

giving  
your child  
a **better**  
start

# Better Start Brixton/Tulse Hill Weekly timetable Summer 2024

Lambeth's Family Hub Network

Lambeth's Start for Life offer

  
Lambeth

# Brixton/Tulse Hill map

## Children's Centres

- 1 Jubilee Children's Centre
- 2 Loughborough Children's Centre

## One O'clock Clubs

- 1 Brockwell One O'clock Club
- 2 Max Roach One O'clock Club

## Health Centres

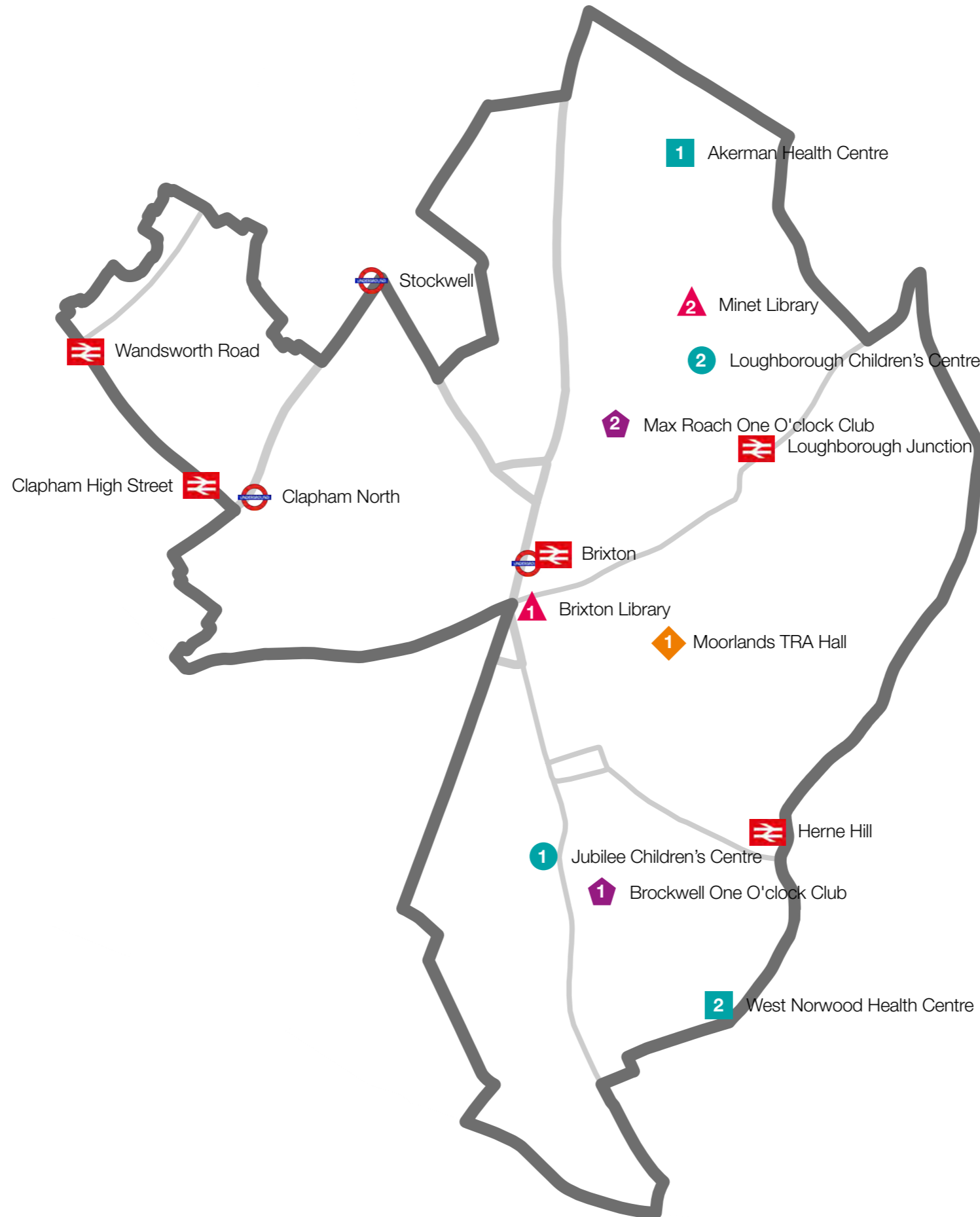
- 1 Akerman Health Centre
- 2 West Norwood Health Centre

## Moorlands TRA Hall

- 1 Moorlands TRA Hall

## Libraries

- 1 Brixton Library
- 2 Minet Library



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# Lambeth Better Start Services

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## ♥ Baby sessions

Children's centres run a range of groups for babies and their parents and carers. Look out for Baby Explorers or Baby Bounce and Rhyme sessions in centres near you.

## 🧸 Stay and Play sessions

Come along and enjoy playtime with your child, meet some other parents, and pick up tips on how to support your child's learning and development.

## 💬 Communication and Language groups

Online Chattertime and face to face group sessions in the Children's Centres to support your child's communication and language development is available for families across the borough.

## 🌿 Natural Thinkers

Outdoor play and learning for you and your child. An opportunity to connect with nature and the environment and try out new forms of play.

## 🗨️ Making it REAL (Raising Early Achievement in Literacy)

Over a series of one to one contacts or face to face, you will gain lots of skills in how best to support your child's early communication and language development.

## 👏 Support for young parents

Young mothers and fathers are warmly welcomed at all children's centres, but sometimes you may want some additional support tailored to meet the needs of young parents. St Michael's Fellowship will support you and your child through one to one support. You can contact them on: 020 8835 9570

## ★ Special Educational Needs and Disabilities (SEND)

All the activities listed on this programme are accessible and inclusive, but sessions such as Small Group Sensory Sensations or the Small Group ASD session provide additional support for children with SEND, while programmes such as Early Bird help you in your role as a parent.

## ⚙️ LEAP (Lambeth Early Action Partnership)

Provides additional support and activities for families of children aged from 0-4 living in Tulse Hill, Coldharbour, Vassall and Stockwell. If you live in those areas, please keep a look out for LEAP activities.

## 👨‍⚕️ Child Health Clinics – currently by appointment only

Run by the Health Visiting team from Evelina London, child health clinics are a great opportunity to get information and ask any questions about your child's health, growth, development and immunisations. You can also find out if you can get Healthy Start vouchers to use for free fruit, vegetables and milk, or find out about the free Vitamin D scheme. Please bring your red book along.

## 📞 Lambeth Families Information Service

Looking for childcare or free early learning for your two, three or four year old? Do you want to find out more about applying for school? Or to learn about other services and support for your family in Lambeth? The Lambeth Families Information Service is here to help.  
fis@lambeth.gov.uk | lambeth.gov.uk/fis | 020 7926 9558

## 🍼 Baby Feeding

Need support with feeding your baby? We offer support for breastfeeding support and starting solid foods, find the contact information on the timetable or contact your local children's centre.

## 👤 Parenting support

Being a parent isn't easy, and it's normal to need some help along the way. Lambeth's Parenting Support Service helps families to access the right support for them, whether this be taking part in a parenting course, completing a virtual programme online or accessing a one to one service. All the support offered is 'evidenced-based', which means it has been proven to make a difference for families. To find out more, and to register with Lambeth's Parenting Support Service, visit [lambeth.gov.uk/parenting](http://lambeth.gov.uk/parenting) or talk to your local children's centre.

## 📖 ESOL

Children's centres provide ESOL classes to help you develop your skills in reading, writing and speaking English. Contact the children's centre to find out more and book a space.

## 🎓 Adult Learning classes

Fancy learning a new skill? Or finding out more about how you can support your child to learn and develop? A range of courses are delivered in children's centres across the borough. You will need to be able to commit to attending every week. Contact the children's centre to find out more and book a space.

## 👤 Better Start Workers

Our Better Start Workers are able to offer support and advice around: Parenting and co-parenting, free early learning opportunities, housing and benefits, employment, and training, reducing isolation and signposting to other available services. Please ask your local children's centre for this service.

## 🔑 Employment support

Are you thinking about returning to work? Maybe you need some help with updating your CV? Book a telephone appointment with an Employment and Training Advisor by calling your local children's centre.

## 📞 Financial support – Citizens Advice

Citizen Advice telephone appointments and face to face appointments are available in children's centres across the borough for families with a child under five.

## 👶 Free childcare and Early Learning for two year olds

Your child could be eligible for up to 15 hours a week of free early learning with a childminder, pre-school playgroup, day nursery, nursery school or Children's Centre. Find out if you qualify and apply online today: [lambeth.gov.uk/freeearlylearning](http://lambeth.gov.uk/freeearlylearning)

## 👨‍👩‍👧 HENRY

HENRY helps parents with children under five gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give their children a great start in life. We are running stand-alone workshops on topics such as Fussy Eating, Starting Solids and Healthy Teeth as well as the eight week Healthy Families: Right From The Start programme. To sign up please email [gst-tr.HVsupportanddevelopmentworker@nhs.net](mailto:gst-tr.HVsupportanddevelopmentworker@nhs.net) or talk to children's centre staff.

## 🎁 Alexandra Rose Vouchers

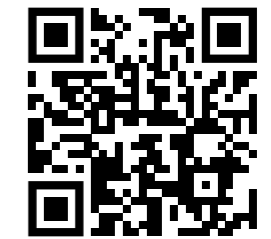
We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton, Norwood, East Street, Peckham and Waterloo Market stalls.  
Food Bank: Better Start Workers can refer you and your family to a local Food Bank to support you in accessing food. Speak to your local Better Start children's centre team to find out more.

# Venue Details

Session across all sites
<b>Jubilee Children's Centre</b> 📍 Tulse Hill, SW2 2JE ☎ 020 8678 6530
<b>Loughborough Children's Centre</b> 📍 Minet Road, SW9 7UA ☎ 020 7274 8374
<b>Brockwell Children's Centre (previously the One O'clock Club)</b> 📍 Brockwell Park, Arlingford Road SW2 2TA ☎ 020 8678 6530

# Brixton/Tulse Hill area weekly timetable Summer 2024

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday/Sunday am
<b>Better Start Appointments and Alexandra Rose Vouchers</b>		Ask for information and eligibility		<b>Better Start Appointments and Alexandra Rose Vouchers</b>	
<b>Women's Advice and Support Surgery</b> 10.00 – 12.00. Call to book	<b>ESOL</b> 9.30 – 11.30 Call to book	<b>Baby and Me</b> 0–14 months 10.15 – 11.45	<b>Employment and Training Support</b> 9.30 – 12.00	<b>Breastfeeding Drop in Group</b> 10.00 – 12.00 no need to book	<b>Dads Stay and Play</b> 10.00 – 12.00 Drop in or Ask for more details
<b>Antenatal Checks</b> 9.00 – 4.00. By appointment	<b>Child Health Reviews</b> By appointment. Call 020 3049 5300 and ask to book at Jubilee	<b>Children's Vaccination Drop – In Clinic &amp; Information sessions</b> 10.00 – 2.00. 24 April, 22 May, 19 June and 17 July	<b>Citizen's Advice Appointments</b> 10.00 – 1.00	<b>Antenatal checks</b> 9.00 – 4.00. By appointment	<b>Papas in the Park</b> on Sunday mornings Call Angela on 07508074921 to find out more
<b>Stay and Play</b> 0–4 years. 9.45 – 11.15	<b>Postnatal Checks</b> 9.00 – 4.00 By appointment		<b>Rising Stars (KEEN LONDON)</b> For children with additional needs. <b>First &amp; Third Thursday of the month</b> 10.00 – 11.30	<b>Pregnancy and Baby Yoga</b> Babies up to 4 months 10.30 – 11.30. Call to book	
<b>Early Years SEN 1–1 Appointments</b> 3 May. 9 – 12.30. Call to book	<b>Stay and Play</b> 0–4 years 9.45 – 11.15	<b>Children's Vaccination Drop – In Clinic &amp; Information sessions.</b> 10.00 – 2.00 17 April, 15 May, 12 June and 10 July	<b>Registered Childminder Drop in.</b> Second Thursday of the month. 9.45 – 11.15	<b>Share and Learn</b> Latin American Parent led group (all families are welcome) 12.00 – 1.30	
<b>Postnatal Checks</b> 9.00 – 4.00. By appointment		<b>Pre-booked complex needs Health Visitor appointments</b> Third Wednesday of the month	<b>Pre-booked complex needs Health Visitor appointments</b> Second Thursday of the month	<b>Young Parents Stay and Play</b> All under 25's welcome 10.30 – 12.15	
<b>Stay and Play</b> Movers and Walkers 10–24 months. 10.15 – 11.45	<b>Parent Champion (Volunteer Training)</b> 1.15 – 3.15. Call to book	<b>ESOL</b> 9.45 – 11.45. Call to book	<b>Hear and Play</b> For Hearing impaired children. <b>Fourth Thursday of the month</b> 10.00 – 12.00	<b>Baby and Me</b> Sensory Play. 0–14 months 10.15 – 11.45	
<b>Pre-booked Health Visitor appointments</b> Call 020 3049 5300 and ask to book at Loughborough		<b>Stay and Play</b> 0–4 years. 9.45 – 11.15	<b>Breastfeeding support</b> By referral	<b>Child Health Reviews</b> By appointment Call 020 3049 5300 and ask to book at Loughborough	
<b>Food Bags</b> By referral	<b>Sensory room</b> 9.45 – 11.15. Call to book	<b>Stay and Grow</b> 0–4 years. 9.45 – 11.15	<b>Little Green Fingers Stay and Play</b> 0–4 years. 9.45 – 11.15		
<b>PAIRS 1-1 Support</b> By appointment			<b>Sensory room</b> 9.45 – 11.15. Call to book		
<b>Muslim Women's Group</b> All women welcome 0–4 years. 10.00 – 12.00					



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Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<b>Better Start Appointments and Alexandra Rose Vouchers</b>		Ask for information and eligibility		
<b>HENRY Starting Solids</b> 1.00 – 3.00. 15 April and 17 June	<b>Child Health Reviews</b> By appointment. Call 020 3049 5300 and ask to book at Jubilee	<b>Baby Massage Five Week Course</b> 1.45 – 3.15. Call to book	<b>Breastfeeding Support</b> By referral	<b>Antenatal Checks</b> 9.00 – 4.00 By appointment
<b>Antenatal Checks</b> 9.00 – 4.00. By appointment	<b>Making it REAL</b> By appointment Ask for more information	<b>Baby Steps</b> 4.00 – 6.00 Email BabySteps@gstt.nhs.uk	<b>Making it REAL</b> By appointment – ask for more information	<b>Better Start Support 4 You</b> Need support with Nursery or school applications? Call to book
<b>Make and illustrate your own book</b> 1.15 – 3.15. Call to book	<b>Gentle Yoga Exercise with your Baby</b> 1.15 – 3.15 6 Week Course – Call to book	<b>Making it REAL</b> By appointment – ask for more information	<b>Supporting Babies Next Steps</b> Four week course starting on 25th May. 1.30 – 3.00	<b>Young Parents Group</b> All under 25's welcome Lunch and Topic of the week with crèche 12.30 – 2.30
<b>Postnatal Checks</b> 9.00 – 4.00. By appointment	<b>Postnatal Checks</b> 9.00 – 4.00. By appointment	<b>Chattertime</b> 0-24 months. 1.30 - 2.30	<b>Baby Massage Five Week Course</b> 1.45 – 3.15. Call to book	
<b>Monthly Wellbeing Workshop</b> Last Monday of the Month 1.30 – 3.00.			<b>Hand Sewing</b> 1.15 – 3.15. Six Week Course. Call to book	
<b>PAIRS 1–1 Support</b> By appointment	<b>Circle of Security Parenting</b> 1.00 – 3.00. Book here lambeth.gov.uk/parenting	<b>Baby Steps</b> 1.00 – 4.00 Email BabySteps@gstt.nhs.uk	<b>Coffee afternoon and information on Childcare and Employment</b> 6 June 1.15 – 2.45. Call to book	
<b>HENRY Starting Solids</b> 1.00 – 3.00. 20 May. Call to book			<b>Baby Steps</b> 1.00 – 4.00 Email BabySteps@gstt.nhs.uk	
<b>HENRY Fussy eating</b> 1.00 – 3.00. 15 July. Call to book				

