

giving
your child
a **better**
start

Better Start Norwood
Weekly timetable Autumn 2020

Norwood cluster map

Childrens Centres

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

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.

📍 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? 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/freeearlylearning

👨‍👩‍👧 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

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|---|
| Norwood Virtual Session – online or by phone |
| 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 School Risk Assessment for Covid-19 means this building is not in use until further notice. We look forward to returning soon. |
| Rosendale Children's Centre 📍 Rosendale Road, SE21 8LR ☎ 020 8761 7411 School Risk Assessment for Covid-19 means this building is not in use until further notice. We look forward to returning soon. |
| Rosendale Community Centre 📍 147 Peabody Cottages, Rosendale Road, SE24 9DR The Risk Assessment for Covid-19 means this building is not in use until further notice. We look forward to returning soon. |
| Paxton Green Group Practice 📍 1 Allyn Park, SE21 8AU ☎ 020 8670 6878 |
| West Norwood Library 📍 1-5 Norwood High St, SE27 9JX ☎ 020 7926 8092 |

Norwood cluster 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 | Midwifery Services Antenatal and Postnatal Appointments | 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 3409 0704 to book | Employment and Training Support 9.30-12.00 Call 020 3409 0704 to book | Better Start Surgery 9.30-12.00 Call 020 3409 0704 to book | Midwifery Services Antenatal and Postnatal Appointments | Midwifery Services Antenatal and Postnatal Appointments |
| Virtual Chattertime Group Speech and Language Support Call 020 3409 0704 to book | Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT | ESOL class 9.30-11.30 Call 020 3409 0704 to book | Small Group Stay and Play 0-4 years 9.30-11.00 Call 020 3409 0704 to book | Story and Rhyme Time 2-3 years 10.00-11.00 Call 020 3409 0704 to book |
| Midwifery Services Antenatal and Postnatal Appointments | Online HENRY 10.00-11.00 Starts Tuesday 13 October | | Keeping it REAL 9.30-11.00 Call 020 3409 0704 to book | Illustrate a book for your child 9.30-11.30 Call 020 3409 0704 to book |
| Small Group Baby Explorers 0-18 months 9.30-11.00 Call 020 3409 0704 to book | Midwifery Services Antenatal and Postnatal Appointments | | | |
| Small Group Stay and Play 0-4 years 9.30-11.00 Call 020 3409 0704 to book | Yoga for mums, dads, babies and toddlers 9.30-11.30am Call 020 3409 0704 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 3409 0704 to book | Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 3409 0704 to book | Online Chattertime Live! 2.15pm facebook.com/EvelinaLondonSLT/ | Starting Solids Virtual Workshop Varied dates and times EYNutrition@gstt.nhs.uk or call 020 3409 0704 to book |
| Midwifery Services Antenatal and Postnatal Appointments | Midwifery Services Antenatal and Postnatal Appointments | Virtual Ages and Stages Workshop Speech and Language Development Call 020 3409 0704 to book | Midwifery Services Antenatal and Postnatal Appointments | Midwifery Services Antenatal and Postnatal Appointments |
| Small Group Baby Explorers 0-18 months 1.00-2.30 Call 020 3409 0704 to book | Small Group Story and Rhyme Time 2-3 years 1.30-2.30 Call 020 3409 0704 to book | Midwifery Services Antenatal and Postnatal Appointments | Small Group Stay and Play 0-4 years 1.00-2.30 Call 020 3409 0704 to book | |
| Child Health Clinic by appointment | Better Start Surgery 2.00-4.00 Call 020 3409 0704 to book | Small Group Stay and Play 0-4 years 1.00-2.30 Call 020 3409 0704 to book | Better Start Surgery 2.00-4.00 Call 020 3409 0704 to book | |
| | Women's counselling and support by appointment | Sleep Clinic 2.00-4.30 by appointment | | |

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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.