre  
Crawford Rd, Camberwell, London SE5 9NF

Dulwich Wood Children and Family Centre  
Lyll Avenue,  
London SE21 8QS

Albrighton Children and Family Centre  
37 Albrighton Rd,  
London SE22 8AH

The Grove Children and Family Centre  
Tower Mill Rd,  
London SE15 6BP



Southwark Children and Family Centres  
Camberwell and Dulwich



**Please complete our registration form if you are new to attending Southwark Children and Family and Centres.**

<https://www.dulwichwood.com/aardvarkcc/>

### Easter Timetable



**Monday 4<sup>th</sup> April to Thursday 14<sup>th</sup> April 2022**

**All sessions now require bookings in advance**

**Email: [cdcfoffices@dulwichwood.com](mailto:cdcfoffices@dulwichwood.com)**

**020 7525 2017**



**Twitter: @C\_D\_cfc**



**Facebook: @CamberwellandDulwichcfc**

**Please complete a Lateral Flow test before attending any session.**

**Masks are optional for Staff and Parents**

### ESOL classes available for all:

For more information and to book please visit:  
[https://www.dulwichwood.com/aa\\_rdvarkcc/esol-classes/](https://www.dulwichwood.com/aa_rdvarkcc/esol-classes/)



A menu of exciting activities for families with young children, giving them great suggestions for how to have fun and learn at the same time.

**DOWNLOAD the APP: [southwark.50thingstodo.org/](http://southwark.50thingstodo.org/)**



**Watch Me Play:** Supporting babies and young children, their parents/caregivers:  
<https://www.facebook.com/watch/?v=415764302795786>

### MONDAY

#### **BABY EXPLORERS 0 -18 months**

**Dulwich Wood 9:45am – 11:15am**

Play, Song time and Sensory activities to stimulate your baby.

14 Available spaces

### TUESDAY

#### **SENSATIONAL PLAY 2 – 5 years**

**The Grove 10:00am – 11:30am**

Come and play and get weekly tips & ideas for learning through play for children with additional needs.

10 Available spaces

#### **STAY & PLAY 0-5 years**

**The Grove 2:00pm-3:30am**

Come and play and get weekly tips & ideas for learning through play.

10 Available spaces



### WEDNESDAY

#### **STAY & PLAY 0 – 5 years**

**Albrighton Centre 9:30am – 11:00am**

Come and play and get weekly tips & ideas for learning through play

14 Available spaces

### THURSDAY

#### **TODDLER TIME 2 – 5 years**

**Dulwich Wood 10:00am – 11:30am**

Come and play and get weekly tips & ideas for learning through play.

14 Available spaces

**Running only on the 7<sup>th</sup> of April 2022**

#### **STAY & PLAY 0-5 years**

**Crawford 10:00am – 11:30am**

Come and play and get weekly tips & ideas for learning through play.

10 Available spaces

**Running only on the 14<sup>th</sup> of April 2022**

### FRIDAY

#### **STAY & PLAY 0-5 years**

**Crawford 10:00am – 11:30am**

Come and play and get weekly tips & ideas for learning through play.

10 Available spaces

**Running only on the 8<sup>th</sup> of April 2022**



### VIRTUAL WORKSHOPS

Sessions are run by a qualified Speech and Language Therapist.

#### **CHATTERTIME 15 months – 4 years**

**MONDAYS 10:30am – 11:00 am**

**Appointments only**

#### **BABBLING BABIES 0-18 months**

**Wednesday 10:00am – 11:00am**

**Appointments only**

### VIRTUAL DROP-IN

To book a place please register with your local children's centre or email [gst-tr.contacts@nhs.net](mailto:gst-tr.contacts@nhs.net) your child's name & DOB, contact number and GP name.

<https://www.guysandstthomas.nhs.uk/our-services/therapies/speech-language/overview.aspx>



HENRY stands for Health, Exercise Nutrition for the Really Young. HENRY is an eight-week programme for parents of infants and toddlers aged 0 to 5 years. The Programme helps parents get their children off to the best start in life.

To book a place, please email: [henry@gstt.nhs.uk](mailto:henry@gstt.nhs.uk) with your name, child's age, contact number and postcode