

giving
your child
a **better**
start



Better Start Brixton/Tulse Hill
Weekly timetable Autumn 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

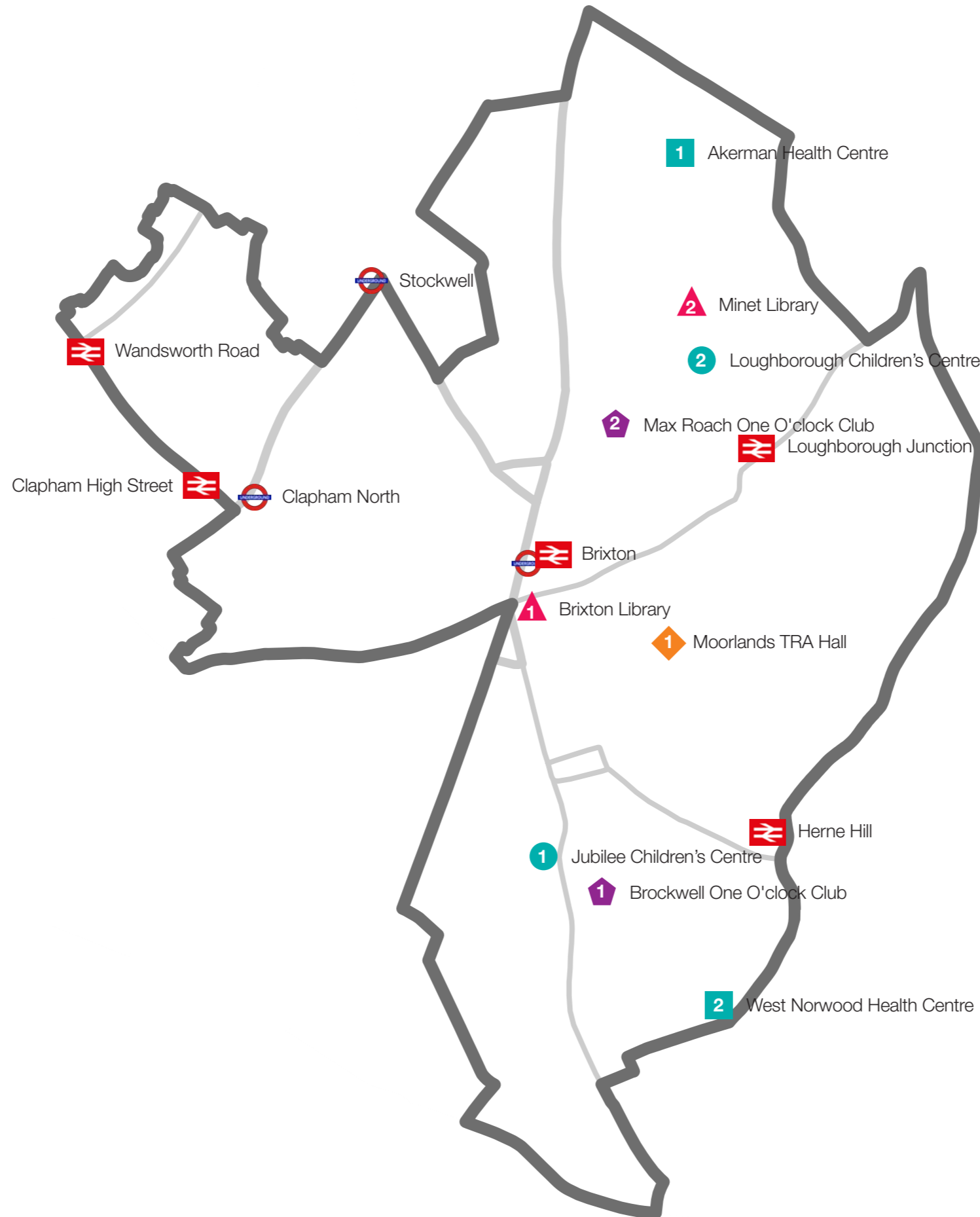
- 1 Akerman Health Centre
- 2 West Norwood Health Centre

Moorlands TRA Hall

- 1 Moorlands TRA Hall

Libraries

- 1 Brixton Library
- 2 Minet Library



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Lambeth Better Start Services

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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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| Brixton Tulse Hill Virtual Session – online or by phone |
| Session across all sites |
| Jubilee Children's Centre 📍 Tulse Hill, SW2 2JE ☎ 020 8678 6530 |
| Loughborough Children's Centre 📍 Minet Road, SW9 7UA ☎ 020 7274 8374 |
| Brockwell One O'clock Club 📍 Brockwell Park ☎ 020 8678 6530 |
| Moorlands TRA Hall 📍 50A Corry Drive, SW9 8QT ☎ 020 8678 9160 |
| Max Roach One O'clock Club 📍 Wiltshire Road, SW9 7NE ☎ 020 7737 2472 |
| West Norwood Health Centre 📍 25 Devane Way, SE27 0DF ☎ 020 3141 0700 |
| Akerman Health Centre 📍 60 Patmos Road, SW9 6AF ☎ 020 3049 6500 |
| Minet Library 📍 52 Knatchbull Road, SE5 9QY ☎ 020 7926 0750 |
| Brixton Library 📍 Brixton Road SW2 1JQ ☎ 020 7926 1058 |

Brixton/Tulse Hill area weekly timetable Autumn 2022

| Monday am | Tuesday am | Wednesday am | Thursday am | Friday am | Saturday am |
|--|--|---|---|---|--|
| Chat and Play Better Start Appointments across all sites Call to book | | | | | Dad's Group Ask for more information |
| Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book | Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT | Baby and Me 10.15-11.45 | Employment and Training Support 9.30-12.00 Call to book | Breastfeeding Support Group 10.00-12.30 Email: lamccg.lambethinfantfeedingservice@nhs.net | |
| Chatter Box 9.45-11.15 | Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book | Child Health Reviews By appointment | Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book | Bump to Baby Pregnancy Yoga 10.30-11.30 | |
| Antenatal Checks By referral | Incredible Edibles Food bags By referral | Baby Yoga and coffee morning 11.00-12.45 | Citizen's Advice Appointments 10.00-1.00 Call to book | Antenatal Checks By referral | |
| Women's advice surgery Every two weeks | Together Time 9.30-11.30 | Stay and Play 9.45-11.15 | Breastfeeding support By referral | Breastfeeding Support By referral | |
| LEAP Digital Support Drop-in 10.00-11.00 | Stay and Play 9.45-11.15 | Sensory room Call to book | Child Health Reviews By appointment | Better Start Support 4 You Call to book | |
| Baby and Me Sensory and Song 10.15-11.45 | Talking Therapies By referral | | Rising Stars Stay and Play 9.45-11.15 Second Thursday of the month for children with additional needs or disabilities | Child Health Reviews 9.00-2.00 By appointment | |
| Women's advice surgery Every two weeks 10.00-12.00 | Baby Steps By Referral | | Hear and Play coffee morning Last Thursday of the month for children who are hearing impaired. By referral | Baby and Me Messy Play 10.15-11.45 | |
| Food bags By referral | | | Chatterbox Stay and Play 9.45-11.15 | Young Parents Group Meet, Greet and Eat 10.30-2.30 | |
| Muslims Women's Group 10.00-12.00 | | | Gaia Wellbeing session 11.00-1.00 Last Thursday of the month. By referral | | |
| | | | Sensory room Call to book | | |
| | | | Stay and Grow Natural Thinkers 9.45-11.15 | | |
| Monday pm | Tuesday pm | Wednesday pm | Thursday pm | Friday pm | |
| Chat and Play Better Start Appointments across all sites Call to book | | | | | |
| Antenatal Checks By referral | Baby Massage 1.20-3.00 5 weeks Starts 8 Nov Call to book | Making it REAL 1-1 support your child's Learning and Development | Online Chattertime 2.15 facebook.com/EvelinaLondonSLT/ | Antenatal Checks By referral | |
| ESOL Class 1.15-3.15 Call to book | Pre-booked Health Visitor Appointments | Child Health Reviews By appointment | Breastfeeding Support By referral | Child Health Reviews 1.00-2.00 By appointment | |
| Child Health Reviews By appointment | Food bags By referral | Freedom Programme Ask for more information | Complimentary Therapies Class 1.15-3.15 Call to book | Rose Vouchers Collection Day By referral | |
| Food bags By referral | Baby Massage 2.00-3.00 5 weeks Starts 29 Sep Call to book | Baby Chattertime 1.30-2.30 Baby Sing and Sign | Baby Steps By referral | Young Parents Group Meet, Greet and Eat 12.30-2.30 | |
| | Stay and Grow Natural Thinkers 1.30-3.00 | Baby Steps By referral | | | |
| | Sensory room 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.