

giving
your child
a **better**
start

Better Start North Lambeth
Weekly timetable Autumn 2020

North Lambeth cluster map

Childrens Centres

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

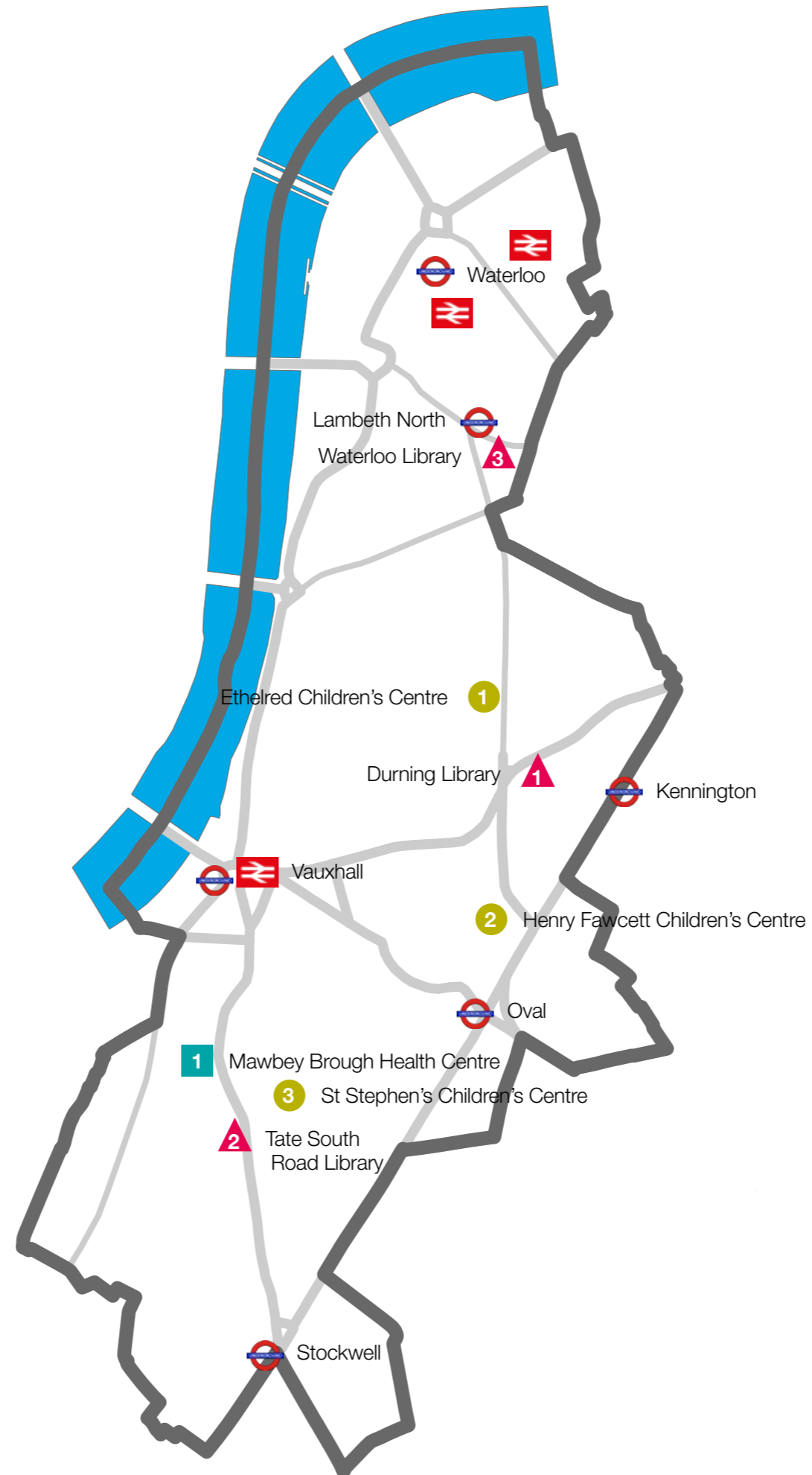
Health Centres

- 1 Mawbey Brough Health Centre

Libraries

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

South Road Library, 180 South Lambeth Road SW8 1QP.



giving
your child
a better
start

Lambeth Better Start Services

Currently available online, by phone or in small groups following the latest Covid 19 guidance

♥ Small Group 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.

🧸 Small Group 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 groups to support for your child's communication and language development is available for families across the borough.

🌿 Small Group 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.

📖 Library Service – Select & Collect from the Library

Book an appointment to borrow a selection of lovely children's books to suit your child's age and interest. You can borrow up to 20 books. Call your library today, appointments are available most days!

👍 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 wards. 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.

📍 The Lambeth Family 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 Family 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 solids 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 support

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

Citizens Advice telephone 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

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. For more information please contact Jennie Crossan, HENRY Co-ordinator on Jennifer.crossan@gstt.nhs.uk

🍷 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton Market. 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.

giving
your child
a better
start

Venue Details

North Lambeth Virtual Session – online or by phone
Ethelred Children's Centre 1 Gundulf St, SE11 6BG 020 7582 9711
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 57200
Durning Library 167 Kennington Lane SE11 4HF 020 7926 8682
Tate South Lambeth Library 180 South Lambeth Road, SW8 1QP 020 7926 0705
Waterloo Library The Oasis Centre, 1 Kennington Road, SE1 7QP 020 7926 0750

North Lambeth cluster area weekly timetable Autumn 2020

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Employment and Training Support 9.30-12.00 Call 020 7582 9711 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book
Virtual Chattertime Group Speech and Language Support Call 020 7091 1282 to book	Online Chattertime 10:30 facebook.com/ EvelinaLondonSLT/	Health Visitors Development Reviews 9.30-12.30 Call 020 3049 5300 to book (Ask for North)	Sharing REAL Call 020 7091 1282 to find out more	Citizen's Advice Appointments 10.00-1.00 Call 020 7091 1282 to book
ESOL CLIP 9.30-11.00 and 11.30-1.00 Starts Monday 28 September Call 07846 101 872 to book	Online HENRY 10.00-11.00 Starts Tuesday 13 October	Better Start 1:1's 10.00-12.00 Call 020 7582 9711 to book	Child Health Clinic 10.00-12.30 Call 0203 049 5300 to book (Please ask for North)	Chatterbox 10.00-11.00 Call 020 7091 1282 to book
Better Start 1:1's 10.00-12.00 Call 020 7582 9711 to book	ESOL with Morley College 10.00-12.00 Starts 29 September Call 020 7091 1282 to book	Lambeth Breastfeeding Support 10.00-12.00 by appointment only Starts 30 September	Sewing with Morley College 10.00-12.00 Starts 8 October Call 020 7582 9711 to book	Better Start 1:1's 10.00-12.00 Call 020 7582 9711 to book
Friends of the Earth Series 10.00-12.00 Starts 12 October Call 020 7725 1540 to book	Citizenship for Parents (Spanish and Portugese speakers) 10.00-12.00 Call 020 7735 1540 to book	Healthy Living Platform - Vegetable Bags 11.00-12.00 Call 0207 735 1540 to book	Mosaic Making with Morley College 10.00-12.00 Starts 15 October Call 020 7735 1540 to book	Cocoon 10.30 -12.00 Call 020 7735 1540 to book
	Health Visitors Development Reviews 9.30-12.00 Call 020 3049 5300 to book (Please ask for North)			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Online HENRY 1.30-2.30 Starts Monday 12 October	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 7091 1282 to book	Small Group Supporting Babies Next Steps 1.00-2.15 Call 07545 862 479 to book	Virtual chattertime group 2.15 facebook.com/ EvelinaLondonSLT/	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 7091 1282 to book
Small Group Baby Explorers 0-8 months 1.30-2.30 Call 020 7091 1282 to book	Bumps and Babies 1.00-2.00 Call 07508 741 217 or email kmontague@ncb.org.uk to book	Ages and Stages Virtual Workshop Speech and Language Development Call 020 7091 1282 to book	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 7091 1282 to book	
Small Group Toddler Explorers 9-24 months 3.00-4.00 Call 020 7091 1282 to book	Small Group Natural Thinkers 1.00-2.00 Starts 6 October Call 020 7735 1540	Small Group Baby Explorers 0-8 months 2.00-3.00 Call 020 7091 1282 to book	Health Visitors Development Reviews 1.30-4.30 Call 0203 049 5300 to book (Please ask for North)	
Better Start 1:1's 1.00-3.00 Call 020 7582 9711 to book		Better Start 1:1's 1.00-3.00 Call 020 7582 9711 to book	Better Start 1:1's 1.00-3.00 Call 020 7582 9711 to book	
Health Visitors Development Reviews 1.30-4.30 Call 020 3049 5300 to book (Please ask for North)		Healthy Living Platform - Vegetable Bags 12.00-3.00 Call 0207 735 1540 to book		

giving
your child
a better
start

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.