

giving
your child
a better
start

Better Start Norwood
Weekly timetable Winter/Spring 2024

Norwood map

Children's Centres

- 1 Crown Lane Children's Centre
- 2 Benton's Lane Children's Centre
- 3 Rosendale Children's Centre

One O'clock Clubs

- 1 Norwood One O'clock Club

Health Centres

- 1 Paxton Green Group Practice
- 2 West Norwood Health Centre

Libraries

- 1 Upper Norwood Joint Library
- 2 West Norwood Library



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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.

⚙️ 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

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

Norwood Virtual Session – online or by phone
Benton's Lane Children's Centre 📍 18 Bentons Lane, SE27 9UD ☎ 020 4542 3520
Crown Lane Children's Centre 📍 Crown Lane, SW16 3HX ☎ 020 4542 3520
Rosendale Children's Centre 📍 Rosendale Road, SE21 8LR ☎ 020 4542 3520

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.

Norwood area weekly timetable winter/spring 2024

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Citizens Advice Appointments 10.00 - 1.00 Please call to book	Online Chattertime Live! 10.30 facebook.com/ EvelinaLondonSLT	Midwifery Services By appointment	Virtual Infant Feeding 1-2-1 support 10.00 - 12.00. Email lamccg.lambethinfantfeedingservice@nhs.net to register	Midwifery Services By appointment
Midwifery Services By appointment	Midwifery Services By Appointment	Chat and Play Better Start Worker 1-2-1 Support. By appointment Please call to book	Midwifery Services By appointment	Chat and Play Better Start Worker 1-2-1 Support. By appointment Please call to book
Baby Explorers -18 months 9.30 - 11.00 Please call to book	Employment and Training Support 9.30 - 12.00 Please call to book	Service User Forum Update, Review and Planning Meeting 10.00 - 12.00 27 Mar Please call to book	Chattertime! speech and language development stay and play with a Speech and Language Therapist 9.30 - 11.00. Please call to book	Hand Sewing and Craft 6 week creative adult learning course with Crèche 9.30 - 11.30 / 5 Jan - 9 Feb Please call to regsiter
Child Health Review Clinic By appointment	Stay and Play 0-4 yrs 9.30 - 11.00 Please call to book	Baby Explorers 0-18 months 9.30 - 11.00 Please call to book	Rose Voucher Collection By Appointment	Natural Thinkers Outdoor Stay and Play 9.30 - 11.00 / 16 Feb - 22 Mar Please call to book
Rose Voucher Collection By appointment	Baby Massage 5 Week Course for new parents with babies 0-6 months 10.00 - 11.30 9 Jan - 6 Feb, 27 Feb - 26 Mar Please call to register	Rose Voucher Collection By appointment	PGL TRAINING 9.30 - 12.30 18 Jan - 28 Mar	Stronger Family 5 week gentle yoga exercise course for new parents and babies aged 0-6 months 9.30 - 11.30 / 23 Feb - 22 Mar Please call to register
Chat and Play Better Start Worker 1-2-1 Support. By appointment Please call to book	Child Health Review Clinic By appointment			Rose Voucher Collection By appointment
	Rose Voucher Collection By appointment			

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Midwifery Services By appointment	Midwifery Services By appointment	Midwifery Services By appointment	Midwifery Services By appointment	Midwifery Services By appointment
Child Health Review Clinic By appointment	Chat and Play Better Start Worker 1-2-1 Support. By appointment Please call to book	Meet and Greet Welcome and introduction to Children's Centre services for newly registered families 1.30 - 2.30 10 Jan, 14 Feb, 13 Mar	Chat and Play Better Start Worker 1-2-1 Support. By appointment Please call to book	
Stay and Play 0 - 4 years 1.00 to 3.00 Please call to book	Baby Explorers 0-18 months 1.00 - 3.00 Please call to book	Stay and Play 0-4 years 1.00 - 3.00 Please call to book	Autism Spectrum Disorder and SEND Stay and Play 1.00 - 3.00 Please call to book	
Starting Solids Weaning workshop for parents with babies under 6 months. 1.00 - 3.00 / 19 Feb, 11 Mar Please call to book	Child Health Review Clinic By appointment	Being A Parent ASD 5-12 Parenting Course No Creche 17 Jan - 27 Mar / 12.30 - 3.00 To register: www.lambeth.gov.uk/parenting	PGL TRAINING 1.30 - 4.30 18 Jan - 28 Mar	
Rose Voucher Collection By appointment	Rose Voucher Collection By appointment	Rose Voucher Collection By appointment	Rose Voucher Collection By appointment	

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