

giving
your child
a **better
start**



Better Start Brixton/Stockwell
Weekly timetable Spring 2022

Brixton/Stockwell map

Children's Centres

- 1 Jessop Children's Centre
- 2 Liz Atkinson Children's Centre
- 3 Stockwell Children's Centre

One O'clock Clubs

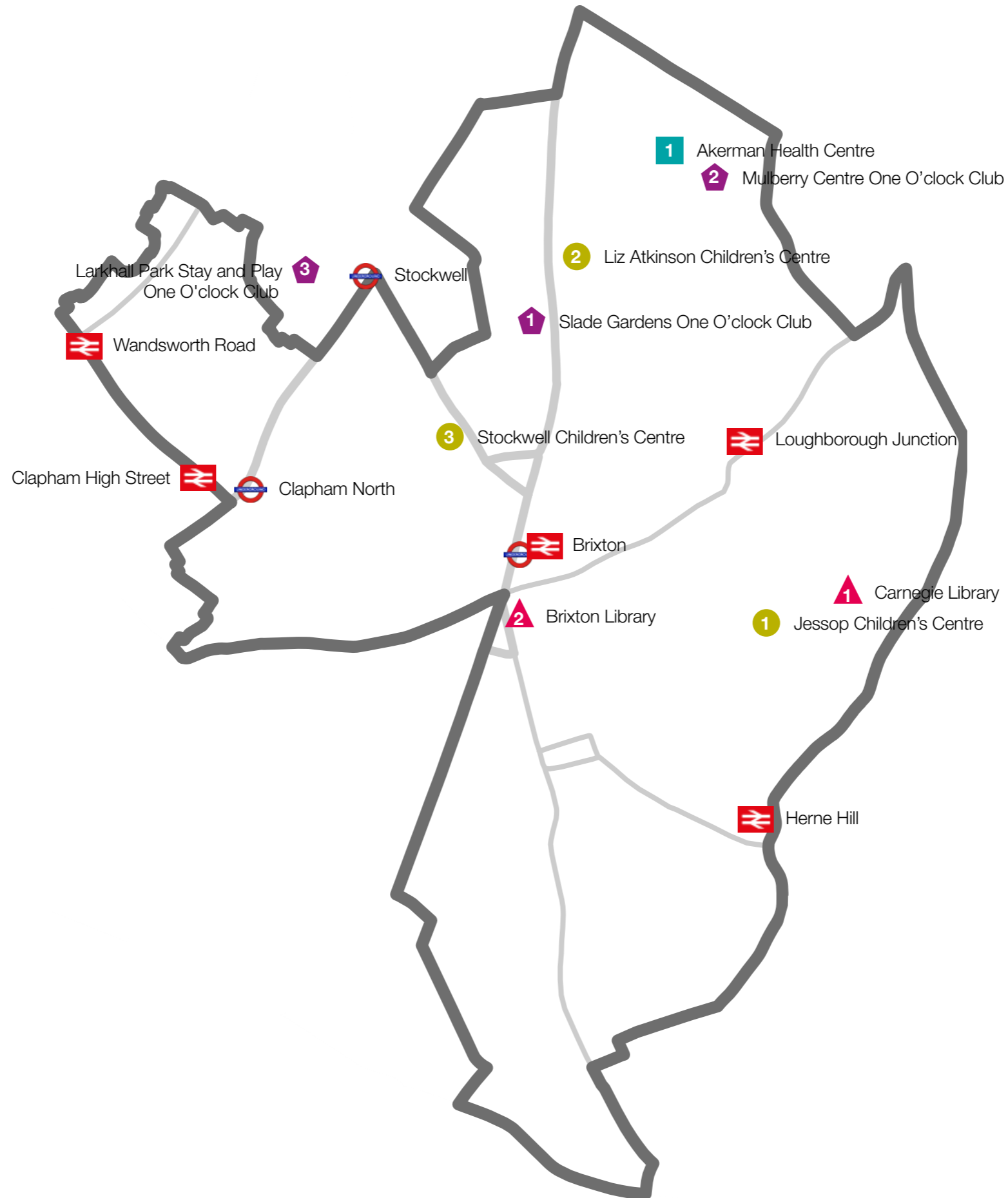
- 1 Slade Gardens One O'clock Club
- 2 Mulberry Centre One O'clock Club
- 3 Larkhall Park Stay and Play One O'clock Club

Health Centres

- 1 Akerman Health Centre

Libraries

- 1 Carnegie Library
- 2 Brixton 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 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

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

👨‍👩‍👧 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 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

Brixton Stockwell Virtual Session – online or by phone
Session across all sites
Jessop Children's Centre 📍 Lowden Road, SE24 0BJ ☎ 020 7737 5164 or 07920 157 180
Liz Atkinson Children's Centre 📍 9 Mostyn Road, SW9 6PH ☎ 020 4530 5735 or 07572 156 582
Stockwell Children's Centre 📍 Burgoyne Road, SW9 9QJ ☎ 020 7326 7328 or 07398 131 353
Mulberry Centre One O'clock Club 📍 12 Calais St, SE5 9LP ☎ 020 7737 6097
Slade Gardens Stay and Play One O'clock Club 📍 Stockwell Park Road, SW9 0DB ☎ 020 7733 3630
Larkhall Park Stay and Play One O'clock Club 📍 Larkhall Park, SW8 2PD
Akerman Health Centre 📍 60 Patmos Road, SW9 6AF ☎ 020 3049 6500
Carnegie Library 📍 192 Herne Hill Road SE24 0AG ☎ 020 7926 6050
Brixton Library 📍 Brixton Rd SW2 1JQ ☎ 020 7926 1058

Brixton/Stockwell area weekly timetable Spring 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	Virtual Breastfeeding Support Group 11.00-12.00. Call 07394 724 599 to book	Virtual Starting Solid Foods 11.00-12.00 Various dates Email EYNutrition@gstt.nhs.uk to book	Virtual Breastfeeding Support Group 11.00-12.00. Call 07394 724 599 to book	LEAP Caseload Midwives 9.00-4.00
LEAP Caseload Midwives 9.00-4.00	Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT	Citizens Advice Telephone Appointments 10.00-1.00 Contact any centre to book	LEAP Caseload Midwives 9.00-4.00	Natural Thinkers Family Fun 11.00-12.30 (TTO)
LEAP Chattertime 10.00-11.30 (TTO)	LEAP Caseload Midwives 9.00-4.00	LEAP Caseload Midwives 9.00-4.00	ESOL 9.45-11.45 Initial Assessment 23 Sep Term 2 13 Jan-24 March	Health Visiting Appointments 9.30-12.30
Health Visiting Appointments 9.30-3.00	Circle of Security Parenting 9.45-11.30 25 Jan-22 March	Maternal Antenatal Wellbeing Session 9.30-12.00		
Maternal Postnatal Wellbeing Session 9.30-12.00	Health Visiting Appointments 9.30-3.00	Baby Time Babies 0-12 months 10.00-11.00		
Everyone Can Dance! 10.30-11.30 https://bit.ly/every1dance	Chattertime 10.00-11.30 (TTO)	Baby and Us 10.00-11.30 26 Jan-30 March		

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Natural Thinkers 1.30-3.00 (TTO)	Baby Sensory Play Babies 0-12 months 2.00-3.00	Toddler Messy Time Toddlers 12-24 months 2.15-3.15 19 Jan-9 Feb	Together Time 1.00-2.30 10 Feb-31 March For info call 07740 421 626	Stay and Play 1.30-3.00
Co Create LEAP Whippersnappers Group 1.00-3.00 Starts 21 Feb	Sensory Sensations 1.30-3.00 For children with complex needs and disabilities	Yoga for parents and babies Babies 0-12 months 1.30-2.45 23 Feb-30 March	Stay and Play 1.30-3.00	Community Pantry 12.00-2.00
Spanish and Portuguese Chat and Play 1.00-3.00	Melodies for Mums 1.00-4.00	Stay and Play 1.00-2.30	Co Create LEAP Young Parents Hub 12.00-3.00 For info call 079089950630	Women's Advice Surgery 1.00-3.00
Baby Sensory Play Babies 0-12 months 1.30-2.30	Toddler Story and Song Toddlers 12-24 months 2.15-3.15 (TTO) Starts 1 March		Women's Advice Surgery 2.00-4.00	Veg Bag Collection 12.00-2.00 By referral
			Online Chattertime Live! 2.15 facebook.com/EvelinaLondonSLT	Get Going with Sewing 1.00-3.00 21 Jan-18 March

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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.