

giving
your child
a **better**
start

North Lambeth Better Start Area Weekly timetable Summer 2024

Lambeth's Family Hub Network

Lambeth's Start for Life offer


Lambeth

North Lambeth Better Start Area map

Children's Centres

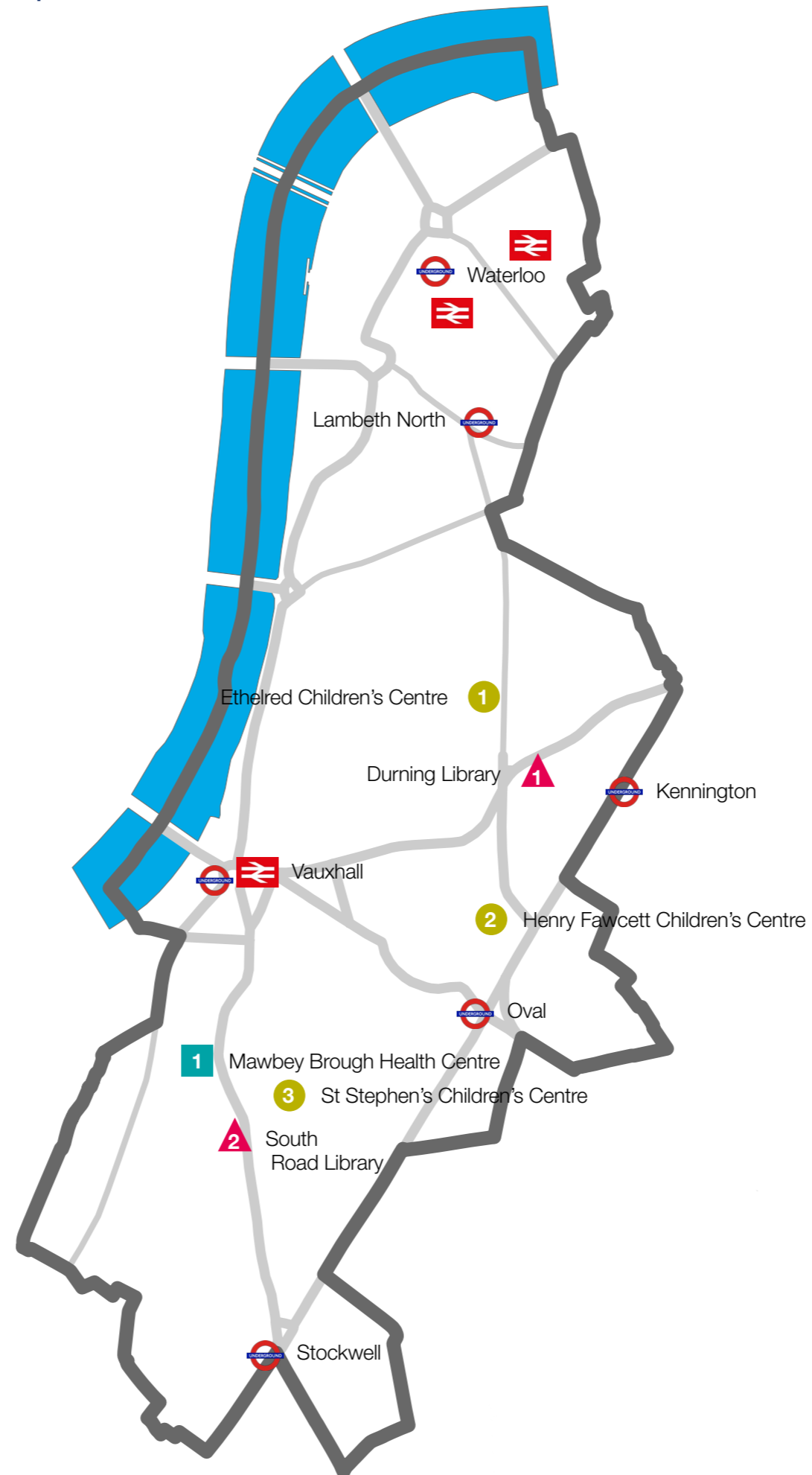
- 1 Ethelred Children's Centre
- 2 Henry Fawcett Children's Centre
- 3 St Stephen's Children's Centre

Health Centres

- 1 Mawbey Brough Health Centre

Libraries

- 1 Durning Library
- 2 South Road Library



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Lambeth Better Start Services

♥ 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.

👨‍⚕️ 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

🏠 Children's Vaccination Drop-In Clinic (0 – 5 years)

Drop into our Vaccination Clinic to make sure your child is protected from infectious illnesses. The clinics are led by skilled nurses from GSTT who can also answer any questions you may have. No appointment needed, but bring your child's Red Book if you can! For any queries call 02030496080 or visit this webpage: www.selondonics.org/childrenshealth

📍 Introducing Childhood Vaccinations Workshop

Do you know why vaccinations are important to your child? Do you want a better understanding of why vaccinations are recommended? Or are you worried about potential side effects? Then come along to our monthly workshops led by health care professionals where we aim to provide a safe space for you to raise questions, express concerns, and learn more about vaccinations. Speak to your local centre to book a place.

🍼 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 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.

⚙️ 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.

🎓 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

👨‍👩‍👧 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 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.

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Venue Details

North Lambeth cluster Virtual Session – online or by phone
Ethelred Children’s Centre 📍 1 Gundulf St, SE11 6BG ☎ 020 7582 9711 Option 2
Henry Fawcett Children’s Centre 📍 Clayton St, SE11 5BZ ☎ 020 7091 1282
St Stephen’s Children’s Centre 📍 Meadow Place, SW8 1XY ☎ 020 7735 1540
Mawbey Brough Health Centre 📍 39 Wilcox Close, SW8 2UD ☎ 020 7411 5720
Durning Library 📍 167 Kennington Lane SE11 4HF ☎ 020 7926 8682
South Lambeth Library 📍 180 South Lambeth Road, SW8 1QP ☎ 020 7926 0710

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Lambeth’s Start for Life offer

North Lambeth Better Start Area weekly timetable Summer 2024

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Making it REAL (Raising Early Achievement in Literacy) 10.00 – 12.00 Call 020 7582 9711 option 2 for info	Circle of Security Parenting 9.45 – 11.45 Starts 30 April To register: lambeth.gov.uk/parenting	Employment and Training Support 9.30 – 12.00 Call 020 7582 9711 option 2 to book	Chattertime 10.00 – 11.30 Call 020 7582 9711 option 2 for info	Baby Messy Explorers 0–1 year 10.00 – 11.00 Call 020 7582 9711 for info
ESOL CLIP 10.00 – 12.00 Call 07857 029 166 for info	Little Wanderers @ Vauxhall Park 10.00 – 11.00 Email: marta@stockwell.org.uk or Call 020 7582 9711 option 2 for info	Natural Thinkers Learning through outdoor play 10.00 – 11.30 Call 020 7582 9711 option 2 for info	Health Reviews 10.00 – 12.00 Call 0203 049 5300 to book (Please ask for the North)	Citizen’s Advice Appointmentss 10.00 – 1.00 Call 020 7582 9711 option 2 to book
Specialist Infant Feeding 10.00 – 12.00 Invite only Call 07468 701 272 to book	HENRY 8 week programme – Healthy families: right from the start 10.00 – 12.30 Starts 30 April gst-trHVsupportanddevelopment.worker@nhs.net to book	Health Visitors Development Reviews 9.30 – 12.30 Call 020 3049 5300 to book (Please ask for the North)	Making it REAL (Raising Early Achievement in Literacy) 1.00 – 3.00 Call 020 7091 1282 for info	Toddler Explorers 1 year and over 11.30 – 12.30 Call 020 7582 9711 option 2 for info
Baby Messy Explorers 0–1 year 10.00 – 11.00 Call 020 7735 1540 for info	Health Visitors Development Reviews 9.30 – 12.30 Call 0203 049 5300 to book (Please ask for the North)	LOTUS Group with St. Michaels Fellowship (Mums aged 25 years and under only) 10.00 – 12.00 Call 020 7091 1282 for info	Making it REAL (Raising Early Achievement in Literacy) 1.00 – 3.00 Call 020 7735 1540 for info	Chatterbox 10.00 – 11.00 Call 020 7091 1282 for info
Toddler Messy Explorers 1 year and over 11.30 – 12.30 Call 020 7735 1540 for info	Baby Massage and Yoga 10.00 – 11.00 email: marta@stockwell.org.uk or call 020 7735 1540 to book	Women’s Advice Surgery 10.00 – 12.00 Call 020 7735 1540 to book		Citizen’s Advice Appointments 10.00 – 1.00 Call 020 7091 1282 to book
Children’s Vaccination Drop-In Clinic (0–5 years) 10.00 – 12.00, 22 April, 20 May, 17 June, 15 July For queries call 0203 049 6080	Breastfeeding Support Drop-in Group 10.00 – 12.00 no need to book. Email lamccog.lambethinfantfeedingservice@nhs.net for more info	Together Time 10.00 – 11.30 Starts 22 May To register: lambeth.gov.uk/parenting		Natural Thinkers learning through outdoor play 10.00 – 11.30 Call 020 7735 1540 for info
	Coffee Morning 11.00 – 12.00 Email. marta@stockwell.org.uk or call 020 7735 1540 to book			EPEC Baby and Us 10.00 – 12.00 Starts 3 May Visit www.lambeth.gov.uk/Parenting for more info

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Specialist Infant Feeding 12.00 – 16.00 Invite only Call 07468 701 272 to book	Health Visitors Development Reviews 12.30 – 4.30 Call 020 3049 5300 to book (Please ask for the North)	Baby Explorers 0–1 year 1.00 – 2.30 Call 020 7582 9711 option 2 for info	Toddler Messy Explorers 1 year and over 1.00 – 2.30 Call 020 7582 9711 option 2 for info	Rose Voucher Collection 1.00 – 3.00 Appointment only
Baby Explorers 0–1 year 1.00 – 2.00 Call 020 7091 1282 for info	SENSations stay and play for children with additional needs or disabilities 1.00 – 2.30 Call 020 7091 1282 for info	Cook Up with St. Michaels Fellowship 12.30 – 3.00 Call 020 7091 1282 to book	Baby Explorers 0–1 year 1.00 – 2.30 Call 020 7091 1282 for info	Rose Voucher Collection 1.00 – 3.00 By appointment only
Toddler Explorers 1 year and over 2.30 – 4.00 Call 020 7091 1282 for info	Early Years SEN Information Session 1.00 – 3.00 Call 020 7091 1282 for info or to book	Make and Illustrate a book for your child 1.00 – 3.00 Starts 5 June Call 020 7091 1282	Health Visitors Development Reviews 1.30 – 4.30 Call 020 3049 5300 to book (Please ask for the North)	Rose Voucher Collection 1.00 – 3.00 By appointment only
Health Visitors Development Reviews 1.30 – 4.30 Call 020 3049 5300 to book (Please ask for the North)	Baby Steps antenatal education programme 02.00 – 04.00 email: babysteps@gstt.nhs.uk for more info and to book	Citizenship for Parents – for Spanish and Portuguese speakers 12.00 – 2.00 Call 020 7735 1540 to book	Toddler Explorers 1 year and over 1.00 – 2.30 Call 020 7735 1540 for info	
		Healthy Living Platform – St. Stephens Pantry 12.00 – 2.00 Call 07701 365 551 for info		

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All information is correct at time of going to print. Please check online at lambeth.gov.uk/childrenscentres for the most up to date version of the timetable.