

giving
your child
a **better**
start

Better Start Norwood
Weekly timetable Spring 2020

Norwood cluster map

Childrens Centres

- 1 Crown Lane Children's Centre
- 2 Kingswood 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 - 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

Benton's Lane Children's Centre 18 Bentons Lane, SE27 9UD 020 3409 0704
Crown Lane Children's Centre Crown Lane, SW16 3HX 020 8761 7139
Rosendale Children's Centre Rosendale Road, SE21 8LR 020 8761 7411
Rosendale Community Centre 147 Peabody Cottages, Rosendale Road, SE24 9DR
Paxton Green Group Practice 1 Alleyn Park, SE21 8AU 020 8670 6878
West Norwood Health Centre 25 Devane Way, SE27 0DF 020 3141 0700
Upper Norwood Joint Library 39-41 Westow Hill, SE19 1TJ 020 7926 1063
West Norwood Library 1-5 Norwood High St, SE27 9JX 020 7926 8092

Norwood cluster area weekly timetable Spring 2020

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday am
Midwifery services	Midwifery services	Midwifery services	Midwifery services	Midwifery services	Wriggle and Rhyme at Upper Norwood Library 10.30
Citizens Advice Appointments 10.00-1.00 020 3409 0704 to book	Baby Explorers 0-18 month at Rosendale Community Centre 9.30-11.00	Chattertime 10.00-11.30	Stay and Play SALT Drop In monthly 10.00-11.30	Breastfeeding Support Group 10.00-12.00	
Childminder's Drop In 10.00-12.00	Starting Solid Foods 020 3409 0704 to book	Sleep Clinic 020 3049 5616 to book	Strengthening Families Strengthening Communities 11.30-2.30	Midwifery services	
Baby Explorers 0-18 months 9.30-11.00	Employment Support 020 8761 7139 to book	Better Start Worker Surgery 020 8761 7139 to book	Song and Library Time 10.00-11.30 020 8781 7139 to book	Stay and Play 0-4 years Monthly Speech and Language Drop In 9.30-11.30	
Health Visitors	Song and Library Time 020 3409 0704 to book	Child Health Clinic at West Norwood Health Centre 9.30-12.00	Child Health Clinic at Paxton Green Group Practice 9.30-12.00	Storytime at West Norwood Library 10.30	
	Wriggle and Rhyme at Upper Norwood Library 10.30	Storytime at West Norwood Library 10.00	Wriggle and Rhyme at Upper Norwood Library 10.30		

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Midwifery services	Midwifery services	Midwifery services	Midwifery services	Midwifery services
Child Health Clinic at West Norwood Health Centre 1.00-3.00	Positive Parenting Programme 1.00-3.00	ESOL class 1.00-3.00	Strengthening Families Strengthening Communities 11.30-2.30	Midwifery services
Better Start Worker Surgery 020 3409 0704 to book		Family Cooking and Nutrition 1.00-3.00 020 3409 0704 to book	Stay and Play 0-4 years at Rosendale Community Centre 2.00-3.00	
ESOL class 1.00-3.00		Starting Solid Foods 020 8761 7411 to book		

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