

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



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, social and emotional development.

Bookstart Sessions

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

Have fun bringing stories alive through storytelling, arts and crafts and register with the library.

WHERE:

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.

(No session 10th Jan due to staff training)

Baby Massage (8 weeks old-pre-crawlers) Booking Required Dates: 17th Jan-7th Feb (4 weeks) Times: To be confirmed

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

Antenatal Workshop Booking Required 4-week course for expecting parents. More details to come.

Dates: To be confirmed

To enquire, please email:
ccadmin@pilgrimsway.southwark.sch.uk

Venue: Rotherhithe

Stay and Play (0-5 years) 10am-12:00pm - From: 17th January (No session 10th Jan due to staff training)

Fun and stimulating activities for children and families. Parents can get advice and support around child development, parent-child wellbeing and much more. Access to internet for parents via site laptop for further support- Ask a member of staff.

Warm Space.

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.

Venue: Pilgrims Way

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

Have fun bringing stories alive through storytelling, arts and crafts and register with the library.

Speech and Language Drop in Dates:

Meet a speech and language therapist for advice and tips:

18th January- Toddler Time at Ellen Brown

26th January-Baby & Me at Ellen Brown

27th February- Book Start at Canada Water Library

8th March- Toddler Time at Ellen Brown

20th March - Book Start at Canada Water Library

Thursday

Venue: Ellen Brown

Baby and Me (0-12 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.

No session on the 19th January due to staff training

Venue: Rotherhithe

Breastfeeding Café Drop in 10am-12:00pm

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

Venue: Pilgrims Way

Melodies 4 Mums (Invitation Only)

Dates: 2nd February-6th April
10-week programme

Connect with your baby and other parents in a supportive space, unwind and de-stress through the joy of singing and music-making

Contact the centre for more details

ccadmin@pilgrimsway.southwark.sch.uk

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

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 (0-5yrs) Times: 10:00am-10.45am

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

Venue: Pilgrims Way

Cygnets Workshop

Times: 12pm-2:00pm

Workshop for parents/carers of children 5-18 yrs old with Autism.

For more information contact:
Blagoje Vucinic

Blagoje.vucinic@southwark.gov.uk

Winter Timetable 5th January-10th February 2023

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

Website:
www.evelinalondon.nhs.uk/communityspeechandlanguage

Facebook: @EvelinaSLT



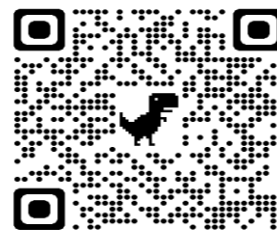
Our registration form is now available to complete on our website

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

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

We have gone paperless to help save the environment.

Please scan the QR Code to download the timetable and sign up to our mailing list and be the first to know everything that is happening in the Children and Family Centre.



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



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/>



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

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

