

Name	When and where?	What? How do I book on?
Make and Illustrate a Book for Your Child WITH CRECHE	MONDAY @JUBILEE 1.15-3.15 03/11-15/12	This course will give you the opportunity to write and illustrate a book for your child. You will write a story based on family members, pets, or characters from TV and produce illustrations using photos or hand drawings. You will be able to create a special and lasting memento to share with your child. Call or email to book or pop into Reception
ESOL English Class WITH CRECHE	TUESDAYS @JUBILEE 1.15-3.15 23/09-09/12	A course to develop and improve your English speaking, listening, reading and writing skills and become more confident to use spoken English. Call to book or pop into Reception
Strengthening Families, Strengthening communities Parenting WITH CRECHE	TUESDAYS @JUBILEE 9.30-12.30 09/09-16/12	A free inclusive course to help parents and carers to raise healthy and happy people. Book here: lambeth.gov.uk/parenting
Family Cooking Class WITH CRECHE	TUESDAYS @LOUGHBOROUGH 1.15-3.00 7/10-25/11	Cookery class with an opportunity to share and create recipes and cook together. You will also complete and receive a Food Hygiene Certificate Call to book or pop into Reception
Fussy Eating WITH CRECHE	TUESDAY & WEDNESDAY 1.15-3.15 16/12 @JUBILEE 01/10 @LOUGHBOROUGH	Come along and get support and new ideas for: How to encourage your child to try new foods - and begin to enjoy them! Child-friendly foods that provide what they need to grow and be healthy, happier family mealtimes Book here: evelinalondon.nhs.uk/henry
First Steps into Horticulture and Flower Arranging WITH CRECHE	WEDNESDAY @JUBILEE 1.15-3.15 17/09- 26/11	Learn how to grow and care for plants, create simple flower arrangements, and discover eco-friendly gardening practices that support sustainability at home As well as building practical skills, the course offers a chance to unwind, connect with others, and enjoy the wellbeing benefits of working with nature—no experience needed! Call or email to book or pop into Reception
Conversation Group (Every Day English for ESOL families) WITH CRECHE	WEDNESDAYS @LOUGHBOROUGH 9.30-11.15 08/10-17/12	Support to develop, use and apply your everyday English at the school or Nursery, at the doctor's, applying for benefits or housing, making an appointment or making conversation with friends and neighbours Call or email to book or pop into Reception
Toilet Training and Sleep Workshop WITH CRECHE	MONDAY 17/11 Sleep Workshop WEDNESDAY 24/09 Toilet Training @LOUGHBOROUGH 1.15-3.15	<u>TOILET TRAINING:</u> Where and when to start. Getting your child motivated. Toilet hygiene skills. Coping with going out nappy free. How to encourage independent skills. Keeping dry overnight <u>SLEEP WORKSHOP:</u> The importance of a good sleep routine. How much sleep children need. How to help your child develop healthy sleep habits. Managing cues or behaviours your child needs in order to sleep. Call or email to book or pop into Reception
Being a Parent ADHD (Attention Deficit Hyperactivity Disorder)	THURSDAYS @JUBILEE 10.00-12.30 02/10- 11/12	Being a Parent ADHD is a 10-week group programme offered to parents/carers of children with ADHD from 5 to 12 years old. Book here: lambeth.gov.uk/parenting
Introduction to Machine Sewing WITH CRECHE	THURSDAYS @JUBILEE 1.15-3.15 16/10-04/12	Use the features of your machine appropriately, produce simple seams and finishes. Successfully troubleshoot common errors when using the sewing machine Call or email to book or pop into Reception
Circle of Security Parenting Class WITH CRECHE	THURSDAYS @LOUGHBOROUGH 1.15-3.15 02/10-03/12	This course will support you to understand and respond to your child's needs. You'll learn how to support your relationship with your child, improve your child's self-esteem and be a confident parent. Book here: lambeth.gov.uk/parenting

Name	When	What? How do I book on
Breastfeeding Support	FRIDAYS @JUBILEE 10.00-12.30	Come and discuss your breastfeeding needs with mother-to-mother breastfeeding peer counsellors, midwives and health visitors. CALL TO BOOK
Baby Massage	MONDAYS @JUBILEE 29/09-20/10 WEDNESDAYS @LOUGHBOROUGH 05/11-26/11 1.30-3.00	Baby massage can help you relax, soothe and connect with your baby. This is a 4 week course. CALL TO BOOK
Starting Solids Workshops	TUESDAY @JUBILEE 25/11 WEDNESDAY @JUBILEE 17/09 1.15-3.15	Learn how to introduce solid foods. Discover practical ways of introducing solid foods to your baby. Receive a free weaning recipe booklet. BOOK HERE: evelinalondon.nhs.uk/henry
Baby and Me	WEDNESDAYS @JUBILEE 10.00-11.30 FRIDAYS @LOUGHBOROUGH 10.00-11.30	A small play group session for babies under 14 months Come and join us for playing, singing, meeting new friends and fun! JUST DROP IN
Breath Melody Mum and Baby Singing Group	TUESDAYS @JUBILEE 10-11.30 07/10-09/12	Our group singing programme for new mothers (and their babies) looking to boost emotional and mental wellbeing BOOK HERE: m4m@breatheahr.org or 07511 214069
Baby Steps	MONDAY, WEDNESDAYS AND THURSDAYS Various venues and times are available.	Antenatal classes (26-32 weeks pregnant the end of pregnancy and a further 3 weeks once the baby is born) The sessions are designed to prepare soon-to-be parents for the transition to parenthood. Classes include information on labour and birth, caring for your baby, managing stresses, relationship building and bonding with your baby EMAIL: BabySteps@gstt.nhs.uk
Children's Vaccination Drop - In	MONDAY 06/10 9.45-11.15@ Jubilee TUESDAY 04/11 9.45-11.15 @Loughborough WEDNESDAY 03/12 9.45-11.15 @Brockwell	Specialist nurses will be also be hosting question and answer information workshops at the centres. This is a perfect opportunity for you to come in, ask any questions you might have, and get informed about childhood vaccinations. JUST DROP IN

EMPLOYMENT AND TRAINING SUPPORT	THURSDAY MORNINGS @ JUBILEE AND LOUGHBOROUGH	Identifying the skills and experience you have to offer employers Producing / updating a CV Applying for jobs e.g. writing cover letters, filling in application forms Interview techniques Volunteering opportunities to gain experience Call to book
DWP EMPLOYMENT AND BENEFIT SUPPORT	FRIDAYS @ LOUGHBROUGH	 Call to book
CITIZEN ADVICE APPOINTMENTS	THURSDAYS MORNINGS @JUBILEE AND LOUGHBOROUGH	Advice with housing, debt or welfare benefits Call to book
BETTER START FAMILY SUPPORT	APPOINTMENTS AVAILABLE @ JUBILEE AND LOUGHBOROUGH THROUGHOUT THE WEEK	Our Better Start Workers are able to offer support and advice around: Parenting and co-parenting, housing and benefits, reducing isolation and signposting to other available services. Healthy Start and Vitamin D Food parcels, Foodbank and Baby Banks Domestic Violence Advice Speech and Language referrals SEND support Call to book
BETTER START APPLYING FOR NURSERIES AND SCHOOL PLACES	APPOINTMENTS AVAILABLE @ JUBILEE AND LOUGHBOROUGH THROUGHOUT THE WEEK	Support for applying for: 2,3 & 4-year-old, 15/30 hours of free early learning Help with funding a nursery, childminder or school Call to book
SUPPORT FOR YOUNG PARENTS (UNDER 26)	FRIDAYS @ LOUGHBROUGH	Advice and support for young parents around topics such as Healthy Relationships, Child Development, Higher Education, Training and Employment and Parental Support Drop in