

giving
your child
a **better
start**



Better Start Brixton/Stockwell
Weekly timetable Autumn 2019

Brixton/Stockwell map

Childrens Centres

- 1 Jessop Children's Centre
- 2 Liz Atkinson Children's Centre
- 3 Stockwell Children's Centre

One O'Clock Clubs

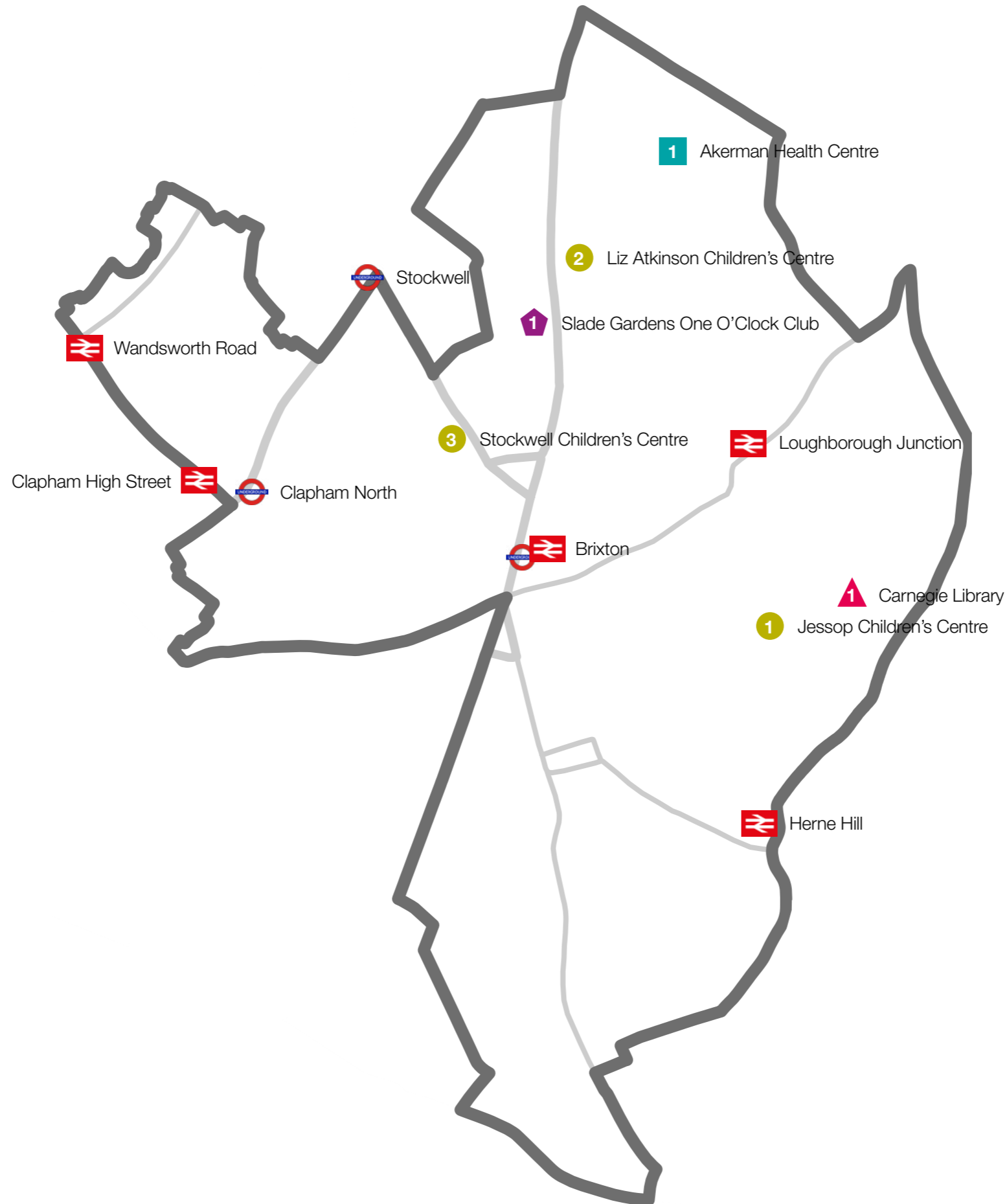
- 1 Slade Gardens One O'Clock Club

Health Centres

- 1 Akerman Health Centre

Libraries

- 1 Carnegie Library



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Lambeth Better Start Services - Give Your Child A Better Start

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♥ Baby groups

Children's centres run a range of groups for babies and their parents and carers. Look out for Baby Explorers, Baby Playtime and Baby Singalong 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

From Chatterbox and Chattertime groups to monthly drop in and one to one appointments, support for your child's communication and language development is available in centres 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.

📖 Library Service - Wriggle and Rhyme and Storytime

drop in sessions in your local library to introduce your baby or young child to stories and songs. You can also register your child with your local library, and collect a free baby Bookstart pack (one per child, up to 12 months) or a Bookstart Treasure box (aged 3-4 years).

👍 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 group based activities across the borough as well as on a one to one basis. 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 Sensory Sensations, Sensory Explorers and use of baby sensory rooms provide additional support for children with SEND, while programmes such as Stepping Stones and Early Bird, and Autism Advice Drops Ins 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 wards. If you live in those areas, please keep a look out for LEAP activities.

👨‍⚕️ Child Health Clinics

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.

📍 The Lambeth Family 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 Family 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? In the early days you might want to come along to one of our Breastfeeding Support groups, and as your baby gets older, a Starting Solids workshop or a Cook and Taste session might be what you need.

👨‍👩‍👧 Parenting support

Look out for parenting courses such as Baby and Us, Being a Parent, Triple P and Stepping Stones across the borough. You'll need to book these courses in advance - speak to your local centre or apply online at lambeth.gov.uk/parenting

📖 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 support

Better Start workers are available in all Lambeth children's centres to support you with every aspect of parenthood - from running parenting programmes, to giving one to one support and advice, to helping answer questions about childcare or wider services. They can also help you to access things like the Alexandra Rose voucher scheme, Food Bank vouchers, and support around domestic violence. You can contact a Better Start worker at your nearest centre, or arrange a visit to a Better Start surgery.

🔧 Employment support

Are you thinking about returning to work? Maybe you need some help with updating your CV? Book an appointment with an Employment and Training Advisor in a children's centre or library near you.

🏠 Financial Support - Citizens Advice

Citizens Advice 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 in Lambeth

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/freearlylearning

Venue Details

Jessop Children's Centre

📍 Lowden Road,
SE24 0BJ
☎ 020 7737 5164

Liz Atkinson Children's Centre

📍 9 Mostyn Road,
SW9 6PH
☎ 020 7587 0914

Stockwell Children's Centre

📍 Burgoyne Road,
SW9 9TG
☎ 020 7326 7328

Slade Gardens One O'Clock Club

📍 Slade Park Road,
SW9 0A
☎ 020 7733 3630

Akerman Health Centre

📍 60 Patmos Road,
SW9 6AF
☎ 020 3049 6500

Carnegie Library

📍 192 Herne Hill Road
SE24 0AG
☎ 020 7926 0750

Brixton/Stockwell area weekly timetable Autumn Term 2019

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday am
Employment Support 9.30–4.00	Breastfeeding Support Group 10.30–12.30	Stay and Play 2+ 10.00–11.30	Childminders' Stay and Play 10.00–11.30 Term Time Only	Baby Playtime 10.00–11.30	Dad's Group 10.00–12.00 Last Saturday of the month
LEAP Parent Champions Course 10.00–12.00 from 2 September	Chattertime 10.00–11.30 Term Time Only	Financial Advice – Citizens Advice 10.00–1.00 ☎ 020 7326 7328 to book	Stay and Play 12–24 months 10.00–11.30	Child Health Clinic 9.30–11.30	
Muslim Sisters' Group 10.00–12.00 Drop In	Asthma, Constipation and Eczema Clinic By appointment	Financial Advice – Citizens Advice 10.00–1.00 ☎ 020 7587 0914 to book	Adult Learning Class Parental Well Being 10.00–12.00	Child Health Clinic 9.30–11.30 First and third Friday of the month	
Meet the Midwife 9.30–12.30 Monthly by appointment	ABRACE Course (to support parents from the Portuguese & Brazilian communities) 10.00–12.00 Until 5 November. Creche provided Booked via ABRACE	Wriggle and Rhyme 10.30			
Cook and Taste 10.00–12.00 ☎ 020 7587 0914 to book					

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Employment Support 9.30–4.00	Stay and Play 0–5 1.30–3.00	LEAP Being a Parent Course 1.00–3.00 Starts 25 September	Child Health Clinic 1.00–4.00	Stay and Play 0–5 1.30–3.00
Spanish and Portuguese Group 1.00–3.00 Term time only, drop in	Better Start advice and support play group 1.30–3.00	Starting Solid Foods Monthly ☎ 020 7737 5164 to book	Sensory Sensations (for children with complex needs and disabilities) 1.30–3.30 By referral	Chattertime 1.30–3.00
Adult Learning Class Beginners' IT 1.00–3.00 Starts 30 September	Baby Singalong 2.00–4.00 Term time only ☎ 020 7737 5164 to book	Child Health Clinic 1.00–3.00	ESOL class 1.00–3.00	Starting Solid Foods Monthly ☎ 020 7326 7328 to book
Adult Learning Class Family Fun Dance 1.30–3.00 Starts 28 October			Starting Solid Foods Monthly ☎ 020 7587 0914 to book	
			Stay and Play 0–5 1.30–3.00	

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