

giving
your child
a **better**
start

Norwood Better Start Area Weekly timetable Summer 2024

Lambeth's Family Hub Network

Lambeth's Start for Life offer

Norwood map

Children's Centres

- 1 Crown Lane Children's Centre
- 2 Benton's Lane Children's Centre
- 3 Rosendale Children's Centre

One O'clock Clubs

- 1 Norwood One O'clock Club

Health Centres

- 1 Paxton Green Group Practice
- 2 West Norwood Health Centre

Libraries

- 1 Upper Norwood Joint Library
- 2 West Norwood 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/freearlylearning

👨‍👩‍👧 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

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| Norwood Virtual Session – online or by phone |
| Benton's Lane Children's Centre 📍 18 Bentons Lane, SE27 9UD ☎ 020 4542 3520 |
| Crown Lane Children's Centre 📍 Crown Lane, SW16 3HX ☎ 020 8761 7139 |
| Rosendale Children's Centre 📍 Rosendale Road, SE21 8LR ☎ 020 4542 3520 |

Norwood Better Start Area weekly timetable Summer 2024

| Monday am | Tuesday am | Wednesday am | Thursday am | Friday am |
|--|---|--|--|--|
| Citizen's Advice appointments 10.00 – 1.00 Please call to book | Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT | Midwifery Services By Appointment | Midwifery Services By Appointment | Midwifery Services By Appointment |
| Midwifery Services By Appointment | Midwifery Services By Appointment | Chat and Play 0–4yrs Better Start Worker One to One Support. By appointment Please call to book | CHATTERTIME! Child speech and language development stay and play with a Speech and Language Therapist. 9.30 – 11.00 Please call to book | Chat and Play 0–4yrs Better Start Worker One to One Support. By appointment. Please call to book |
| Baby Explorers 0–18mths 9.30 – 11.00 Please call to book | Employment and Training Support 9.30 – 12.00 Please call to book | Baby Massage Five Week Course for New Parents with Babies 0–6 months. 24 April to 22 May and 12 June to 10 July Please call to register | Breast Feeding Support Drop In 10.00 – 12.00 | Natural Thinkers Outdoor Stay and Play 9.30 – 11.00 19 April – 19 July Please call to book |
| Child Health Review Clinic By appointment | Stay and Play 0–4yrs 9.30 – 11.00 Please call to book | Baby Explorers 0–18mths 9.30 – 11.00 Please call to book | Parents Only 5–11yrs 9.30 – 11.15. Support group for parents of children aged 5–11 to share experiences, ideas and learning opportunities together and gain access to essential support. 2 May, 6 June, 4 July | Stronger Family YOGA Five week gentle yoga exercise course for new parents and babies aged 0–6 months 9.30 – 11.30. 7 June to 5 July Please call to register |
| Circle of Security Parenting Parenting Course with crèche 9.30 – 11.30 13 May to 8 July To register: www.lambeth.gov.uk/parenting | Child Health Review Clinic By appointment | | | |
| Chat and Play 0–4yrs Better Start Worker One to One Support. By appointment Please call to book | Chat and Play 0–4yrs Better Start One to One support By appointment Please call to book | | | |

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| Monday pm | Tuesday pm | Wednesday pm | Thursday pm | Friday pm |
|--|--|--|---|---|
| Midwifery Services By Appointment | Midwifery Services By Appointment | Midwifery Services By Appointment | Midwifery Services By Appointment | Midwifery Services By Appointment |
| Starting Solids Weaning workshop for parents with babies under 6 months. 1.00 – 3.00 22 April, 24 June Please call to register | Chat and Play 0–4yrs Better Start Worker One to One Support. By appointment Please call to book | Meet and Greet Welcome and introduction to Children's Centre services for newly registered families 1.30 – 2.30. 24 April, 29 May, 26 June, 24 July | SEND Stay and Play Drop In 1.00 – 3.00 Please call to book | |
| Stay and Play 0–4yrs 1.00 – 3.00 Please call to book | Baby Explorers 0–18mths 1.00 – 3.00 Please call to book | Stay and Play 0–4yrs 1.00 – 3.00 Please call to book | Sewing and Embroidery Six week course with crèche 1.00 – 3.00. 18 April to 23 May Please call to register | |
| Making a Book for Your Child Six week course with crèche. 1.00 to 3.00 15 April 20 May Please call to register | Child Health Review Clinic By appointment | | Complementary Therapy Six week course with crèche 1.00 to 3.00. 6 June – 11 July Please call to register | |
| Child Health Review Clinic By appointment | | | Better Start Worker 1–1 Support 5–11yrs By appointment Please call to book | |

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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.