

giving
your child
a **better
start**

Better Start Brixton/Tulse Hill
Weekly timetable Spring 2020



Brixton/Tulse Hill map

Childrens Centres

- 1 Jubilee Children's Centre
- 2 Loughborough Children's Centre
- 3 Effra Early Years Centre

One O'Clock Clubs

- 1 Brockwell One O'Clock Club

Health Centres

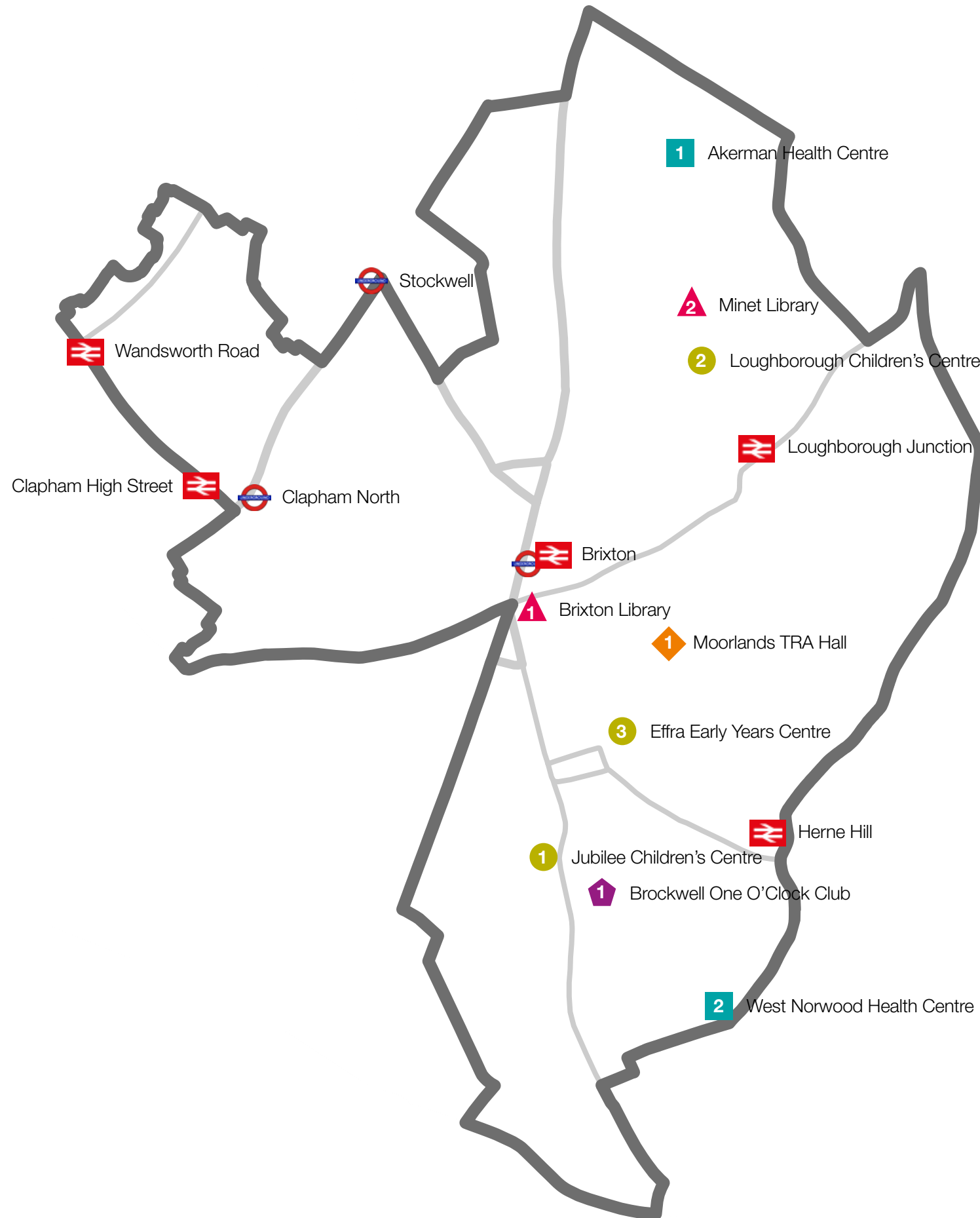
- 1 Akerman Health Centre
- 2 West Norwood Health Centre

Moorlands TRA Hall

- 1 Moorlands TRA Hall

Libraries

- 1 Brixton Library
- 2 Minet 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

Jubilee Children's Centre Tulse Hill, SW2 2JE ☎ 020 8678 9160
Loughborough Children's Centre Minet Road, SW9 7UA ☎ 020 7274 8374
Effra Brockwell One O'clock Club, Brockwell Park ☎ 020 7733 8425
Moorlands TRA Hall 50A Corry Drive, SW9 8QT ☎ 020 8678 9160
West Norwood Health Centre 25 Devane Way, SE27 0DF ☎ 020 3141 0700
Akerman Health Centre 60 Patmos Road, SW9 6AF ☎ 020 3049 6500
Minet Library 52 Knatchbull Road, SE5 9QY ☎ 020 7926 0750
Brixton Library Brixton Rd SW2 1JQ ☎ 020 7926 1058
Chestnut Nursery School Corry Drive SW9 8QS ☎ 020 7274 4421

Brixton/Tulse Hill area weekly timetable Spring 2020

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Group Pregnancy Care Group	Group Pregnancy Care Group	Group Pregnancy Care Group	Group Pregnancy Care Group	Group Pregnancy Care Group
Child Health Reviews by appointment 9.30-12.30	Group Pregnancy Care Appointments	Healthy Relationships 9.30-11.30	CAN Antenatal Appointments	Group Pregnancy Care Appointments
Stay and Play 0-4 years including monthly Speech and Language Drop In 9.30-11.30	Muslim Sisters' Group 9.30-11.30	Write and illustrate a book with your child 9.30-11.30	Child Health Reviews by appointment 9.30-12.30	Young Parents' Group 10.00-12.00
Childminders' Stay and Play 9.30-11.30	Baby Explorers 0-18 months 9.30-11.30	Parenting Workshops 9.30-11.30	ESOL class 9.30-11.30	Parental Well Being Workshops Four week course held termly ☎ 020 8678 9160 to book
Stay and Play 0-4 years including monthly Speech and Language Drop In 9.30-11.30	Natural Thinkers 9.30-11.30	Together Time 9.30-11.30	Employment Support ☎ 020 8678 9160 to book	
Citizens Advice Appointments 10.00-1.00 ☎ 020 8678 9160 to book	Baby Massage 0-6 months 9.30-3.30 ☎ 020 8678 9160 to book	SEN and ASD Advice Sessions 1:1 Appointments on 4 March ☎ 020 8678 9160 to book	Stay and Play 0-4 years 9.30-11.30	
Childcare Course 9.00-12.00	PAIRS appointments 9.30-11.30	Child Health Clinic West Norwood Health Centre 9.30-12.00	Wriggle and Rhyme at Brixton Library 10.15	
Stay and Play at Moorlands TRA 10.00-12.00	Storytime at Brixton Library 10.30		Lambeth Talking Therapies Appointment only ☎ 020 3228 6747	
Chestnut Nursery Chattertime 10.00-11.30	Wriggle and Rhyme at Minet Library 10.30			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
ESOL class 1.15-3.15	Group Pregnancy Care Appointments	Group Pregnancy Care Appointments	CAN Antenatal Appointments	Group Pregnancy Care Appointments
Baby and Us 1.30-3.00	PAIRS appointments 1.00-3.00	Baby Chattertime 1.30-3.00	Child Health Reviews by appointment 1.00-4.30	Young Parents' Group 1.00-3.00
Cook and Taste ☎ 020 7274 8374 to book	Child Health Clinic 1.00-3.00	Starting Solid Foods Monthly ☎ 020 8678 9160 to book	Lambeth Talking Therapies Appointment only ☎ 020 3228 6747	Starting Solid Foods Monthly ☎ 020 7274 8374 to book
Child Health Clinic West Norwood Health Centre 1.00-3.00	Parent Champions Course 1.15-3.15	Child Health Clinic Akerman Health Centre 1.00-3.00	Natural Thinkers 1.30-3.00	
	Natural Thinkers 1.15-3.15	FNP Young Parents' Group Monthly 1.00-3.00	Baby Rhymetime 0-18 months at Brixton Library 2.15	
	Family Cooking and Nutrition 1.15-3.15			

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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.