

giving  
your child  
a **better  
start**

# Better Start Norwood

## Weekly timetable Summer 2022

# Norwood map

**Children's 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





# 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](http://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

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](http://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

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](http://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. To sign up visit [lambeth.gov.uk/HENRY](http://lambeth.gov.uk/HENRY)

## 🎁 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

<b>Norwood Virtual Session – online or by phone</b>
<b>Benton's Lane Children's Centre</b> 📍 18 Bentons Lane, SE27 9UD ☎ 020 4542 3520
<b>Crown Lane Children's Centre</b> 📍 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.
<b>Rosendale Children's Centre</b> 📍 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.
<b>Rosendale Community Centre</b> 📍 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.
<b>Paxton Green Group Practice</b> 📍 1 Alleyn Park, SE21 8AU ☎ 020 8670 6878
<b>West Norwood Library</b> 📍 1-5 Norwood High Street, SE27 9JX ☎ 020 7926 8092

## Norwood area weekly timetable Summer 2022

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
<b>Virtual Breastfeeding Support Group</b> 11.00-12.00 Call 07394 724 599 to book	<b>Virtual Breastfeeding Support Group</b> 11.00-12.00 Call 07394 724 599 to book	<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Midwifery Services</b> Antenatal and Postnatal appointments
<b>Citizen's Advice appointments</b> 10.00-1.00 Call 020 3409 0704 to book	<b>Online Chattertime Live!</b> 10.30 facebook.com/EvelinaLondonSLT	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Baby Explorers 0-18 months</b> 9.30-11.00	<b>ESOL Course</b> With crèche 9.30-11.30 6 May-15 July
<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Sewing Course</b> With crèche 9.30-11.30 20 April-6 July	<b>Chattertime!</b> 9.30-11.00	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments
<b>Baby Explorers 0-18 months</b> 9.30-11.00	<b>Employment and Training Support</b> 9.30-12.00 By appointment	<b>Service User Forum</b> Update, review and planning 10.00-12.00 6 April and 10 August	<b>Baby Massage for new parents with babies 0-6 months</b> 10.00-11.30 5 week course 28 April-26 May and 9 June-7 July	
<b>Stay and Play 0-4 years</b> 9.30-11.00	<b>Being a parent course</b> With crèche 9.30-11.30 3 May-5 July			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Midwifery Services</b> Antenatal and Postnatal appointments	<b>Online Chattertime Live!</b> 2.15 facebook.com/EvelinaLondonSLT/	<b>Midwifery Services</b> Antenatal and Postnatal appointments
<b>Baby Explorers 0-18 months</b> 1.00-3.00	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Messy Play 0-4 years</b> 1.00-3.00	<b>Midwifery Services</b> Antenatal and Postnatal appointments	
<b>Child Health Review appointments</b>	<b>Stay and Play 0-4 years</b> 1.00-3.00	<b>Sleep Clinic</b> 2.00-4.30 By appointment	<b>Baby Explorers 0-18 months</b> 1.00-3.00	
<b>Play Out! 18 months-4 years</b> Outdoor play and learning for children 1.00-3.00	<b>Keeping it REAL</b> Literacy Development and Play 1.00-3.00	<b>Meet and Greet for new parents and children</b> Introduction to Children's Centre Services 1.30-3.00 By invitation	<b>Chat and Play with a Better Start Worker</b> One to One parent support By appointment	
			<b>Stay and Play 0-4 years</b> 1.00-3.00	

