

giving
your child
a **better
start**

Better Start Brixton/Tulse Hill

Weekly timetable Autumn 2024

Lambeth's Family Hub Network

Lambeth's Start for Life offer


Lambeth

Brixton/Tulse Hill map

Children's Centres

- 1 Jubilee Children's Centre
- 2 Loughborough Children's Centre

One O'clock Clubs

- 1 Brockwell One O'clock Club
- 2 Max Roach One O'clock Club

Health Centres

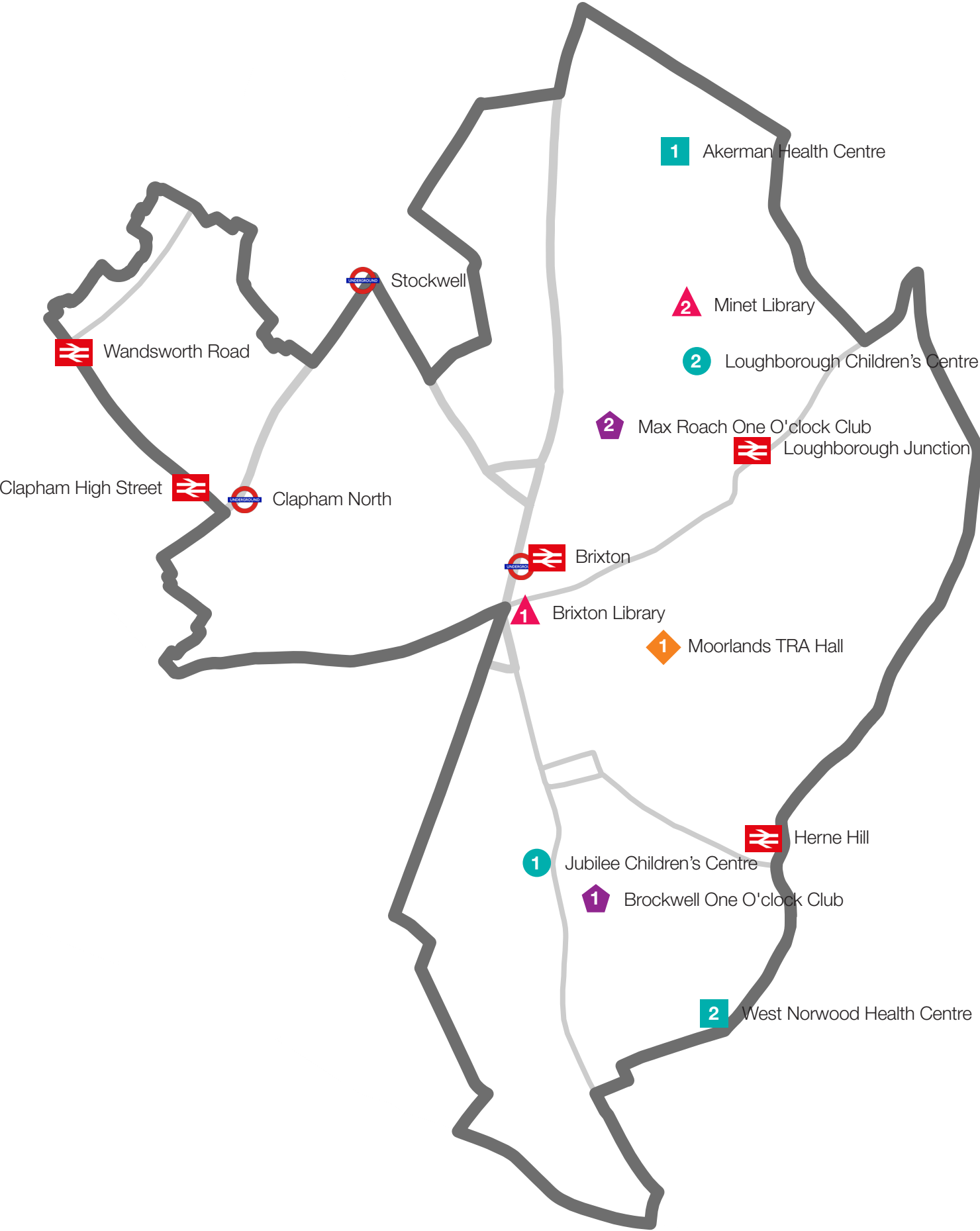
- 1 Akerman Health Centre
- 2 West Norwood Health Centre

Moorlands TRA Hall

- 1 Moorlands TRA Hall

Libraries

- 1 Brixton Library
- 2 Minet Library



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Lambeth Better Start Services

♥ 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.

🧸 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 and face to face group sessions in the Children's Centres to support your child's communication and language development is available for families 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.

🗨️ Making it REAL (Raising Early Achievement in Literacy)

Over a series of one to one contacts or face to face, you will gain lots of skills in how best to support your child's early communication and language development.

👤 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. 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? The 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 solid 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 Workers

Our Better Start Workers are able to offer support and advice around: Parenting and co-parenting, free early learning opportunities, housing and benefits, employment, and training, reducing isolation and signposting to other available services. Please ask your local children's centre for this service.

🔑 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

Citizen Advice telephone appointments and face to face 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

HENRY helps parents with children under five 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. We are running stand-alone workshops on topics such as Fussy Eating, Starting Solids and Healthy Teeth as well as the eight week Healthy Families: Right From The Start programme. To sign up please email gst-tr.HVsupportanddevelopmentworker@nhs.net or talk to children's centre staff.

🎁 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton, Norwood, East Street, Peckham and Waterloo Market stalls.
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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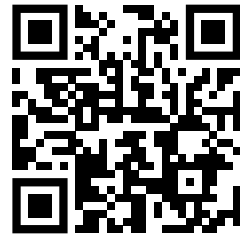
Venue Details

Session across all sites
Jubilee Children's Centre 📍 Tulse Hill, SW2 2JE ☎ 020 8678 6530
Loughborough Children's Centre 📍 Minet Road, SW9 7UA ☎ 020 7274 8374
Brockwell Children's Centre (previously the One O'clock Club) 📍 Brockwell Park, Arlingford Road, SW2 2TA ☎ 020 8678 6530

Brixton/Tulse Hill area weekly timetable Autumn 2024

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am	Saturday/Sunday am
Better Start Information, Guidance and Advice Appointments. Ask at reception					Dads Stay and Play Time term only 10.00 – 12.00 Drop in or ask for more details
Antenatal Checks 9.00–4.00. By appointment	ESOL – Hightrees 9.30 – 11.30 Call to book	Children's Vaccination Drop – In Clinic & Info sessions 10.00 – 2.00. 24 Sept and 20 Nov	Employment and Training Support 9.30 – 12.00 Call to book	Breastfeeding Support Drop-in Group 10.00 – 12.00	Papas in the Park on Sunday mornings email unitymatterscic@gmail.com to find out more
Stay and Play 0 – 4 years 9.45 – 11.15	Child Health Reviews By appointment. Call 020 3049 5300 and ask to book at Jubilee	Baby and Me 0 – 14 months 10.00 –11.30	Citizen's Advice Appointments 10.00 – 1.00 Call to book	Antenatal Checks 9.00 – 4.00 By appointment	
Postnatal Checks 9.00 – 4.00 By appointment	Together time 10am – 11:30am 22 Oct – 10 December Book here lambeth.gov.uk/parenting	Baytree Information and Advice appointments 9.00 – 12.00. Sept – Oct Call to book	Rising Stars, Stay and Play For children with additional needs First & Third Thursday of the month 10.00 – 11.30	Pregnancy and Baby Yoga Babies up to 4 months 10.30 – 11.30 Call to book	
Chattertime Speech & Language, Stay and Play 0 – 5 years 9.45 – 11.15	Postnatal Checks 9.00 – 4.00 22 Oct – 10 December By appointment	Machine Sewing 9.30 – 11.30 Call to book	Pre-booked complex needs Health Visitor appointments First Thursday of the month 9.45 – 11.15	Baby and Me 0 – 14 months. 10.00 – 11.30	
Health Visitor appointments Call 020 3049 5300 and ask to book at Loughborough		Pre-booked complex needs Health Visitor appointments Third Wednesday of the month	Registered Childminder Drop in Second Thursday of the month 9.45 – 11.15	Child Health Reviews By appointment Call 020 3049 5300 and ask to book at Loughborough	
Pre-booked 6 – 8 week Health checks Call 020 3049 5300 and ask to book at Loughborough	Stay and Play 0 – 4 years 10.00 – 11.30	Stay and Play 0 – 4 years 9.45 – 11.15	Hear and Play For Hearing impaired children. Fourth Thursday of the month 10.00 – 12.00	Young Parents Stay and Play (St Mcheals Fellowship) All under 25's welcome 10.30 – 12.15	
Food Bags By referral		Sensory Room 9.45 – 11.15 Call to book	Being a Parent Autism 10.00 – 12.30 Book here lambeth.gov.uk/parenting		
PAIRS 1–1 Support By appointment		Children's Vaccination Information sessions 10.00 – 11.00. 16 Oct and 18 Dec	Breastfeeding support by referral		
Muslim Women's Group (All women welcome) 0 – 4 years. 9.45 – 11.15			Little Green Fingers Stay, Play 0 – 4 years. 9.45 – 11.15		
			Stay and Grow 0 – 4 years 9.45 – 11.15		
			Sensory Room 9.45 – 11.15. Call to book		

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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.

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Better Start Information, Guidance and Advice Appointments. Ask at reception				
HENRY Starting Solids 1.0 – 3.00. 21 Oct JCC and 18 Nov LCC. Call to book	Baby Massage Five Week Course 1.30 – 3.00. Call to book	Digital Skills 1.15 – 3.15 Call to book	Children's Vaccination Drop – In Clinic & Information sessions 7 Nov, 3 Oct and 5 Dec Ask for more details	Antenatal Checks 9.00 – 4.00 By appointment
HENRY Fussy eating 1.00 – 3.00. 24 Sept JCC and 16 Dec LCC. Call to book	Pre-booked Health Visitor appointments Call 020 3049 5300 and ask to book at Jubilee	Baby Steps 4.00 – 6.00 BabySteps@gstt.nhs.uk	Breastfeeding Support By referral	Better Start Support 4 You Support with Nursery or school applications Call to book
Parent Champion (Volunteer Training) 1.15 – 3.15. Call to book	Pre-booked 6–8 week Health checks Call 020 3049 5300 and ask to book at Jubilee	Baby Massage Five Week Course 1.45 – 3.15. Call to book	Making it REAL By appointment. Ask for more details	Share, Learn and Play Womens Empowerment, Parent led group. Bring a Lunch, Children and Babies Welcome) 12.30 – 2.30
Admin for work WEA 1.15 – 3.15 Call to book	Making it REAL By appointment ask for more information	Baby Steps 1.00 – 4.00 BabySteps@gstt.nhs.uk	Circle of Security Parenting 1.15 – 3.15 Book here lambeth.gov.uk/parenting	Young Parents Group (St Mcheals Fellowship) All under 25's welcome Lunch and Topic of the week with crèche 12.30 – 2.30
Digital Skills 1.15 – 3.15. Call to book	Conversation Group (Every day English for ESOL families) 1.15 – 3.15		ESOL 1.15 – 3.15. Call to book	
Postnatal Checks 9.00 – 4.00. By appointment			Baby Steps 1.00 – 4.00 BabySteps@gstt.nhs.uk	
PAIRS 1–1 Support By appointment	Gentle Yoga Exercise with your Baby 1.30 – 3.00. Call to book			
Baby Steps 1.00 – 4.00 BabySteps@gstt.nhs.uk	Postnatal Checks 9.00 – 4.00. By appointment			