

giving  
your child  
a **better**  
start

# Better Start Brixton/Tulse Hill

## Weekly timetable Spring 2022

# 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

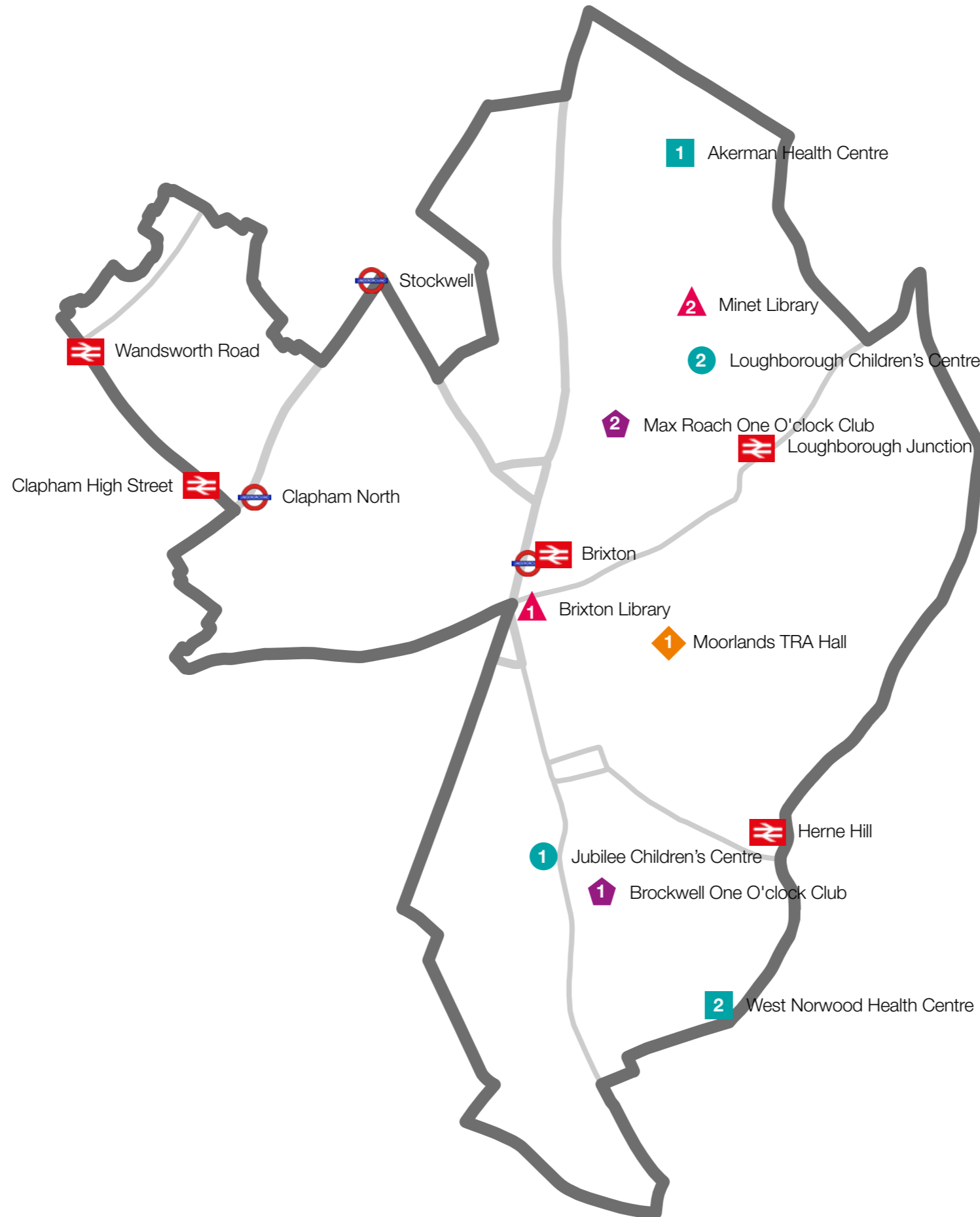
- 1 Akerman Health Centre
- 2 West Norwood Health Centre

## Moorlands TRA Hall

- 1 Moorlands TRA Hall

## Libraries

- 1 Brixton Library
- 2 Minet Library



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# Lambeth Better Start Services

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

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## ♥ 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 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.

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

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

## 📖 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.

## 📍 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 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](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

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](http://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/freeearlylearning](http://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](http://lambeth.gov.uk/HENRY)

## 🛒 Alexandra Rose Vouchers

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

<b>Brixton Tulse Hill Virtual Session – online or by phone</b>
<b>Session across all sites</b>
<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 One O'clock Club</b> 📍 Brockwell Park ☎ 020 8678 6530
<b>Moorlands TRA Hall</b> 📍 50A Corry Drive, SW9 8QT ☎ 020 8678 9160
<b>Max Roach One O'clock Club</b> 📍 Wiltshire Road, SW9 7NE ☎ 020 7737 2472
<b>West Norwood Health Centre</b> 📍 25 Devane Way, SE27 0DF ☎ 020 3141 0700
<b>Akerman Health Centre</b> 📍 60 Patmos Road, SW9 6AF ☎ 020 3049 6500
<b>Minet Library</b> 📍 52 Knatchbull Road, SE5 9QY ☎ 020 7926 0750
<b>Brixton Library</b> 📍 Brixton Road SW2 1JQ ☎ 020 7926 1058

## Brixton/Tulse Hill area weekly timetable Spring 2022

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites
<b>Virtual Breastfeeding Support Group</b> 11.00-12.00 Call 07394 724 599 to book	<b>Online Chattertime Live!</b> 10.30 facebook.com/EvelinaLondonSLT	<b>Baby and Me</b> 10.15-11.45	<b>Employment and Training Support</b> 9.30-12.00 Book appointment	<b>Breastfeeding Support Group</b> 10.00-12.30 Email: lamccg.lambethinfantfeedingservice@nhs.net
<b>Chatter Box</b> 9.45-11.15	<b>Virtual Breastfeeding Support Group</b> 11.00-12.00 Call 07394 724 599 to book	<b>Child Health Reviews</b> By appointment	<b>Citizen's Advice Appointments</b> 10.00-1.00	<b>Bump to Baby</b> 10.30-11.30
<b>Digital Champions support</b> 10.00-11.00	<b>Incredible Edibles Food bags</b> By referral	<b>Baby Yoga and coffee morning</b> 11.00-12.45	<b>Virtual Breastfeeding Support Group</b> 11.00-12.00 Call 07394 724 599 to book	<b>Antenatal Checks</b> By referral
<b>Antenatal Checks</b> By referral	<b>Rose Vouchers Collection Day</b> By referral	<b>Sensory room</b> Call to book	<b>Child Health Reviews</b> By appointment	<b>Antenatal Checks</b> By referral
<b>Women's Advice Surgery</b> Every two weeks	<b>Being a Parent coffee morning</b> 9.30-11.30 25 Jan	<b>Drum and Play</b> 9.45-11.15	<b>KEEN London Rising Stars Stay and Play</b> Monthly drop in, if you are worried about your child's development. 9.45-11.15	<b>Baby and Me Sensory Play</b> 10.15-11.45
<b>Baby and Me Natural Thinkers</b> 10.15-11.45	<b>Gardening club</b> 9.45-11.15 Dates TBC		<b>Hear and Play coffee morning</b> Last Thursday of the month By referral	<b>Child Health Reviews</b> 9.00-2.00 By appointment
<b>Food Ambassador Training</b> 10.00-12.30 Taster on 17 Jan	<b>Stay and Play</b> 9.45-11.15		<b>Breastfeeding support</b> By referral	<b>Young Parents Club Meet, Greet and Eat</b> 10.30-12.30
<b>Women's advice surgery</b> Every two weeks	<b>Talking Therapies</b> Ask about self-referrals By referral		<b>Gaia wellbeing session</b> 11.00-1.00 Last Thursday of the month. By referral	
<b>Incredible Edibles Food bags</b> By referral	<b>Baby Steps</b> By Referral		<b>Supporting babies' next steps</b> Four weeks, starts 7 March	
<b>Muslims Women's Group</b> 10.00-12.00 Start Date TBC			<b>Small Group Chatter Box</b> 9.45-11.15	
			<b>Stay and Grow Natural Thinkers</b> 9.45-11.15	
			<b>Sensory room</b> Call to book	
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites	Chat and Play Better Start Appointments across all sites
<b>Antenatal Checks</b> By referral	<b>Incredible Edibles Food Bags</b> By referral	<b>Mosaic</b> 1.00-3.00 26 Jan-6 Apr	<b>Online Chattertime</b> 2.15 facebook.com/EvelinaLondonSLT/	<b>Baby Yoga</b> 1.00-2.00 Starts 28 Feb, call to book
<b>Parent Champion</b> 1.15-2.45 17 Jan-21 Feb	<b>Pre-booked Health Visitor Appointments</b>	<b>Making it REAL</b> 1-1 programme to support your child's Learning and Development 18 Jan-1 Feb	<b>FNP Young Parents Group</b> Monthly; By referral Last Thursday of the month	<b>Young Parents Club Meet, Greet and Eat</b> 12.30-2.30
<b>Parent Champion Befriender Training</b> 1.15-2.45 7, 14, 21 March	<b>Making it REAL</b> 1-1 programme to support your child's Learning and Development 18 Jan-1 Feb	<b>Child Health Reviews</b> By appointment	<b>Breastfeeding Support</b> By referral	<b>Child Health Reviews</b> 1.00-2.00 By appointment
<b>Incredible Edibles Food Bags</b> By referral	<b>Baby Massage</b> 2.00-3.00 1 Feb-29 Mar	<b>Baby Chattertime</b> 1.30-2.30	<b>Family cooking</b> TBC 13 Jan, 1 Feb, 10 Mar	
<b>Child Health Reviews</b> By appointment	<b>Stay and Grow Natural Thinkers</b> 1.30-3.00	<b>Baby Steps</b> By Referral	<b>ESOL English Class</b> 1.15-3.15 Starts on 20 Jan	
<b>Rose Vouchers Collection Day</b> By referral	<b>Sensory room</b> Call to book			

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

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