

# Welcome Back!

## Streatham & Norwood Better Start Area Newsletter

### In this issue:

- Welcome back!
- Community Mosaic
- Lambeth ELEVATE
- Diary Dates
- What's On!

### Dear Mums, Dads and Carers,

Welcome Back! We hope you all enjoyed a safe, happy and restful Easter break and are looking forward to starting a new term with us. Our new timetable is now available and will provide you with all the information you need about our services, forthcoming groups and activities.

The booking system remains in place, so please call one day in advance and speak to a member of the Administration Team to book your place in any of your chosen activity sessions.

We are hosting ESOL courses again this term, facilitated by High Trees Community Development Trust. A free crèche is available,

but places are limited, so please sign up early to avoid disappointment. You can do this by calling to speak with one of the Administrators at either Bentons Lane Children's Centre (020 4542 3520) or Hitherfield Children's Centre (0208 835 9569) to book your place.

The Baby and Us, Being A Parent and Baby Massage courses will help to focus on supporting the needs of those of you who have experienced pregnancy and birth during the latter part of the pandemic.

We also have a new Adult Learning Sewing Class, Messy Play, and Move and Groove activity sessions for children.



Beautiful artwork created by a child during one of our Stay & Play sessions during the Easter Half-Term!

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When taking part in these activities it is important to understand that they are especially planned to take place outdoors. Please therefore ensure that you and your child are dressed appropriately for the weather conditions and that your clothing may get wet or dirty! Please see the timetable or respective flyers and in your nearest Children's Centre for more information.

Chat and Play meetings with a Better Start Worker will also be available by appointment onsite if you wish to discuss a specific issue in confidence. Should you need advice regarding employment, careers or training, or housing, finance, or immigration status, for example, please call the centre and speak to one of our Administrators who will be pleased to make

an appointment for you.

**Parent Feedback** You may have noticed we have installed red post-boxes in the reception area At Bentons Lane, Hillside Gardens, Hitherfield, Streatham Hub and Sunnyhill. Please use the boxes to post your feedback and suggestions about our services. Thank you.

### Streatham Hub

The Stay and Play and Baby Explorers groups at Streatham Hub have resumed. We have also resumed the Chat and Play one to one appointments with a Better Start Worker at The Hub on Mondays. Please call and make an appointment with one of our administrators.



Look out for the suggestion boxes located at our Children's Centres where you can leave feedback on your experience at the Children's Centre. Thank you!



# Welcome Back!

## Streatham & Norwood Better Start Area Newsletter

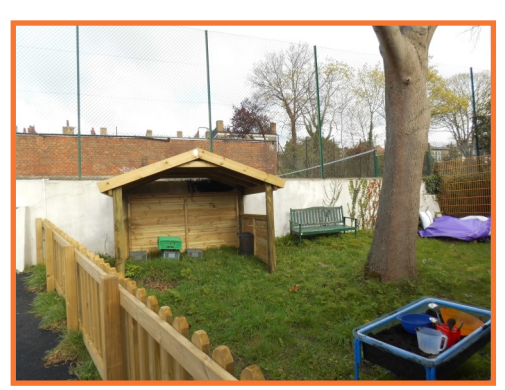
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### Site Developments at Hillside Gardens One O'clock Club

We are pleased to let you know that the planned work to improve the outdoor space at Hillside Gardens is now complete. We believe that we are well on our way to accomplishing our vision to increase the potential of how we can use the space to provide positive learning experiences for children and families. Understandably the site was closed for safety reasons while the work was being done and we would like to thank you for your patience and cooperation during this period. Now that the project is finished, we would like to show it to you! The new

timetable provides the times and days where you and your child will be able to enjoy the renovations that we have made. Please see the flyers for more information and call the Hitherfield site to book.



Families enjoying the new facilities at Hillside Gardens!



# Welcome Back!

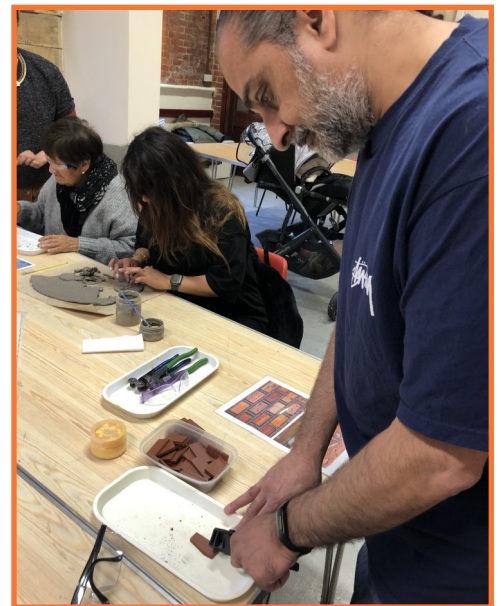
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### Community Mosaics

Local parents who currently use Children's Centre Services with their children designed and created new mosaics soon to be installed at Streatham Hub, Bentons Lane and Hitherfield Children's Centres. Thanks to Julie Norburn and her team at Arts4Space and Morley College who delivered the fantastic courses and provided excellent tutoring and support. We look forward to the installation of the new mosaics so that we can all enjoy these beautiful and impressive art pieces. Well done to you all!



Look out for our soon-to-be-installed Mosaics at one of our Children's Centres!



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### Fundraising and Charity Support

Thank you for your donations of clothing and resources. We often have request from local families in need. We would be pleased to accept donations of toiletries, sanitary protection, children and baby clothes, books and toys. It would be appreciated if donations were clean and of good quality.

### Childminders Group

The Childminders and Professional Carers Group will resume at Hillside on **Wednesday 28<sup>th</sup> April.**

### Coronavirus Pandemic

We appreciate your ongoing support and cooperation in helping us to establish and maintain a safe environment for children and families in light of the Covid pandemic.

Please remember to bring a face mask with you to wear indoors when you visit the Children's Centre. You do not need to wear a mask when using the outdoor space with your children. We also recommend that during your visit, you take every opportunity to wash your hands and/or use the hand sanitiser solutions that are readily available. We ask that you do not visit the centre if you, your child or anyone in your household have symptoms of Coronavirus.



See overleaf for our upcoming sessions and courses for Summer 2022.

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**ELEVATE** is Lambeth's mission to open up the creative and cultural sector to every young person in the borough.

Our vision is for a future where everyone can benefit from a rich, dynamic and diverse cultural environment.

We want every young person under the age of 30 to shape culture, music, fashion, theatre, art, design, digital and more.

We want to unlock talent and potential, and give young people from all backgrounds the chance to build skills and access training and employment in the creative industries.

And we want every contributor to these industries – from the national institutions on the South Bank to start-ups in Streatham – to understand and act on the part they can play in offering young people genuine opportunity to contribute to Lambeth's creativity.

<https://elevatelambeth.london/faqs/>

## Lambeth ELEVATE

We are pleased to be associated with the Lambeth Elevate Neighbourhoods programme. Our involvement in this new and exciting programme will focus on supporting the needs of children with Special Educational Needs or Disability (SEND), and their families. The project launched in April 2022 and will run until April 2023. Throughout the year, the Children's Centres in Streatham and Norwood will host a range of free activities and services for children under 4 with a Special Educational Need or Disability and their families.

### Focus/objectives:

- Promoting inclusion for children with SEND and their families
- Providing for school readiness and support needs
- Facilitating tailored advice, support, respite and training for parents
- Facilitating quality family learning opportunities
- Providing sensory activities for children
- Providing for safe outdoor play opportunities

Our goal is that the project will have a far-reaching and positive impact for children and families who engage. When the programme ends in April 2023, we hope that all that we have learned from being part of the programme is embedded in practice and that children and families will continue to benefit. Please let us know if you would like more information or if you have a child and would like to engage.



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### Jaiyeola Gooding

Some of you may remember Jaiyeola who was part of our Early Years Team. Jaiyeola has been on maternity leave and delivered a lovely baby girl last June. She has decided not to return to her role and enjoy motherhood for a while longer. We are sure you will join us in wishing Jaiyeola and her new family all the best for the future. We may even see them in some of our activity groups.

We are currently in the process of recruiting for a suitable replacement for Jaiyeola in our team.

We look forward to seeing you all again and to welcoming new families to services and activities at Streatham and Norwood Better Start in this new term.

Best wishes

On behalf of the Streatham & Norwood Better Start Team

Phyllis Hayden

**Phyllis Hayden**  
**Better Start Area Manager**  
☎020 8835 9569  
phyllishayden@hitherfield.co.uk

**Tracy Lattimore**  
**Deputy Manager for Early Years Services**  
☎020 4542 3520  
tracylattimore@hitherfield.co.uk

**Mark Gillard**  
**Deputy Manager Better Start Services**  
☎020 4548 2561  
markgillard@hitherfield.co.uk

**Jessie Hammans**  
**Senior Administrator**  
☎020 8835 9569  
jessiehammans@hitherfield.co.uk

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## Diary Dates

### Bank Holidays

- Monday 2<sup>nd</sup> May 2022 - Centres Closed
- Thursday 2<sup>nd</sup> June 2022 (Spring Bank Holiday)
- Friday 3<sup>rd</sup> June 2022 (Queen's Platinum Jubilee)
- Centres reopen Monday 6<sup>th</sup> June 2022

### Summer

- Centres Closed Monday 15<sup>th</sup> - Friday 26<sup>th</sup> August 2022
- Bank Holiday Monday 29<sup>th</sup> August 2022
- Centres reopen Tuesday 30<sup>th</sup> August 2022
- Staff inset Wednesday 31<sup>st</sup> August 2022



*What's in the box? Circle time at Hillside Gardens One O'clock Club!*



# What's On!

## Streatham & Norwood Better Start Area Newsletter

### Streatham Area Weekly Timetable Spring 2022

#### Venue Details

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

#### Streatham 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>Childminders and Professional Carers Group</b> 9.30-11.30	<b>ASD Stay and Play</b> 9.30-11.00	<b>Play Out! 18 months-4years</b> Outdoor Play and Learning 9.30-11.00
<b>Citizen's Advice appointments</b> 10.00-1.00 Call 020 8835 9569 to book	<b>Online Chattertime Live!</b> 10.30 facebook.com/EvelinaLondonSLT/	<b>Early Years SEND Advice appointments</b>	<b>ESOL course with crèche</b> 9.30-11.30 5 May-14 July	<b>Child Health Review appointments</b>
<b>Citizen's Advice appointments</b> Face to Face	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Enjoying Family Life Course</b> 10.00-12.00 4 May-6 July	<b>Baby Massage for parents with babies 0-6 months</b> 10.00-11.30 5 week course 28 April-26 May, 9 June-7 July	<b>Chattertime!</b> Child speech and language support activity group 9.30-11.00
<b>Early Words Together 2 years</b> Literacy Development and Play 9.30-11.00	<b>Stay and Play 0-4 years</b> 9.30-11.00	<b>Making it REAL</b> Literacy Development and Play 9.30-11.00	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Asthma, Eczema and Constipation Clinic appointments</b>
<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>Meet and Greet for new parents and children</b> introduction to Children's Centre Services by invitation 9.30-11.00		
<b>Child Health Review appointments</b>	<b>Breastfeeding Support appointments</b>	<b>Baby and Us course</b> 10.00-12.00 4 May-6 July		
<b>Stay and Play 0-4 years</b> 10.30-12.00	<b>Stay and Play 0-4 years</b> 9.30-11.00	<b>Service User Forum</b> Update, review and planning 10.00-12.00 1 June		
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
<b>Baby Explorers 0-18 months</b> 1.00-3.00	<b>Employment and Training Support appointments</b> 1.00-3.00	<b>Stay and Play 0-4 years</b> 1.30-3.00	<b>Online Chattertime Live!</b> 2.15 facebook.com/EvelinaLondonSLT/	<b>Child Health Review appointments</b>
<b>Citizen's Advice appointments</b> Face to Face	<b>Stay and Play 0-4 years</b> 1.00-3.00	<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Move and Groove 0-4 years</b> Music and movement 1.00-2.30	
<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Stay and Play 0-4 years</b> 1.00-3.00	<b>Early Years SEND Advice appointments</b>	<b>Move and Groove 0-4 years</b> Music and movement 1.00-2.30	
<b>Baby Explorers 0-18 months</b> 1.00-3.00	<b>Breastfeeding Support appointments</b>	<b>Baby Explorers 0-18 months</b> 1.30-3.00	<b>Asthma, Eczema and Constipation Clinic appointments</b>	
<b>Child Health Review appointments</b>		<b>Chat and Play with a Better Start Worker</b> One to One parent support appointments	<b>Natural Thinkers</b> Outdoor activities connecting children to nature 1.00-3.00	
<b>Baby Explorers 0-18 months</b> 1.00-2.30				



All information is correct at time of going to print. Please check online at [lambeth.gov.uk/childrenscentres](http://lambeth.gov.uk/childrenscentres) for the most up to date version of the timetable.



Click [here](#) to view the full timetable

# What's On!

## Streatham & Norwood Better Start Area Newsletter

### Norwood Area Weekly Timetable Spring 2022

#### 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 8LP 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	



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## Streatham & Norwood Better Start Area Newsletter

giving  
your child  
a better  
start

### Streatham & Norwood Better Start Area

# Early Words Together 2 Years

This 5 week programme is for children two years + and is designed to support parents identify learning opportunities within the home and wider environment, in order to support communication and language development and build the foundations for literacy.



During the session we will explore the importance of language and how to support children further develop their understanding, listening and speaking skills and the positive impact this has on later outcomes for literacy.

#### We will explore:

- Playing and talking together.
- Singing songs and moving together.
- Sharing books and developing early book skills.
- The path to becoming a reader.
- Mark making.
- The path to becoming a writer.



Mondays 09:30-11:00am at  
Hitherfield Children's Centre

020 8835 9569

Please speak to our Administrator  
for more information or to register your interest

# What's On!

Streatham & Norwood Better Start Area Newsletter

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a better  
start

## Streatham & Norwood Better Start Area Making it REAL

REAL is a 6 week programme designed to support you to identify opportunities for literacy within the home and wider environment.

Supporting early listening, understanding and speaking skills is known to impact children's later literacy.

### Each session will involve:

Sharing books and story props



Singing songs and using song props



Mark making and early writing activities



Looking at environmental text



Tuesdays at Hitherfield or Benton's Lane Children's Centres

Please speak to our Administrator for more information or to register your interest

020 8835 9569 (Hitherfield) 020 4542 3520 (Benton's Lane)



# What's On!

Streatham & Norwood Better Start Area Newsletter

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## Benton's Lane Children's Centre

Streatham and Norwood Better Start

# Play Out!

18 months - 4 years



Come along and enjoy this outdoor play and learning activity with your child. Suitable for children aged 18 months - 4 years.

**Mondays 1:00 - 3:00pm**

Please call **020 4542 3520** to book or for more information  
Bentons Lane Children's Centre,  
18 Bentons Lane, SE27 9UD

Please note face masks are required unless you are exempt.

Scan this code to register  
to Lambeth Better Start  
Children's Centres



# What's On!

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## Benton's Lane Children's Centre

Streatham and Norwood Better Start

# Messy Play 0-4 Years



Come along and enjoy this messy play activity with your child, meet other parents, and collect tips on how to support your child's learning and development.

Please remember to bring suitable clothing that you don't mind getting messy!

**Wednesdays 1:00 - 3:00pm**

Please call **020 4542 3520** to book or for more information

Bentons Lane Children's Centre,  
18 Bentons Lane, SE27 9UD

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**Hillside Gardens One O'clock Club**  
Streatham and Norwood Better Start

## **ASD Stay & Play** (Autism Spectrum Disorder)



Come along and enjoy playtime with your child. Time and space for your child to explore and learn freely and safely. Additional support for children with special educational needs or disabilities. Help and advice for parents and caregivers.

**Thursdays 09:30 - 11:00am**

Please call **020 8835 9569** to book your place.

**Hillside Gardens One O'clock Club**  
**Hillside Road, SW2 3HJ**

**Please note face masks are required unless you are exempt.**

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Summer 2022

04 edition

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**Hillside Gardens One O'clock Club**  
Streatham and Norwood Better Start

## Natural Thinkers



Come along and enjoy outdoor activities with your child that aim to connect children to nature and develop their well-being, involvement and communication and language.

**Thursdays 1-3pm**

Please call **020 8835 9569** to book your place.

**Hillside Gardens One O'clock Club**  
**Hillside Road SW2 3HJ**

**Please note face masks are required unless you are exempt.**

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**Hillside Gardens One O'clock Club**  
Streatham and Norwood Better Start

# Play Out!

18 months - 4 years



Come along and enjoy this outdoor play and learning activity with your child. Suitable for children aged 18 months - 4 years.

**Fridays 09:30-11:00am**

Please call **020 8835 9569** to book or for more information

**Hillside Gardens One O'clock Club**  
**Hillside Road, SW2 3HJ**

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## Streatham and Norwood Better Start Move and Groove 0-4 years



Come along and enjoy this music and movement session with your child, meet some other parents, and pick up tips on how to support your child's learning and development.

**Thursdays 1pm -2:30pm**

at **Hitherfield** and **Sunnyhill Children's Centre**

Please call **020 8835 9569** / **020 4548 2561** to book your place.

**Hitherfield Children's Centre, Hitherfield Road SW16 2LW**

**Sunnyhill Children's Centre, Harborough Road SW16 2XW**

Please note face masks are required unless you are exempt.

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## Streatham and Norwood Better Start Chattertime



'Chattertime' is a Stay & Play group aimed at encouraging the development of young children's early communication skills. A Speech and Language Therapist attends the group each week to give advice and support. The group is run jointly with our Early Years and Family Practitioners.

**Thursdays 09:30-11:00** at Benton's Lane Children's Centre

**Fridays 09:30 – 11:00am** at Sunnyhill Children's Centre

Please call **020 4542 3520 / 020 4548 2561**  
to book your place.

**Benton's Lane Children's Centre, 18 Benton's Lane SE27 9UD**

**Sunnyhill Children's Centre, Harborough Road SW16 2XW**

Please note face masks are required unless you are exempt.

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Lambeth

# What's On!

## Streatham & Norwood Better Start Area Newsletter



**Rose**  **VOUCHERS**  
for  
**fruit & veg**

Rose Vouchers for Fruit & Veg are available for families on low-incomes to spend on fruit & veg at stalls on Brixton Market and Chestnut Road, West Norwood

Eligible families (including pregnant women) in Lambeth could receive between £3 and £6 of Rose Vouchers per week, per child under 5 years old.

To find out if you are eligible for Rose Vouchers, please contact:  
Hitherfield Children's Centre  
Hitherfield Road, SW16 2LW  
on: 020 8835 9569

 Alexandra Rose Charity  Esmée Fairbairn Foundation  LOTTERY FUNDED

 Brixton Market Traders Association  Lambeth

Rose Vouchers are also available from Sunnyhill and Benton's Lane Children's Centres. Speak to an Administrator or Better Start Worker for more information and to see if you are eligible.



# What's On!

Streatham & Norwood Better Start Area Newsletter



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

## An 8-week online group by dads for dads

Tuesday 3rd May - 5th July



Use QR code or link to register or  
email [EPECProject@slam.nhs.uk](mailto:EPECProject@slam.nhs.uk)

Tuesday evenings  
7-8.30pm on Zoom



### What other dads said...

*"When I signed up I expected a tonne of advice and strategies. What I didn't expect was the sense of community I got from a bunch of dads who genuinely seem to understand."*

*S, dad of two, Lewisham*

*"I'm amazed with the honesty and openness from the group. Great sessions, useful tips and practical advice to help manage my two young boys. It's a regular feature of my week that I look forward to."*

*N, dad of two, Lambeth*

Good  
parenting  
ideas based  
on science,  
research &  
experience



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giving  
your child  
a better  
start

# What's On!

Streatham & Norwood Better Start Area Newsletter



## Baby and Us

A free, 9 week course to help parents learn practical skills for everyday life

Sunnyhill CC (SW16 2UW)  
Wednesday's 10am - 12pm  
4th May 2022—6th July 2022  
(no session 1st June—due to half term)

Sign up and find out more at [www.lambeth.gov.uk/BabyAndUs](http://www.lambeth.gov.uk/BabyAndUs)

- Connecting with your baby and understanding their needs
- Looking after yourself and feeling more confident as a parent
- Supporting your baby's development

For parents with babies aged 0-9 months at the start of the course



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PARENTS  
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Lambeth



  
South London  
and Maudsley  
NHS Foundation Trust



Summer 2022

04 edition

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## Being a Parent

A free 9 week course with creche, to help parents learn practical skills for everyday life

Benton's Lane CC (SE27 9UD)

Tuesday's 9:30—11:30am

3rd May 2022 —5th July 2022

(no session 31st May – due to half term)

Sign up and find out more at  
[www.lambeth.gov.uk/  
BeingAParent](http://www.lambeth.gov.uk/BeingAParent)

- Looking after yourself as a parent
  - Recognising and managing your child's emotions
- Learning positive parenting strategies

For Lambeth parents with children aged 2-11



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Scan  
me

Good  
parenting  
ideas based  
on science,  
research &  
experience



CPCS  
THE CENTRE FOR  
PARENT & CHILD  
SUPPORT

### Are you a parent who finds it tough to manage strong emotions? Are you worried about your child's behaviour?

Would you be interested in participating in research on a new parenting group?

We are looking for parents of children, **aged 2-11**, who are worried about their child's behaviour to take part in research on a **new parenting group**. Being a Parent- Enjoying Family Life is for parents who may be experiencing **strong emotions** which spillover into their parenting, who may **struggle to trust** in relationships/friendships or may have experienced challenging childhoods or invalidating relationships with their own parents.



We want to test whether BaP-EFL helps parents better than the original EPEC-BaP groups. BaP-EFL and EPEC-BaP are both ran **by parents, for parents**.



If you are interested and eligible for the study, you will receive either BaP-EFL or original EPEC-BaP **parenting groups**. The groups last between **9-10 weeks** for **2 hours** and cover topics such as **managing stress, positive parenting strategies and communication skills**. A creche will be provided if needed.

Parents will also be asked to complete online questionnaires and an at home interview before, after and 6 months after attending the group. You will receive **up to £85** for your participation in these questions

To find our more and register your interest, please follow this link: [https://kclbs.eu.qualtrics.com/jfe/form/SV\\_3luWeTjmKHZaKYC](https://kclbs.eu.qualtrics.com/jfe/form/SV_3luWeTjmKHZaKYC)

Or scan the QR code with the camera on your smart phone. A researcher will contact you via email or phone to give you more details on the study. Alternatively, please contact Ellie Baker (PhD student) at [ellie.baker@kcl.ac.uk](mailto:ellie.baker@kcl.ac.uk) for further information.



# Welcome Back!

## Streatham & Norwood Better Start Area Newsletter

### In this issue:

- Welcome back!
- What's On
- Macmillan Coffee Morning
- High Trees Accredited course offer for Spring 2022

## Meet Your Streatham & Norwood Better Start Team

You may recognise some of our faces around the Children's Centres!



Chris Ashley-Jones

Executive Headteacher



Phyllis Hayden

Better Start Area Manager



Mark Gillard

Deputy Manager Better Start Services



Tracy Lattimore

Deputy Manager for Early Years Services



Jessie Hammans

Senior Administrator



Adele Malyon

Better Start Worker



Eunice Millet

Better Start Worker



Barbara Moonan

Better Start Worker



Maureen Shand

Better Start Worker



Natalie Smith

Administrator



Ashley Flood

Early Years & Family Practitioner



Gosia Friedl

Early Years & Family Practitioner



Deon Mitchell

Early Years & Family Practitioner



Catherine Medina

Administrator

## Streatham & Norwood Better Start Area Newsletter

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### Streatham & Norwood Better Start Children's Centres

**Hitherfield Children's Centre  
(Streatham Better Start Area)**

Hitherfield Road  
SW16 2LW

☎ 020 8835 9569

*(N.B This is also the contact number for Hillside Gardens)*

**Hillside Gardens Children's Centre  
(Streatham Better Start Area)**

Hillside Road  
SW2 3HL

**Sunnyhill Children's Centre  
(Streatham Better Start Area)**

Harborough Road  
SW16 2XW

☎ 020 4548 2561

*(N.B This is also the contact number for Streatham Hub)*

**Streatham Hub Children's Centre  
(Streatham Better Start Area)**

388 Streatham High Road  
SW16 6HX

**Bentons Lane Children's Centre  
(Norwood Better Start Area)**

Bentons Lane  
SE27 9UD

☎ 020 4542 3520

💻 [ccadmin@hitherfield.co.uk](mailto:ccadmin@hitherfield.co.uk)

*(N.B Bookings cannot be made via email, thank you)*