



Lambeth Family Hub Network

Lambeth Start for Life Offer

giving
your child
a **better
start**

Better Start Streatham
Weekly timetable Autumn 2023


Lambeth

Streatham map

Children's Centres

- 1 Hitherfield Children's Centre
- 2 Streatham Hub Children's Centre
- 3 Sunnyhill Children's Centre

One O'clock Clubs

- 1 Hillside Gardens One O'clock Club
- 2 The Hut, Streatham Vale Park

Health Centres

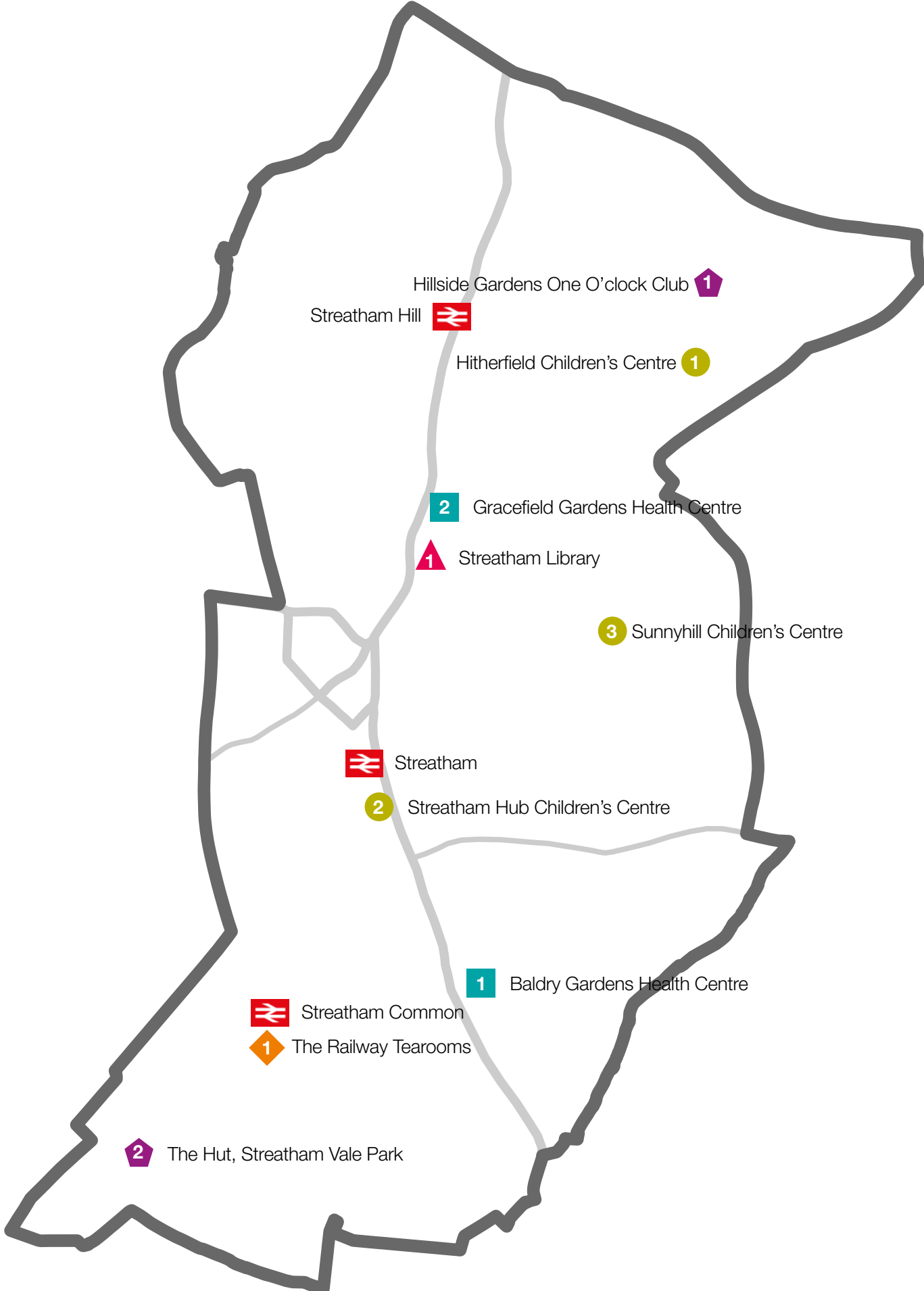
- 1 Baldry Gardens Health Centre
- 2 Gracefield Gardens Health Centre

The Railway Tearooms

- 1 The Railway Tearooms

Libraries

- 1 Streatham 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

Streatham Virtual Session—online or by phone
Hitherfield Children's Centre 📍 Hitherfield Rd, SW16 2LW ☎ 020 8835 9569
Streatham Hub Children's Centre 📍 388 Streatham High Road, SW16 6HX ☎ 020 4548 2561
Sunnyhill Children's Centre 📍 Harborough Road, SW16 2XW ☎ 020 4548 2561
Hillside Gardens One O'clock Club 📍 Hillside Road, SW2 3HL ☎ 020 8835 9569
Streatham Youth and Community Trust 📍 The Hut, Abercairn Rd, SW16 5AL ☎ 020 3146 4179
Gracefield Gardens Health Centre 📍 2–8 Gracefield Gardens, SW16 2ST ☎ 020 3049 5030

Streatham area weekly timetable Autumn 2023

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Citizen's Advice appointments 10.00 – 1.00 Call 020 8835 9569 to book	Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT	ESOL with CRECHE 9.30 – 11.30 4 Oct to 13 Dec	Circle of Security Parenting 9.30 – 11.30 5 Oct – 7 Dec	Child Health Review Appointments
Stay and Play 0 – 4 years 9.30 – 11.00	Midwife Breast Feeding Support Appointments	Better Start Worker One to One Support appointments	Stay and Play 0 – 4 years 9.30 – 11.00	Better Start Worker One to One Support appointments Call 020 4548 2561 to book
Better Start Worker One to One Support appointments Call 020 4548 2561 to book	Stay and Play 0 – 4 years 9.30 – 11.00	Children's Vaccination Drop-In Clinic 0 – 5 years 9.00 – 4.00 13 Sept, 11 Oct, 15 Nov, 13 Dec	Welcome Programme 10.00 – 2.00 Support and Family Learning for families seeking refuge and sanctuary in Lambeth	Rose Voucher Collection by Appointment
Knit and Play 6 Weeks Family Learning 9.30 – 11.30 11 Sept – 20 Nov	Early Words Together For Families Seeking Sanctuary 5 Week Family Learning Literacy Course 9.30 – 11.00 12 Sept – 10 Oct	Childminders and Professional Carers Group 9.30 – 11.00	Virtual 1–2–1 Breastfeeding Support 10.00 – 12.00. Please email lamccg.lambethinfantfeedingservice@nhs.net to book	Better Start Worker One to One Support Appointments Call 020 4548 2561 to book
Child Health Review Appointments	Breathe Melodies for Mums 9.30 – 12.30	Meet and Greet for New, Expectant Parents Children Introduction to Children's Centre Services 10.00 – 11.30 1.30 – 3.00. 27 Sept, 25 Oct, 29 Nov, 13 Dec	Baby Massage for parents with babies 0 – 6 months 10.00 – 11.30 14 Sept – 19 Oct, 9 Nov – 14 Dec	Chattertime! Child speech and language support activity group 9.30 – 11.00
Better Start Worker One to One Support appointments Call 020 4548 2561 to book	Rose Voucher Collection by Appointment	HENRY 4 Week workshops with creche 9.30 – 11.30 22 Nov – 13 Dec. Call 020 8835 9569 to book		Outdoor Stay and Play Natural Thinkers 9.30 – 11.30 8 Sept – 24 Nov
Autism Spectrum Disorder and SEND Stay and Play 9.30 – 11.00 Drop In	Baby Explorers 0 – 18 months 9.30 – 11.00			
	Better Start Worker One to One Support appointments Call 020 4548 2561 to book			

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Streatham area weekly timetable Autumn 2023

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Baby Explorers 0 – 18 months 1.00 – 3.00	Employment and Training Support Appointments 1.00 – 3.00	Better Start Worker One to One Support Appointments Call 020 8835 9569 to book	ESOL with Creche 28 Sept – 7 Dec	Child Health Review appointments
Baby Explorers 0 – 18 months 1.00 – 3.00	Story and Rhyme Time 1.00 – 3.00 28 Nov – 19 Dec	Stay and Play 0 – 4 years 1.30 – 3.00	Welcome Programme 10.00 – 2.00 Support and Family Learning for families seeking refuge and sanctuary in Lambeth	
Baby Explorers 0 – 18 months 1.00 – 2.30	Midwife Breastfeeding Support Appointments	Rose Voucher Collection by Appointment		
Child Health Review Appointments	Stay and Play 0 – 4 years 1.00 – 3.00	Children's Vaccination Drop-In Workshop 0 – 5 years 1.00 – 3.00 6 Sept, 4 Oct, 8 Nov, 6th Dec		
	Little Gardeners 2 – 4 years 1.00 – 3.00 12 Sept – 17 Oct	Children's Vaccination Drop In Clinic 0 – 5 years 9.00 – 4.00 13 Sept, 11 Oct, 15 Nov, 13 Dec		
		Baby Explorers 0 – 18 months 1.00 – 3.00		



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.