

giving
your child
a better
start

Better Start Streatham
Weekly timetable Spring 2020



Streatham cluster map

Childrens Centres

- 1 Hitherfield Children's Centre
- 2 Streatham Hub Children's Centre
- 3 Sunnyhill Children's Centre
- 4 Woodmansterne Children's Centre

One O'Clock Clubs

- 1 Hillside Gardens One O'Clock Club

Health Centres

- 1 Baldry Gardens Health Centre
- 2 Gracefield Gardens Health Centre

The Railway Tearooms

- 1 The Railway Tearooms

Schools

- 1 Granton Primary School

Libraries

- 1 Streatham 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

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
Woodmansterne Children's Centre 📍 Stockport Rd, SW16 5XE ☎ 020 8764 5102
Hillside Gardens One O'Clock Club 📍 Hillside Road, SW2 3HJ ☎ 020 8835 9569
Gracefield Gardens 📍 2-8 Gracefield Gardens, SW16 2ST ☎ 020 3049 5030
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 cluster area weekly timetable Spring 2020

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Child Health Reviews by appointment	Child Health Reviews by appointment	Breastfeeding Support Group by appointment	ASD Stay and Play at Hillside Gardens 9.30-11.00	Chattertime 10.00-11.30
Stay and Play 0-4 years 9.30-11.00	ESOL Class 9.30-11.30 ☎ 020 8835 9569 to book	Baby Explorers 0-18 months 9.30-11.00	Citizens Advice Appointments 10.00-1.00 ☎ 020 8835 9569 to book	Health Visitor Reviews by appointment
Starting Solid Foods monthly sessions ☎ 020 8835 9569 to book	Childminder Drop In 10.00-12.00	Starting Solid Foods monthly sessions ☎ 020 8835 9569 to book	Better Start Worker Surgery ☎ 020 8835 9569 to book	
SEN and ASD Advice Session 1:1 appointments on 10 February ☎ 020 8835 9569 to book	Wriggle and Rhyme at The Railway Tearooms 10.00	Stay and Play 0-4 years at Hillside Gardens Monthly Speech and Language Drop In 9.30-11.00	Stay and Play 0-4 years 9.30-11.00	
	Better Start Worker Surgery Please drop in for a chat!	Breastfeeding Support Group 10.00-12.00	Child Health Clinic at Baldry Gardens 9.30-11.30	
		Storytime at Streatham Library 10.30		
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Child Health Reviews by appointment	Child Health Reviews by appointment	Breastfeeding Support Group by appointment	Asthma, Constipation and Eczema Clinic by appointment	Health Visitor Reviews by appointment
Baby Explorers 0-18 months 1.30-3.00	Being a parent 1.15-3.15 ☎ 020 8769 4785 to book	Better Start Worker Surgery ☎ 020 8835 9569 to book	Stay and Play 0-4 years 1.30-3.00	
Child Health Clinic at Gracefield Gardens 1.30-3.00	Rhyme Time at Streatham Library 1.30	Speech and Language by appointment		
	Employment Support 1.30-4.00 ☎ 020 8835 9569 to book	ESOL Class 1.00-3.00 ☎ 020 8835 9569 to book		

