

giving
your child
a **better
start**

Better Start Streatham
Weekly timetable Autumn 2020



Streatham map

Childrens 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
- 1 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



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Lambeth Better Start Services

Currently available online, by phone or in small groups following the latest Covid 19 guidance

♥ Small Group 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.

🧸 Small Group 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 groups to support for your child's communication and language development is available for families across the borough.

🌿 Small Group 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 – Select & Collect from the Library

Book an appointment to borrow a selection of lovely children's books to suit your child's age and interest. You can borrow up to 20 books. Call your library today, appointments are available most days!

👍 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 wards. 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? 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 solids 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 support

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

Citizens Advice telephone 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/freearlylearning

👨‍👩‍👧 HENRY

Healthy Families: Right From The Start is a virtual 8 week course which helps parents with children under 5 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. The Healthy Families course focuses on supporting good nutrition, breastfeeding, physical activity, emotional well-being and parenting skills in a fun and supportive group. For more information please contact Jennie Crossan, HENRY Co-ordinator on Jennifer.crossan@gstt.nhs.uk

🍷 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton Market. 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 8835 9569
Sunnyhill Children's Centre Harborough Road, SW16 2UW 020 8769 4785
Streatham Youth and Community Trust The Hut, Streatham Vale Park, Abercairn Rd, SW16 020 3146 4179
Hillside Gardens One O'Clock Club Hillside Road, SW2 3HL 020 8835 9569
Baldry Gardens 293 Streatham High Road, SW16 3NP 020 3049 5470
The Railway Tearooms The Railway Pub, 2 Greyhound Lane, Streatham Vale SW16 5SD 020 8769 9448
Streatham Library 63 Streatham High Road SW16 1PN 020 7926 6768

Streatham area weekly timetable Autumn 2020

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Small Group Baby Explorers 0-18 months 9.30-11.00 Call 020 8835 9569 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book
Citizen's Advice Appointments 10.00-1.00 Call 020 8835 9569 to book	Online Chattertime Live! 10.00 facebook.com/ EvelinaLondonSLT/	Get Going With Sewing 9.30-11.30am Call 07593 437 597 to book	Small Group Stay and Play 0-4 years 9.30-11.00 Call 0208 835 9569 to book	Keeping it REAL 9.30-11.00 Call 020 8835 9569 to book
Virtual Chattertime Group Speech and Language Support Call 020 8835 9569 to book	Online HENRY 10.00-11.00 Starts Tuesday 13 October		Small Group Stay and Play at Hillside Gardens 9.30-11.00 Call 020 8835 9569 to book	Small Group Stay and Play 9.30-11.00 Call 07593 437 597 to book
Small Group Stay and Play 0-4 years 9.30-11.00 Call 07593 437 597 to book	Better Start Worker Surgery Call 020 8835 9569 to book		Better Start Worker Surgery Call 07593 437 597 to book	
Child Health Reviews by appointment	Child Health Reviews by appointment			
Keeping it REAL 9.30-11.00 Call 020 8835 9569 to book	Small Group Stay and Play 0-4 years 9.30-11.00 Call 07593 437 597 to book			
Small Group Stay and Play 0-4 years 10.30-12.00 Call 020 3146 4179 to book	Small Group Stay and Play 0-4 years 9.30-11.00 Call 020 8835 9569 to book			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Online HENRY 1.30-2.30 Starts Monday 12 October	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 8835 9569 to book	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 8835 9569 to book	Online Chattertime Live! 2.15 facebook.com/ EvelinaLondonSLT/	Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 8835 9569 to book
Small Group Baby Explorers 0-18 months 1.00-2.30 Call 020 8769 4785 to book	Employment and Training Support 1.30-4.00 Call 020 8835 9569 to book	Virtual Ages and Stages Workshop Speech and Language Development Call 020 8835 9569 to book	ESOL Class 1.00-3.00 Call 020 8835 9569 to book	
Small Group Baby Explorers 0-18 months 1.00-2.30 Call 07593 437 597 to book	Child Health Reviews by appointment only	Cookery On-Line Call 020 8835 9569 to book	Yoga for mums, dads, babies and toddlers 1.00-3.00 Call 07593 437 597 to book	
Child Health Reviews by appointment	Small Group Baby Explorers 0-18 months 1.00-2.30 Call 020 8835 9569 to book	Small Group Stay and Play 0-4 years 1.00-2.30 Call 020 8835 9569 to book	Small Group Stay and Play at Hillside Gardens 1.00-2.30 Call 020 8835 9569 to book	
Better Start Worker Surgery Call 020 8835 9569 to book	Keeping it REAL 1.00-2.30 Call 020 8835 9569 to book			
Small Group Baby Explorers 0-18 months 1.00-2.30 Call 020 3146 4179 to book	Small Group Baby Explorers 0-18 months 1.00-2.30 Call 07593 437 597 to book			



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.