





Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Eliot Bank Children and Family Centre</b> Thorpewood Avenue SE26 4BU 0208 325 4600</p> <p><b>Vitamin D available from this centre</b></p>	<p>*10.00-16.00 <b>Ante Natal clinic with Lewisham Midwife Team</b> by appointment only. Please call 07787841986 or complete an online referral @lewishamandgreenwich.nhs.uk</p> <p>*13.00-14.00pm <b>2 Year Nursery funding advice &amp; support</b> call to book an appointment on 0208 613 0172</p>	<p>*9.00-13.00 <b>The Mother's spring board programme</b> 6 week interactive workshop with life coaches. Crèche available Call 0208 613 0172 to book a place</p> <p>*9.00-17.00. <b>WGN (Women &amp; Girls Network)</b> Call 020 7610 4678 for further information.</p> <p>*15.00.00-18.00 <b>Artizan Kidz Club</b> for children who attend Eliot Bank school</p>	<p>*10-11.30 <b>Babies &amp; Crawlers</b></p> <p>*12.00-2pm <b>Breastfeeding Support Group-</b> do you need advice &amp; support? No appointment needed.</p> <p>*15.00.00-18.00 <b>Artizan Kidz Club</b> for children who attend Eliot Bank school</p>	<p>*11.00-13.00 <b>Clothing Bank</b> The last Thursday of the month (25/01; 22/02;29/03) Please bring proof of address &amp; benefit.</p> <p>*9.00-17.00pm <b>WGN (Women &amp; Girls Network)</b> Call 020 7610 4678 for further information.</p> <p>*15.00.00-18.00 <b>Artizan Kidz Club</b> for children who attend Eliot Bank school.</p>	<p>*10.00-12.00 <b>Free Legal Advice provided by Duncan Lewis Solicitors</b> Call 0208 325 4600 to book an appointment</p> <p>*10.00-11.45 <b>Mindful mums</b> 9<sup>th</sup> Jan-12<sup>th</sup> Feb Crèche available</p> <p>*13.15-15.15pm <b>Foodie Friday</b> Are you a mum aged 16-28? Learn quick and easy dishes. Crèche available. Shop ingredients for free. Call 0208 613 0172 to book your place.</p>
<p><b>Kelvin Grove Children and Family Centre</b> Kirkdale SE26 6BB 0208 613 0172</p> <p><b>Come Correct- Free Condom service for under 25's available at this centre</b></p>	<p>*9.30-14.30 <b>L3 Childcare training course</b> with Elmhouse Training. Call Elm House on 020 353 85530 to book a place</p>  <p>*10.00-12.00 <b>Little Explorers</b></p> <p>*13.30-15.00 <b>Stay and play</b></p>	<p>*10.00-12.00 <b>A Positive Relationship with your child (4 week course)</b> Parenting course. Call 0208 613 0172 to book a place</p> <p>*10.00-12.00 <b>Moving forward group</b> Starts 30.1.-27.3.2018 *Focus on growth of self esteem. Call 0208 613 0172 for more details.</p>	<p>*9.30-14.30 <b>Free English &amp; Maths Course</b> with Elmhouse Training. Call Elm House on 020 353 85530 to book a place</p> <p>*10-12pm <b>Employment &amp; Training –back to work advice.</b> In partnership with JCP on every other Wednesday. Call 0208 613 0172 to book an appointment.</p>	<p>*10.00-14.00 <b>Advising Communities</b> Do you need advice with debt, housing, immigration, need to make a benefit claim? Call 0208 613 0172 to make an appointment., starts on 14/09.17. (28/09/17, 12/10/17)</p>  <p>*13.30-15.00 <b>Imaginative Play</b></p>	<p>*9.30-14.30 <b>Free English &amp; Maths Course</b> with Elmhouse Training. Call Elm House on 020 353 85530 to book a place</p> <p>*13.30-14.30 <b>Baby Massage</b> 5 week course. Starts 12<sup>th</sup> January. Cost £20, low income families free. Call Amanda 0208 613 0172 to book your place.</p>
<p><b>TNG</b> 111 Wells Park Rd SE26 6AD</p> <p><b>Term time only</b></p>	<p>*13.00-14.00 <b>Mama &amp; Bubba Workout club</b> Get in shape, make new friends &amp; have fun, in a child friendly environment £2 per session, families on low incomes free.</p>	<p>*9.30-10.15 <b>Latino Bambino</b></p> <p>*10.15-11.00 <b>Baby Latino Bambino</b> There is limited access to session participation on a 1<sup>st</sup> come basis. If session overcrowded priority given to families from SE23 &amp; SE26 £2 per session, families on low income free</p>	<p>*13.00-14.30 <b>Adventure Time</b></p> 	<p>*10.00-11.30 <b>Giant Messy Play</b></p> <p>*13.00-14.00 <b>Mama &amp; Bubba Workout club</b> Get in shape, make new friends &amp; have fun, in a child friendly environment £2 per session, families on low incomes free</p>	<p>*10.00-11.30 <b>Adventure Time</b></p> 



*In all of our sessions we promote Five to Thrive because your child's brain grows better when you do five simple things... Respond, Cuddle, Relax, Play and Talk*

The children and family Centre at Eliot Bank & Kelvin Grove offers a range of activities and services for children & families to encourage better life chances for all. At EB&KGFC you will find an experienced & friendly team. We are able to provide a high standard of activities, play spaces and equipment for your children to enjoy. We also offer volunteering opportunities and if you are interested in this please come and let us know.



#### We also offer the following

- **Employment & Training advice**
- **Training courses in Childcare & Health & Social Care**
- **Baby massage**
- **Family Support & advice Call 0208 613 0172**
- **Housing, debt & benefit advice**
- **Breast feeding support**
- **Free legal advice**
- **Parenting support**



Check out our website [www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)

You can find us on    look for eliot&kelvin