

giving
your child
a better
start

Better Start Streatham
Weekly timetable Spring 2022

Streatham map

Children's Centres

- 1 Hitherfield Children's Centre
- 2 Streatham Hub Children's Centre
- 3 Sunnyhill Children's Centre

One O'clock Clubs

- 1 Hillside Gardens One O'clock Club
- 2 The Hut, Streatham Vale Park

Health Centres

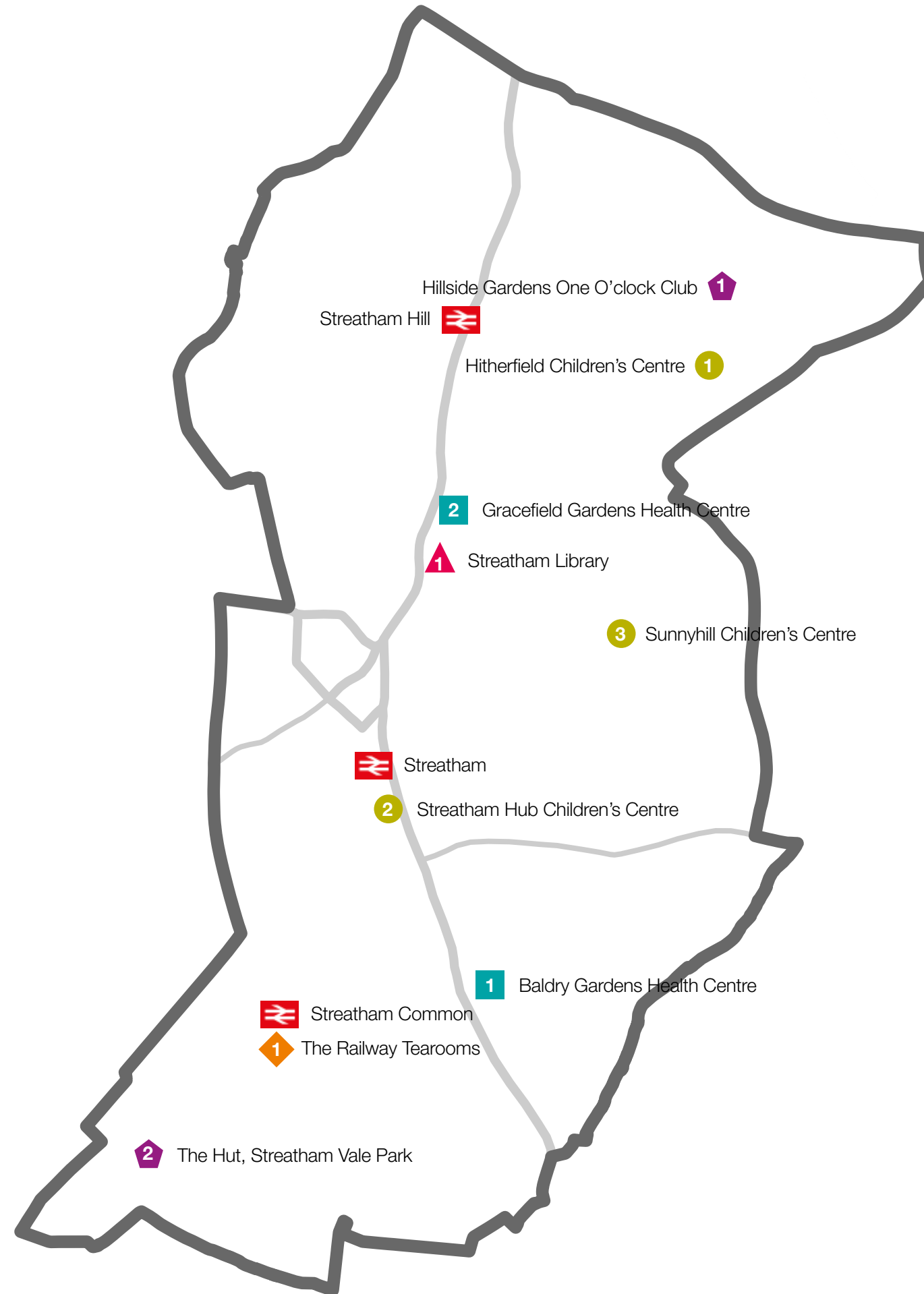
- 1 Baldry Gardens Health Centre
- 2 Gracefield Gardens Health Centre

The Railway Tearooms

- 1 The Railway Tearooms

Libraries

- 1 Streatham 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

Streatham Virtual Session - online or by phone
Hitherfield Children's Centre 📍 Hitherfield Rd, SW16 2LW ☎ 020 8835 9569
Streatham Hub Children's Centre 📍 388 Streatham High Road, SW16 6HX ☎ 020 4548 2561
Sunnyhill Children's Centre 📍 Harborough Road, SW16 2XW ☎ 020 4548 2561
Hillside Gardens One O'clock Club 📍 Hillside Road, SW2 3HL ☎ 020 8835 9569
Streatham Youth and Community Trust 📍 The Hut, Abercairn Rd, SW16 5AL ☎ 020 3146 4179
Baldry Gardens 📍 293 Streatham High Road, SW16 3NP ☎ 020 3049 5470
Gracefield Gardens 📍 2-8 Gracefield Gardens, SW16 2ST
Streatham Library 📍 63 Streatham High Road SW16 1PN ☎ 020 7926 6768

Streatham 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	Early Years SEND Advice By appointment	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 8835 9569 to book	Online Chattertime Live! 10.30 facebook.com/ EvelinaLondonSLT/	Service User Forum Update, review and planning 10.00-12.00 16 Feb	Create a community mosaic Adult learning course with crèche 9.30-11.30 13 Jan-10 Mar	Chattertime! Child speech and language support activity group 9.30-11.00
Citizen's Advice Appointments Face to Face	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 by invitation 10.00-11.30	Baby Massage for parents with babies 0-6months 10.00-11.30 5 week course 13 Jan-10 Feb and 24 Feb-24 Mar	Child Health Reviews By appointment
Early Words Together 2 years Literacy Development and Play 9.30-11.00				
Small Group Stay and Play 0-4 years 9.30-11.00	Making it REAL 9.30-11.00	Chat and Play with a Better Start Worker One to One parent support. By appointment	Messy Play 0-4 years 9.30-11.00 17 Mar-7 Apr	Small Group Stay and Play 0-4 years 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	ESOL Adult learning course with crèche 9.30-11.30 19 Jan-30 Mar	Asthma, Eczema and Constipation Clinic By appointment	
Child Health Reviews By appointment	Breastfeeding Support Appointments	Childminders and Professional Carers Group 9.30-11.30	Small Group ASD Stay and Play 9.30-11.00	
Small Group Stay and Play 0-4 years 10.30-12.00	Small Group Stay and Play 0-4 years 9.30-11.00			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Small Group Baby Explorers 0-18 months 1.00-3.00	Employment and Training Support 1.00-3.00	Small Group Stay and Play 0-4 years 1.00-3.00	Online Chattertime Live! 2.15 facebook.com/ EvelinaLondonSLT/	Child Health Reviews By appointment
Citizen's Advice Appointments Face to Face	Small Group Stay and Play 0-4 years 1.00-3.00	Chat and Play with a Better Start Worker One to One parent support By appointment	Co-parenting for young parents Question and Talk Time. To join email cope@stmichaelsfellowship.org.uk	
Chat and Play with a Better Start Worker One to One parent support By appointment	Introduction to Solid Foods Information and support session for new parents 2.00-4.00 11 Jan, 8 Mar	Early Years SEND Advice By appointment	Circle of Security Parenting course with crèche 1.00-3.00 27 Jan-31 Mar	
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 Baby Explorers 0-18 months 1.00-3.00	Asthma, Eczema and Constipation Clinic By appointment	
Child Health Reviews By appointment	Breastfeeding Support Appointments	Chat and Play with a Better Start Worker One to One parent support By appointment	Natural Thinkers Outdoor activities connecting children to nature 1.00-3.00	
Small Group Baby Explorers 0-18 months 1.00-2.30				

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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.