



# Autumn Timetable 30th October-15th December 2023

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 year and above)**  
10:00am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

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

**Dates: 6th November - 4th December**  
**Times:**  
Group 1 – 12.45pm- 1:45pm  
Group 2 – 2.30pm- 3:30pm

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

## Tuesday

### Venue: Ellen Brown

**Baby and Us (From 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.

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

A fun and playful session that encourages the development of early attention, social interaction and communication skills, for children with additional, special educational needs.

## Wednesday

### Venue: Ellen Brown

**NEW SESSION**

**Toddler Time (2 years and above)**  
10:00am-11:30am

A session for families with toddlers to explore their curiosity, learn through play and supporting next steps into nursery.

**Chattertime Plus (18 months and above)**  
1:30pm-3:00pm

A stay and play group tailored to support children with complex communication needs and areas such as attention, social interaction, behaviour, understanding language and talking.

## Thursday

### Venue: Ellen Brown

**EPEC Baby and Us (New Parenting Programme) (0-9 months old)**  
**(Invitation Only)**

**Dates: 5th Oct-7th Dec**  
**Times: 10am-12pm**

A 9-week peer-led group which helps parents feel confident for parenting and everyday life with your new baby

**Boogie Mites Music (0-12 months)**  
2:00pm-2:30pm

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

## Friday

### Venue: Rotherhithe

**Boogie Mites**

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

**Times: 10:00am – 10:30 am**

**Ages: 0-12 months**

**Times: 11:30am-12:00pm**

**Ages: 12 months and above**

### Venue: Ellen Brown

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

Engage with your baby in play and help them discover the world through fun and engaging activities.

### Venue: Pilgrims' Way

**Cygnets Workshop- Autism Parenting Training (Invitation Only)**

For families with children over 5, diagnosed with Autism.

**Dates: 17th Nov- 22nd Dec**

**Times: 12pm-2:00pm**

### Venue: Pilgrims' Way

**Next Steps- Autism Parenting Training (Invitation Only)**

For families with children under 5, diagnosed with Autism.

**Dates: 13th Nov-18th December**  
**Times: 10am-12:00pm**

### Venue: Pilgrims' Way

**Melodies 4 Mums (Invitation Only)**

**Dates: 19th Sept-21st Nov 2023**  
**Times: 1:30pm-2:30pm and 3:30pm-4:30pm**

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

For more information and to register, email: [m4m@breatheahr.org](mailto:m4m@breatheahr.org) or visit: [breatheahr.org](http://breatheahr.org)

### Venue: Pilgrims' Way

**Stay and Play + Bookstart (0-5 years)**  
10am-11:30am

Parent/Carers exploring, learning, and developing through fun and stimulating play activities.

**NEW SESSION**

**Boogie Mites Music (12 months and above)**  
1:45pm-2:15pm

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

### Venue: Rotherhithe

**Breastfeeding Café (Drop in)**  
10:00am-12:00pm

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

## POLITE NOTICE

Due to our popularity of our groups please note that priority will be given to families trying to access our sessions. We would like to keep EVERYONE safe and healthy, and some groups have a limited number of families permitted in our centres.

### Are you expecting a baby, or new to Parenting?

**Parents and Peanuts** is a space for parents to ask questions and discuss hopes and fears, take away some of the parenting unknowns and meet other parents.

For further information and support, email: [sheila@stmichaelsfellowship.org.uk](mailto:sheila@stmichaelsfellowship.org.uk)

### Bookstart Sessions

**Bookstart (0-5 years) Term Time Only**  
10:00am-11:30am

**Canada Water Library**  
21 Surrey Quays Rd, SE16 7AR

**Blue Anchor Library**  
Market place, London, SE16 3UQ

**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.contactslt@nhs.net](mailto:gst-tr.contactslt@nhs.net)

Website:  
[www.evelinalondon.nhs.uk/communityspeechandlanguage](http://www.evelinalondon.nhs.uk/communityspeechandlanguage)

Facebook: @EvelinaSLT



**Speech and Language Drop in Dates /WellComm Drop ins.**

**WellComm Drop in:**

- 20<sup>th</sup> November at Stay and Play- Ellen Brown
- 1<sup>st</sup> December at Baby Explorers- Ellen Brown
- 5<sup>th</sup> December at Baby and Us- Ellen Brown
- 11<sup>th</sup> December at Stay and Play-Ellen Brown

**Speech and Language Drop in**

- 8<sup>th</sup> November Stay and Play/Bookstart at Pilgrims' Way
- 6<sup>th</sup> December- **Bilingualism Session**- Toddler Group at Ellen Brown

**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)



**Free Vitamin D**

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



**We kindly ask everyone NOT to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.**



**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](mailto:gst-tr.hvsupportanddevelopmentworker@nhs.net)



**We have gone paperless to help save the environment.**

Please scan the QR Code to download the timetable and find out updates.

[br-cc.org.uk](http://br-cc.org.uk)



**Rose Vouchers**

Support to buy fresh fruit and vegetables for low-income families and living in **SE1, SE15, 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

Telephone: 0207 358 2878

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

Please visit our websites for further information

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

