



Lambeth Family Hub Network

Lambeth Start for Life Offer

giving
your child
a **better
start**

Better Start Clapham and Brixton Hill
Weekly timetable Autumn 2023


Lambeth

Clapham and Brixton Hill map

Children's Centres

- 1 Clapham Manor Children's Centre
- 2 Maytree Children's Centre
- 3 Treehouse Children's Centre

One O'clock Clubs

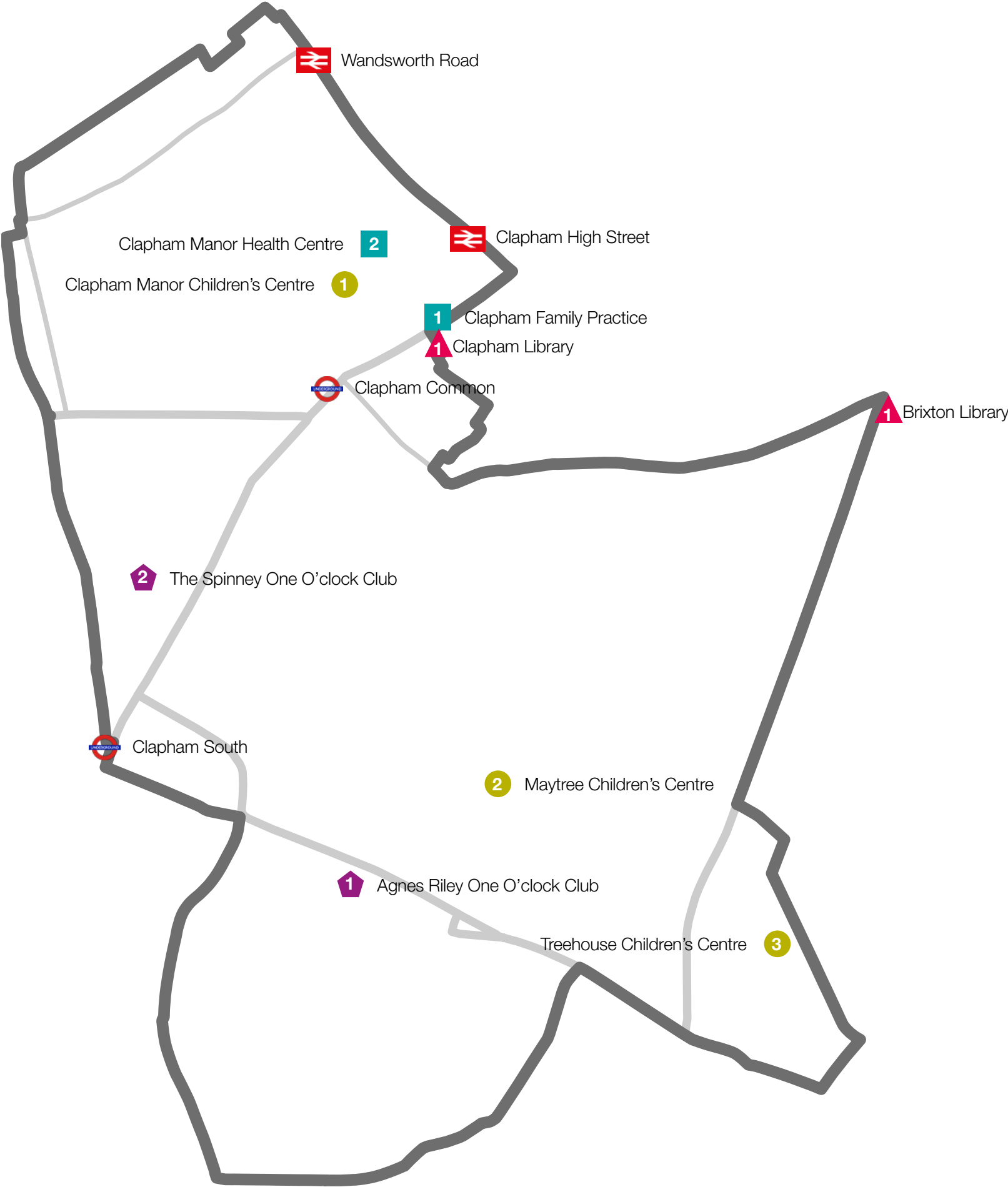
- 1 Agnes Riley One O'clock Club
- 2 The Spinney One O'clock Club

Health Centres

- 1 Clapham Family Practice
- 2 Clapham Manor Health Centre

Libraries

- 1 Clapham Library
- 2 Brixton Library



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 | 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

📢 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 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

🔧 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

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 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

Clapham and Brixton Hill Virtual Session – online or by phone
Tree House Children's Centre 66 Upper Tulse Hill, SW2 2RW 020 8674 6060
Clapham Manor Children's Centre 16 Belmont Close, SW4 6AT 020 7627 9917
Maytree Children's Centre 4 Allingham Road, SW4 8EG 020 8671 3298
Agnes Riley One O'clock Club Atkins Road, SW12 0AH 020 8671 3298 The Spinney One O'clock Club Windmill Drive, Clapham Common, SW4 9DE 020 7627 9917
Clapham Manor Health Centre 86 Clapham Manor St, SW4 6EB 020 7411 6866 Clapham Family Practice Mary Seacole Centre 89 Clapham High St, SW4 7DB 020 3049 6600
Clapham Library Mary Seacole Centre, 91 Clapham High St, SW4 7DB 020 7926 0717 Brixton Library Brixton Road SW2 1JQ 020 7926 1058

Clapham and Brixton Hill area weekly timetable Autumn 2023

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
All centres closed on 4th & 5th September 2023				
Virtual Chattertime 10.30 – 11.00 Email to book gst-tr.contacts@nhs.net	Online Chattertime Live 10.30am facebook.com/EvelinaLondonSLT	Speech and Language for under 2s 10.00 – 11.00 Email gst-tr.contacts@nhs.net to register or book a place	Virtual Breastfeeding 1-2-1 Support 10.00 – 12.00 by appointment Email to book lamccg.lambethinfantfeedingservice@nhs.net	Sensory Room Experience 9.30 – 10.15 and 11.15 – 12.00 Please contact any centre to book
Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Childminders and Professionals Childcarers group 10.00 – 12.00	Messy Play 0 – 5 years 10.00 – 11.00
Baby Explorers 0 – 12 months 10.00 – 11.00	Lambeth Talking Therapies Ask about self-referrals By referral	Child Health Review 9.30am – 12.00 By appointment only	Rose Voucher Collection Day Appointment only	Rose Voucher Collection Day Appointment only
Buenos Dias/Good Morning Club 0 – 5yrs 10.00 – 11.00	Citizen's Advice Face to Face Appointments 10.00 – 1.00 Please call any centre to book	Stay and Play 0 – 5 years 9.30 – 11.00	Rose Voucher Collection Day Appointment only	Wriggle and Rhyme 0 – 5 years 9.30 – 11.00
	Baby Sing Along 9.30 – 11.00	Messy Play 0 – 5 years 10.00 – 11.00	Stay and Play – Bring and Share 0 – 5 years Agnes Riley 9.30 – 11.00 Until 26 Oct	
	Stay and Play with Brunch Club 0 – 5 years Agnes Riley 9.30 – 11.00	Employment and Training Support Call any centre to book	1.1 Speech Therapist Appointment only 9.30 – 12.30	
		Child Health Review By appointment with Health Visitor only	Baby Massage for parents with babies (up to pre crawlers) Five week course 10.00 – 11.00, 9 Nov – 7 Dec Please contact any centre to book	
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Call any centre to book	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Call any centre to book	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Call any centre to book	Online Chattertime Live 2.15 facebook.com/EvelinaLondonSLT	Breastfeeding Support All day By appointment only
Baby Massage for parents with babies (up to pre crawlers) Five week course 2.00 – 3.00 18 Sep – 16 Oct Please contact any centre to book	Chattertime with Speech and Language Therapist 1.30 – 3.00 Please contact any centre to book	Song and Story 0 – 5 years 2.00 – 3.00	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Please contact any centre to book.	Toy Library 0 – 5 yrs (Every fortnight) 2 – 3pm
Being a Parent 1.00 – 3.00 25 Sep – 27 Nov Register: www.lambeth.gov.uk/parenting	Natural Thinkers at The Spinney for families with children with SEND 1.30 – 3.00	Baby weighing clinic 1.00 – 3.00 Walk-in	Circle of Security Parenting 1.00 – 3.00 5 Oct – 30 Nov Register: www.lambeth.gov.uk/parenting	
	Henry Workshop x4 weeks 1.00 – 3.00 26 Sep – 17 Oct gst-tr.HVsupportanddevelopmentworker@nhs.net	Leap Chattertime with Speech and Language Therapist 1.30 – 3.00 Please contact any centre to book	Mud Club at The Spinney 3.45 – 5.30 After School Session	

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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.