

giving
your child
a **better**
start

Better Start Norwood
Weekly timetable Spring 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



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Lambeth Better Start Services

Currently available online, by phone or in small groups following the latest Covid-19 guidance

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♥ 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 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.

🗨️ Making it REAL (Raising Early Achievement in Literacy)

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

📖 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.

📍 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 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 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

🔑 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. To sign up visit lambeth.gov.uk/HENRY

🛒 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton and Norwood 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.

Venue Details

Norwood Virtual Session – online or by phone
Benton's Lane Children's Centre 📍 18 Bentons Lane, SE27 9UD ☎ 020 4542 3520
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 Alleyn Park, SE21 8AU ☎ 020 8670 6878
West Norwood Library 📍 1-5 Norwood High Street, SE27 9JX ☎ 020 7926 8092

Norwood area weekly timetable Spring 2022

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	Online Chattertime Live! 10.30 facebook.com/EvelinaLondonSLT	Chat and Play with a Better Start Worker One to One parent support By appointment	Midwifery Services Antenatal and Postnatal Appointments	Midwifery Services Antenatal and Postnatal Appointments
Midwifery Services Antenatal and Postnatal Appointments	Midwifery Services Antenatal and Postnatal Appointments	Small Group Baby Explorers 0-18 months 9.30-11.00	Small Group Baby Explorers 0-18 months 9.30-11.00	Chat and Play with a Better Start Worker One to One parent support By appointment
Small Group Baby Explorers 0-18 months 9.30-11.00	Employment and Training Support 9.30-12.00 By appointment	Small Group Stay and Play 0-4 years 9.30-11.00	Chattertime! 9.30-11.00	Create a community mosaic Adult learning course with crèche 9.30-11.30 14 Jan-11 Mar
Small Group Stay and Play 0-4 years 9.30-11.00	Circle of Security Parenting course with crèche 9.30-11.30 25 Jan-29 Mar		Baby Massage for new parents with babies 0-6 months 10.00-11.30 5 week course 13 Jan-10 Feb and 24 Feb-24 Mar	
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Midwifery Services Antenatal and Postnatal Appointments	Cook and Eat Well Course EYNutrition@gstt.nhs.uk or call 020 7326 7328 to book	Midwifery Services Antenatal and Postnatal Appointments	Online Chattertime Live! 2.15 facebook.com/EvelinaLondonSLT/	Midwifery Services Antenatal and Postnatal Appointments
Small Group Baby Explorers 0-18 months 1.00-3.00	Midwifery Services Antenatal and Postnatal Appointments	ESOL Adult learning course with crèche 1.00-3.00 19 Jan-30 Mar	Co-parenting for young parents Question and Talk Time. To join email cope@stmichaelsfellowship.org.uk	
Child Health Reviews By appointment	Making it REAL 1.00-3.00	Sleep Clinic 2.00-4.30 By appointment	Midwifery Services Antenatal and Postnatal Appointments	
Play Out! 18 months-4years Outdoor play and learning for children 1.00-3.00	Chat and Play with a Better Start Worker One to One parent support By appointment	Meet and Greet for new parents and children Introduction to Children's Centre Services 1.30-3.00 By Invitation	Small Group Baby Explorers 0-18 months 1.00-3.00	
	Small Group Stay and Play 0-4 years 1.00-3.00		Small Group Stay and Play 0-4 years 1.00-3.00	
	Starting solids foods Information and support session for new parents 2.00-4.00 8 Feb		Chat and Play with a Better Start Worker One to One parent support 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.