

Spring Timetable 17th April-26th May

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

Tuesday

Wednesday

Thursday

Friday

Venue: Ellen Brown

Baby Massage (8 weeks old- pre-crawlers) Booking Required
Dates: 15th May, 22nd May, 5th June and 12th June (4 weeks)
Times: 10am-11:15am

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

Boogie Mites (12 months and above)
1:30pm-2:15pm
 Music programme to support children's language, brain development, physical, social, and emotional development.

Venue: Rotherhithe

Stay and Play (1-5 years)
10am-11:30am
 Learning and developing through play and fun stimulating activities by exploring, being creative and active. Our team on hand to support you with any queries.

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

Venue: Ellen Brown

Boogie Mites (12 months and above)
10am-10:45am

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

New Time

SENsational Stay and Play (0-5 years)
1:30pm-3:00pm Booking Required

A fun and playful 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, social anxiety, and any other needs.

Venue: Ellen Brown

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

Learning and developing through play and fun stimulating activities by exploring, being creative and active. Our team on hand to support you with any queries.

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

A session for children with speech and language concerns only. This group is planned to encourage 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:

Wednesday 19th April- Stay and Play at Ellen Brown

Monday 22nd May- Bookstart at Canada Water Library

Wednesday 28th June- Bookstart at Pilgrims Way

Friday 7th July- Baby Explorers at Ellen Brown

Venue: Ellen Brown
No sessions on 27th April

Baby and Me (birth up to 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.

Boogie Mites (0-12 months)
1:30pm-2:15pm

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

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: 11th May-13th July (10 week programme)
Time: 1:30pm-2:30pm

Contact the centre for more details.

Venue: Ellen Brown

Starting Solids Workshop Booking Required
Date: 19th May
Time: 1:00pm-3:00pm

Delivered by Health Visiting Service for babies around 6 months starting solids foods.

Contact:
ccadmin@pilgrimsway.southwark.sch.uk

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

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

Times: 10am-10:30am
Ages: 0-12 months

Times: 11:15am-11:45am
Ages: 12 months and above

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

Spring Timetable 17th April-26th May

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 virtual session with a speech and language therapist

To book on, email: gst-tr.contacts@nhs.net

Website:
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.

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



Our registration form is now available to complete on our website

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

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/>

