

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)



**Monday**

**Venue: Ellen Brown**

**Stay and Play (1-5 years) 10am-11:30am**

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

**Boogie Mites (0-5 yrs)**

**Times: 1:30pm-2:15pm**

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

**Venue: Rotherhithe**

**Drop in 'Warm Welcome' (0-5 years) 9:45am-12:00pm**

**From: 14th November**

Come to our centre and keep yourself and your child/ren warm, whilst meeting other families and accessing information and support.

**Bookstart Sessions**

**Bookstart (0-5 years) Term Time Only 10am-11:30am** Have fun bringing stories alive through storytelling, arts and crafts and sharing books.

**Canada Water Library**

21 Surrey Quays Rd, SE16 7AR

**Blue Anchor Library**

Market Place, London, SE16 3UQ

**Tuesday**

**Venue: Ellen Brown**

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

A session that encourages the development of early attention and social communication skills for children with additional and special educational needs such as Autism, Global Developmental Delay, Social Communication Delay, ADHD, and any other additional needs.

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

**Dates: 8<sup>th</sup> Nov-29<sup>th</sup> Nov (4 weeks)**

**Times: 1:30pm-2:30pm**

Baby massage promotes bonding and attachment, and helps to boost a baby's immune system, reduce stress, relieve colic, and encourage sleep.

**Venue: Rotherhithe**

**Drop in 'Warm Welcome' (0-5 years) 9:45am-12:00pm**

**From: 15<sup>th</sup> November**

Come to our centre and keep yourself and your child/ren warm, whilst meeting other families and accessing information and support.

**Venue: Ellen Brown**

**Communication and Play (18m-5 years) 1:30pm - 2:30pm**

**6<sup>th</sup>/13<sup>th</sup>/20<sup>th</sup> December**

**Booking Required**

A session that encourages the development of early communication skills through play.

**Wednesday**

**Venue: Ellen Brown**

**Toddler Time (2-5 years) 10am-11:30am**

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

**Chattertime (18 months-5 years) 1:30pm-3:00pm Booking Required**

A session that encourages the development of early communication skills through play with a top tip every week and support from a Speech and Language Therapist.

**Session cancelled on 30<sup>th</sup> Nov due to training**

**Venue: Ellen Brown**

**Save a Baby's Life and Mental Health Workshop**

**30<sup>th</sup> November ONLY 1:30-3:30pm**

For parents/carers with children under 1.

**To book please email:**

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

**Venue: Pilgrims' Way**

**Bookstart (0-5 years) Term Time Only 10am-11:30am**

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

**Venue: Rotherhithe**

**Drop in 'Warm Welcome' (0-5 years) 9:45am-12:00pm**

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

Come to our centre and keep yourself and your child/ren warm, whilst meeting other families and accessing information and support.

**Thursday**

**Venue: Ellen Brown**

**Baby and Me (0-12 months) 10:00am-11:30am Booking Required**

Bond, play and have fun with your baby and meet other parents.

**Baby and Me (0-12 months) 12:30pm-2:00pm Booking Required**

Bond, play and have fun with your baby and meet other parents.

**Please read below**

**Bookings will open on Mondays 9am until Tuesdays 4pm.** You will be informed of your space on Wednesdays by email.

To book, please email:

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

(Your name, child's name, and child's date of birth) and indicate which session you would like to attend.

**Venue: Rotherhithe**

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

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

**Venue: Rotherhithe**

**Drop in Breastfeeding Café**

From 8<sup>th</sup> December

**10am-12:00pm (Please arrive by 11:30am)**

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

**Venue: Pilgrims' Way**

**Melodies 4 Mums (Invitation Only)**

1:30pm-2:30pm 10 weeks programme

**Dates: 6<sup>th</sup> October - 8<sup>th</sup> December**

**Contact the centre for more details**

**Friday**

**Venue: Ellen Brown**

**Baby Explorers (12 months-24 months) 10:00am-11:30am**

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

**Venue: Rotherhithe**

**Boogie Mites (0-5 years) Times: 10:00am-10.45am**

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

**Healthy Movers (0-5 years) OUTDOOR SESSION- Weather permitting**

**11:30am-12:15pm**

Interactive and fun physical activities to help you and your child stay fit and healthy, both physically and mentally.

**Babies/Non walkers:** Please bring a sling to carry your baby for safety reasons.

**Speech and Language Additional Support**

Are you concerned about your child's communication skills? Contact us to book an appointment for the WellComm session to receive one to one support and advice on next steps.

**Email:**

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

Autumn Timetable 31<sup>st</sup> Oct-16<sup>th</sup> December 2022

**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 session with a speech and language therapist

To book on, email: [gst-tr.contactslt@nhs.net](mailto:gst-tr.contactslt@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.

To book please email:

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

For more information, please visit

<https://www.henry.org.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](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 Centre**

Tenda Road, SE16 3PN

Telephone: 0207 358 2878

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

Please visit our websites for further information

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



We have gone paperless to help save the environment. Please scan the QR Code to download the timetable.

**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)



**Cygnets Parenting Programme (Families with children over 5yrs) **Booking Required****

**Venue:** Pilgrims' Way Children and Family Centre **Time:** 12:00pm-2:00pm **Dates:** 14<sup>th</sup> November-19<sup>th</sup> December 2022

6-week course delivered by the Autism Support Team to provide you with support, understanding and advice following a diagnosis of Autism.

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.

Sign up to our mailing list and be the first to know everything that is happening in the Children and Family Centre.