

**Lambeth Family Hub Network**

**Lambeth Start for Life Offer**

giving  
your child  
a **better  
start**

**Better Start Brixton/Tulse Hill**  
Weekly timetable Autumn 2023

  
**Lambeth**



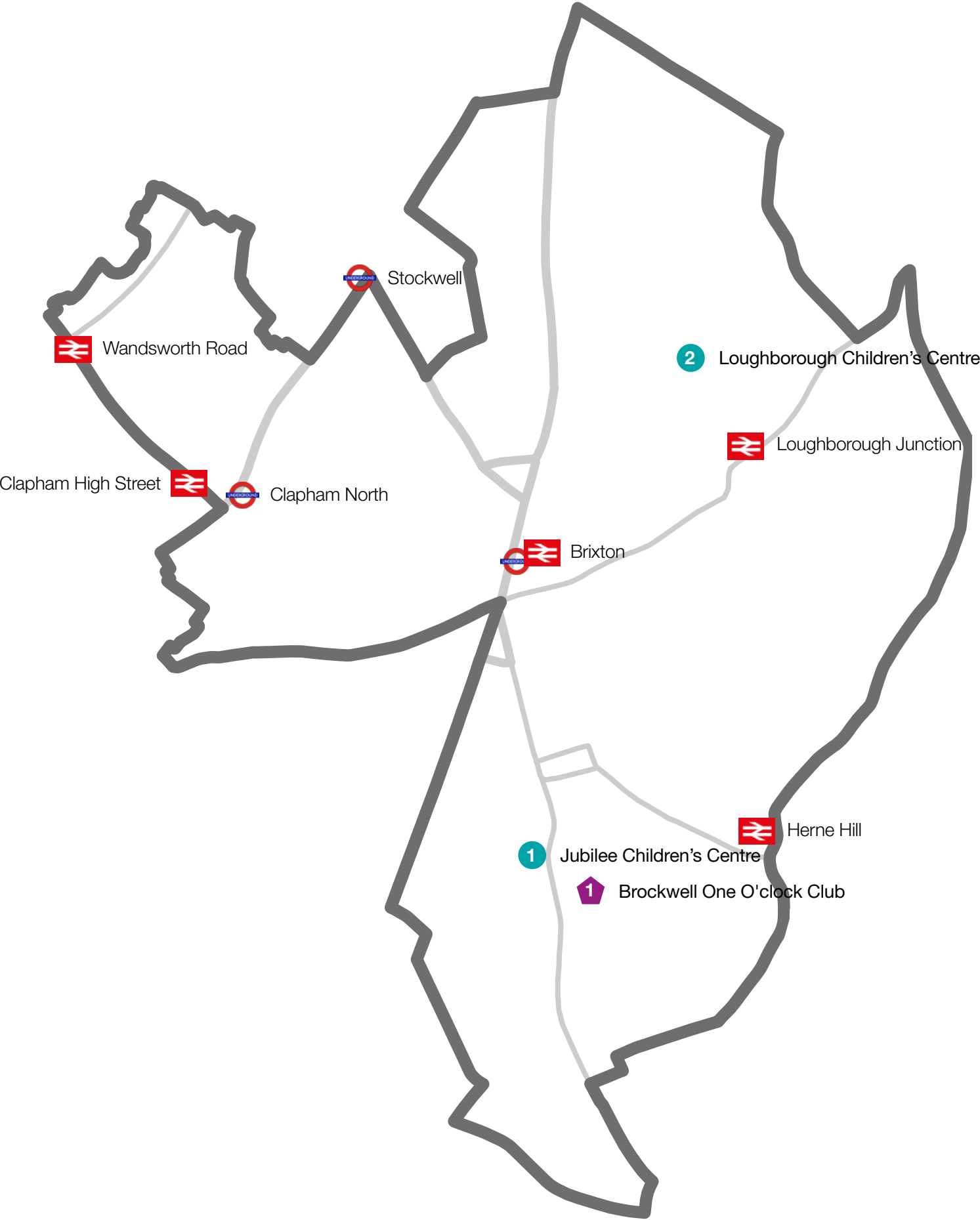
# Brixton/Tulse Hill map

Children's Centres

- 1 Jubilee Children's Centre
- 2 Loughborough Children's Centre

One O'clock Clubs

- 1 Brockwell One O'clock Club



# Lambeth Better Start Services

## ♥ 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.

## 👨‍⚕️ 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](mailto:fis@lambeth.gov.uk) | [lambeth.gov.uk/fis](http://lambeth.gov.uk/fis) | 020 7926 9558

## 🏠 Children's Vaccination Drop-In Clinic (0 – 5 years)

Drop into our Vaccination Clinic to make sure your child is protected from infectious illnesses. The clinics are led by skilled nurses from GSTT who can also answer any questions you may have. No appointment needed, but bring your child's Red Book if you can! For any queries call 02030496080 or visit this webpage: [www.selondonics.org/childrenshealth](http://www.selondonics.org/childrenshealth)

## 📍 Introducing Childhood Vaccinations Workshop

Do you know why vaccinations are important to your child? Do you want a better understanding of why vaccinations are recommended? Or are you worried about potential side effects? Then come along to our monthly workshops led by health care professionals where we aim to provide a safe space for you to raise questions, express concerns, and learn more about vaccinations. Speak to your local centre to book a place.

## 🍼 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](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.

## ⚙️ 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.

## 🎓 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

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

## 👨‍👩‍👧 HENRY

HENRY helps parents with children under five 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. We are running stand-alone workshops on topics such as Fussy Eating, Starting Solids and Healthy Teeth as well as the eight week Healthy Families: Right From The Start programme. To sign up please email [gst-tr.HVsupportanddevelopmentworker@nhs.net](mailto:gst-tr.HVsupportanddevelopmentworker@nhs.net) or talk to children's centre staff.

## 🛒 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.

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# Venue Details

Session across all sites
<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 Children's Centre (previously the One O'clock Club)</b> 📍 Brockwell Park, Arlingford Road SW2 2TA ☎ 020 8678 6530

# Brixton/Tulse Hill area weekly timetable Autumn 2023

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Call to book	Chat and Play Better Start Appointments	Call to book	Chat and Play Better Start Appointments	Call to book
Alexandra Rose Vouchers	Ask for information and eligibility	Alexandra Rose Vouchers	Ask for information and eligibility	
<b>Stay and Play</b> 0 – 4 years 9.45 – 11.15	<b>Circle of Security Parenting Class</b> 9.30 – 11.30 Induction Day on 17 Oct Call to book or register: <a href="https://beta.lambeth.gov.uk/forms/register-with-our-parenting-support-service">beta.lambeth.gov.uk/forms/register-with-our-parenting-support-service</a>	<b>Baby and Me Baby Singing and Play</b> 0 – 14 months 10.15 – 11.45	<b>Employment and Training Support</b> 9.30 – 12.00 <b>Citizen's Advice Appointments</b> 10.00 – 1.00	<b>Breastfeeding Drop in Group</b> 10.00 – 12.00 Email: <a href="mailto:lamccg.lambethinfantfeedingservice@nhs.net">lamccg.lambethinfantfeedingservice@nhs.net</a>
<b>Women's Advice Surgery Confidential Advice and Support</b> 10.00 – 12.00 Call to book		<b>Child Health Reviews</b> By appointment Call 020 3049 5300 and ask to book at Loughborough	<b>Rising Stars (KEEN LONDON)</b> For children with additional or complex needs <b>First and Third Thursday</b> of the month 10.00 – 11.30	<b>Pregnancy and Baby Yoga Babies up to 4 months</b> 10.30 – 11.30 Call to book
<b>Antenatal Checks</b> By referral	<b>Sharing Real</b> 9.30 – 11.30 12 Sept – 3 Oct Call to book <a href="https://leaplambeth.org.uk/families/learning/sharing-real-with-parents">leaplambeth.org.uk/families/learning/sharing-real-with-parents</a>	<b>Baby Yoga and coffee morning</b> 11.00 – 12.30 Book online <a href="https://leaplambeth.org.uk/events">leaplambeth.org.uk/events</a>	<b>LEAP starting solids workshops</b> <b>First Thursday</b> of the month Book here Starting Solids Workshops – Various Locations Tickets, <a href="#">London</a>   <a href="#">Eventbrite</a>	<b>Antenatal checks</b> By appointment
<b>Baby and Me Baby singing and Play</b> 0 – 14 months 10.15 – 11.45				<b>Child Health Reviews</b> By appointment Call 020 3049 5300 and ask to book at Loughborough
<b>PAIRS 1-1 Support</b> By appointment	<b>Child Health Reviews</b> By appointment Call 020 3049 5300 and ask to book at Jubilee	<b>Stay and Play</b> 0 – 4 years 9.45 – 11.15	<b>Registered Childminder Drop in</b> Second Thursday of the month 9.45 – 11.15 Starts	<b>Baby and Me</b> Messy and Sensory Play 0 – 14 months 10.15 – 11.45
<b>Food bags</b> By referral	<b>Pre-booked complex needs Health Visitor appointments</b> Second Tuesday of the month	<b>Sensory room</b> Call to book	<b>Hear and Play Coffee Morning</b> For Hearing impaired children. <b>Last Thursday</b> of the month 10.00 – 12.00 By referral	<b>Young Parents Group</b> Meet, Greet and Eat Together 10.30 – 1.00
<b>Pre-booked Health Visitor appointments</b> Book via your Red book	<b>Stay and Play</b> Talk and Play (Language and communication group) 0 – 4 years 9.45 – 11.15		<b>Breastfeeding support</b> By referral	
<b>Muslims Women's Group</b> All women welcome 0 – 4 years 10.00 – 12.00	<b>Talking Therapies</b> By referral or self – referral via <a href="https://lambeth.talkingtherapies.nhs.uk/refer-yourself/">lambeth.talkingtherapies.nhs.uk/refer-yourself/</a>		<b>Pre-booked Health Visitor Appointment</b> Call 020 3049 5300 and ask to book at Jubilee	
	<b>Together Time</b> 17 Oct – 5 December <a href="mailto:signe.munkevica@slam.nhs.uk">signe.munkevica@slam.nhs.uk</a> or call 07740 421 626 to book		<b>Pre-booked complex needs Health Visitor appointments</b> <b>Third Thursday</b> of the month	
	<b>Baby Steps</b> By referral		<b>EPEC Being a Parent ASD</b> 10:00 – 12:30 Register at <a href="https://Lambeth.gov.uk/parenting">Lambeth.gov.uk/parenting</a>	
			<b>Stay and Play Little Green Fingers</b> 0 – 4 years 9.45 – 11.15	
			<b>Stay and Grow</b> 0 – 4 years 9.45 – 11.15	
			<b>Sensory room</b> Call to book	



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Alexandra Rose Vouchers	Ask for information and eligibility	Alexandra Rose Vouchers	Ask for information and eligibility	
<b>Antenatal Checks</b> By referral	<b>Making it REAL 1-1</b> Support your child's learning and development 1.30 – 2.30 By appointment ask for more information	<b>ESOL English Class in partnership with Hightrees</b> 1.00 – 3.00 Starting 25 Oct Call to book	<b>Breastfeeding Support</b> By referral	<b>Antenatal Checks</b> By referral
<b>Cookery and Nutrition</b> 1.15 – 3.15 Starts 9 Oct Call to book	<b>Child Health Reviews</b> Call 020 3049 5300 and ask to book at Jubilee	<b>Child Health Reviews</b> By appointment. Call 020 3049 5300 and ask to book at Jubilee	<b>Making it REAL 1-1</b> Support your child's learning and development 1.30 – 2.30 By appointment ask for more information	<b>Childhood vaccination Information sessions</b> 1.00 – 3.00 22 Sept, 20 Oct, 24 Nov, 22 Dec Call to book
<b>Child Health Reviews</b> By appointment Call 020 3049 5300 and ask to book at Loughborough	<b>Baby Massage</b> 2.00 – 3.30 For five weeks Call to book	<b>Baby Chattertime</b> Including baby signing 1.30 – 2.30	<b>Baby Massage</b> 2 – 3.30 For five weeks Call to book	<b>Better Start Support 4 You</b> Need support with Nursery or school applications? Call to book
<b>Monthly Wellbeing Workshop</b> Last Monday of the Month 1.30 – 3.00 Ask for more information	<b>Children's Vaccination Drop – In Clinic (0 – 5 years)</b> 9.00 – 4.00, 5 Sep, 3 Oct, 7 Nov, 5 Dec For any queries call 02030496080 or visit this webpage: <a href="https://selondonics.org/childrenshealth">selondonics.org/childrenshealth</a>	<b>Making it REAL 1-1</b> Support your child's learning and development 1.30 – 2.30 By appointment ask for more information	<b>Complimentary Therapies</b> 1.15 – 3.15 Starting on 5 Oct Call to book	<b>Young Parents Group</b> All under 25's welcome Topic of the week with crèche 1.00 – 2.30
<b>HENRY Workshops</b> 1.00 – 3.00 Call to book or visit <a href="https://evelinalondon.nhs.uk/henry">evelinalondon.nhs.uk/henry</a>		<b>Baby Steps</b> By referral	<b>Baby Steps</b> By referral	
<b>Food bags</b> By referral				
<b>PAIRS 1 – 1 Support</b> By appointment				



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

