

giving
your child
a **better**
start

Better Start North Lambeth
Weekly timetable Summer 2022

North Lambeth cluster map

Children's Centres

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

One O'clock Clubs

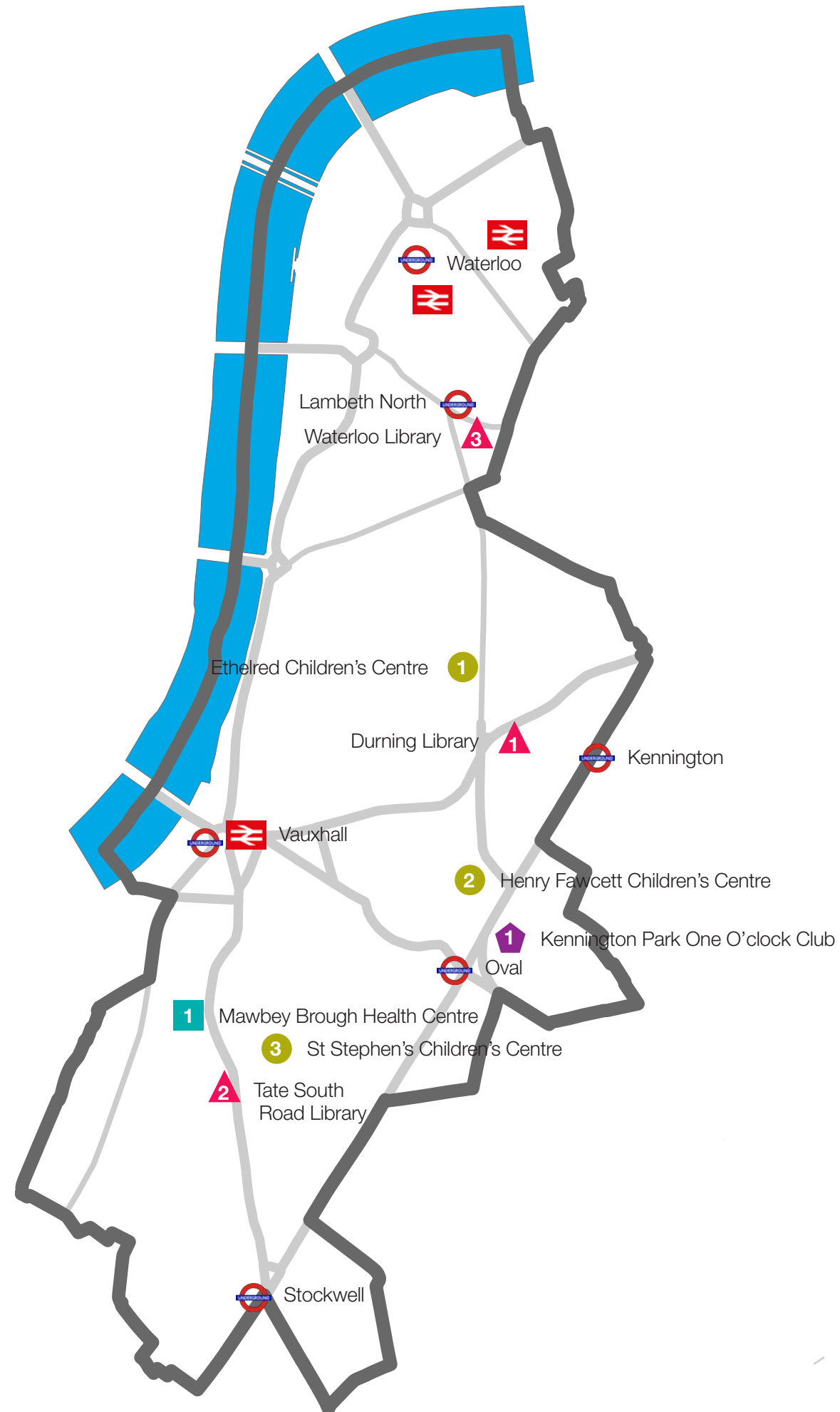
- 1 Kennington Park One O'clock Club

Health Centres

- 1 Mawbey Brough Health Centre

Libraries

- 1 Durning Library
- 2 Tate South Lambeth Library
- 3 Waterloo 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 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

We all need a little support to find our way around systems or solving problems. The Better Start Workers are here to help you! Make a request today: lambeth.gov.uk/childrenscentres

🔧 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

Healthy Families: Right From The Start is a virtual 8 week course which helps parents with children under 5 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. The Healthy Families course focuses on supporting good nutrition, breastfeeding, physical activity, emotional well-being and parenting skills in a fun and supportive group. To sign up visit lambeth.gov.uk/HENRY

📺 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

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| North Lambeth 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 |
| Kennington Park One O'clock Club 📍 49 St Agnes Place, SE11 4BE ☎ 07739 973 890 |
| Mawbey Brough Health Centre 📍 39 Wilcox Close, SW8 2UD ☎ 020 7411 5720 |
| Durning Library 📍 167 Kennington Lane SE11 4HF ☎ 020 7926 8682 |
| Tate South Lambeth Library 📍 180 South Lambeth Road, SW8 1QP ☎ 020 7926 0710 |
| Waterloo Library 📍 The Oasis Centre, 1 Kennington Road, SE1 7QP ☎ 020 7926 0750 |

North Lambeth cluster area weekly timetable Summer 2022

| Monday am | Tuesday am | Wednesday am | Thursday am | Friday am |
|---|--|--|---|---|
| Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book | Health Visitors Development Reviews 9.30-12.30 Call 020 3049 5300 to book (Ask for North) | Employment and Training Support 9.30-12.00 Call 020 7582 9711 to book | Chattertime 10.00-11.30 Invite only | Citizen's Advice Appointments 10.00-1.00 Call 020 7091 1282 to book |
| SEND 1:1 sessions 10.00-12.00 Invite only | ESOL with Morley College 9.45-12.15 Call 020 7091 1282 for info | Natural Thinkers 10.00-11.30 Call 020 7582 9711 for info | Health Reviews 10.00-12.00 Call 0203 049 5300 to book (Ask for North) | Baby Messy Explorers 0-8 months 10.00-11.00 Call 020 7582 9711 for info |
| Making it REAL 10.00-12.00 Call 020 7582 9711 option 2 for info | Health Visitors Development Reviews 9.30-12.30 Call 020 3049 5300 to book (Ask for North) | Health Visitors Development Reviews 9.30-12.30 Call 020 3049 5300 to book (Ask for North) | Being a Parent 10.00-12.00 Starts 5 May. Visit lambeth.gov.uk/beingaparent for info | Toddler Explorers 9 months and over 11.30-12.30 Call 020 7582 9711 for info |
| ESOL CLIP 9.45-12.15 Call 07857 029 166 for info | Baby massage and Yoga 10.00-11.00 email: marta@stockwell.org.uk or call 020 7735 1540 to book | LOTUS Group 10.00-12.00 With St. Michaels Fellowship (women only) Call 020 7091 1282 for info | Child Health Clinic 10.00-12.30 Call 020 3049 5300 to book (Ask for North) | Chatterbox 10.00-11.00 Call 020 7091 1282 for info |
| Specialist Infant Feeding 10.00-12.00 Invite only Call 07468 701 272 to book | Little Wanderers 10.00-11.00 Vauxhall Park email: marta@stockwell.org.uk or call 020 7735 1540 to book | Lambeth Breastfeeding Support 10.00-12.00 By appointment only | Creative Arts and Wellbeing 9.30-11.30 Starts 5 May email: jewels@art4space.co.uk or call 020 7735 1540 to book | Summer Festival of Family Fun With LEAP visit leaplambeth.org.uk/SummerFestival for info and to book |
| Baby Messy Explorers 0-8 months 10.00-11.00 Call 020 7735 1540 for info | Coffee Morning 11.00-12.00 email: marta@stockwell.org.uk or call 020 7735 1540 to book | Healthy Living Platform – Vegetable Bags 11.00-12.00 Call 020 7735 1540 for info | Women's Advice Surgery 10.15-1.00 Call 020 7735 1540 to book | Befriender Training 10.00-12.00 13, 20 and 27 May email: Kdunkley@ncb.org.uk or call 07949 073 437 |
| Toddler Messy Explorers 9 months and over 11.30-12.30 Call 020 7735 1540 for info | Citizenship for Parents (Spanish and Portugese speakers) 10.00-12.00 Call 020 7735 1540 to book | | Parent Champion Volunteer Training 10.00-12.00 Starts 23 June email: kstanway@lambeth.gov.uk or call 07508 741 217 | |

| Monday pm | Tuesday pm | Wednesday pm | Thursday pm | Friday pm |
|--|---|---|--|---|
| Illustrate a book with Morley College 1.00-3.00 Starts 25 April Call 020 7582 9711 to book | Health Visitors Development Reviews 12.30-4.30 Call 020 3049 5300 to book (Ask for North) | Baby Explorers 0-8 months 1.00-2.30 Call 020 7582 9711 for info | Toddler Messy Explorers 9 months and over 1.00-2.30 Call 020 7582 9711 for info | Rose Voucher Collection Day 1.00-3.00 By appointment only |
| Baby Explorers 0-8 months 1.00-2.00 Call 020 7091 1282 for info | Baby Massage 8 months 1.00-2.30 Starts 14 June Call 020 7582 9711 option 2 for info | Making it REAL 1.00-3.00 Call 020 7091 1282 for info | Baby Explorers 0-8 months 1.00-2.30 Call 020 7091 1282 for info | Rose Voucher Collection Day 1.00-3.00 By appointment only |
| Toddler Explorers 9 months and over 2.30-4.00 Call 020 7091 1282 for info | Sensory Explorers 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 | Health Visitors Development Reviews 1.30-4.30 Call 020 3049 5300 to book (Ask for North) | Rose Voucher Collection Day 1.00-3.00 By appointment only |
| Health Visitors Development Reviews 1.30-4.30 Call 020 3049 5300 to book (Ask for North) | Health Visitors Development Reviews 1.30-4.30 Call 020 3049 5300 to book (Ask for North) | Healthy Living Platform Vegetable Bags 12.00-3.00 Call 020 7735 1540 for info | Toddler Explorers 9 months and over 1.00-2.30 Call 020 7735 1540 for info | |
| Parents Forum 1.00-2.00 On 25 July 020 7735 1540 for info | Natural Thinkers 1.00-2.30 Call 020 7735 1540 for info | St. Stephens Pantry 12.00-3.00 Call 07701 365 551 for info | Making it REAL 1.00-3.00 Call 020 7735 1540 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.