



# Bermondsey and Rotherhithe Children and Family Hubs

**Timetable - Monday 16<sup>th</sup> September – Friday 25<sup>th</sup> October 2024**

**FAMILY FUN DAY @ Rotherhithe Children and Family Hub**

**Tuesday 10<sup>th</sup> September 2024**

**10am – 12 noon**

## Monday

**Venue: Ellen Brown**

**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.

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

**Various Dates across the year  
Starts 16<sup>th</sup> September 2024**

**This group has a long waiting list  
so please email us to go on the list.**

## 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

**Pre-conception talk  
11am on 1<sup>st</sup> October 2024**

**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**

**Stay & Play  
(1-5 years old)  
10:00am-11:30am**



**Parent Drop In**

A member of staff is available for help and advice for parents that are experiencing difficulties. We are here to help!!

**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**

**Boogie Mites  
(0-12 months)  
10am-10:30am**

**Venue: Ellen Brown  
Melodies for Mums group**

**(INVITATION ONLY)**

For more information and to register email: [m4m@breatheahr.org](mailto:m4m@breatheahr.org)

**Venue: Pilgrims' Way**

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

**Venue: Rotherhithe  
Breastfeeding Café  
Infant feeding Drop-in  
10:00am-12:00pm  
Starts 5<sup>th</sup> September 2024**

Information and practical support for pregnant and breastfeeding mums and their families.

**NO SESSION on 19<sup>th</sup> SEPT due to staff training**

**Venue: Rotherhithe  
Starting Solids Workshop  
Thursday 3<sup>rd</sup> October**

**1:00pm – 3:00pm**

To book email:

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

## Friday

**Venue: Rotherhithe**

**NO SESSION ON 4<sup>th</sup> OCTOBER  
due to staff training**

**Boogie Mites**

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

**Ages: 0-12 months**

**10:00am – 10:30 am**

**Ages: 12 months and above**

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

**Venue: Ellen Brown**

**NO SESSION ON 4<sup>th</sup> OCTOBER  
due to staff training**

**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.



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)

### 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](mailto:gst-tr.contacts@nhs.net)

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

Facebook: @EvelinaSLT



### Healthy Minds Thrive Project

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings. For more information, please email: [julia.tropiano@southwark.gov.uk](mailto:julia.tropiano@southwark.gov.uk)

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.



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.

### What is WellComm? Speech and Language Support

This is practical tool that the Early Years Team uses to discover children's level of communication, promote, and support the development of speech and language from as young as 6 months old- 5 years, through working together with parents/carers and completing fun activities.

Please speak with a member of staff for further information.

### 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.

### 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)



### Rose Vouchers

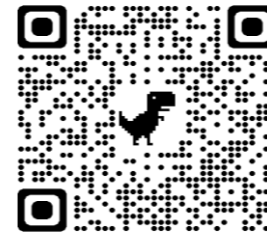
Support to buy fresh fruit and vegetables for low-income families and living in SE1, SE15, SE16, SE5 or SE17. If you wish to register to please phone 0207 358 2878 or email [ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)



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)



### Parent & Children Sessions at local libraries

**Bookstart (0-4 years) Term Time Only**

**Canada Water Library 10-11:30am**

21 Surrey Quays Rd, SE16 7AR

**Blue Anchor Library 10-11am**

Market Place, London, SE16 3UQ