

### **Stay & Play and Imaginative Play**

Come and have fun at imaginative play, explore the toys and use your imagination to step into a new world.

### **Baby Massage**

Call the children's centre to book a place

£10 for 5 sessions

Special rates for families on low income.

### **Grow & Explore**

Exercise and physical play with large soft indoor equipment to further improve your child's physical and social development.

### **Babies & Crawlers**

Do you have a baby under 1 year old but feel that stay and play sessions are too much for them? If so this session is aimed at babies and supports you with play and interaction

### **Latino Bambino**

Baby and Toddler Sessions

£1.50 per session or £5 for a block of 4 sessions

Special rates for families on low income.

Call Nicola on 0208 325 4600 to book a place

### **Dad's Stay & Play**

Saturday 26<sup>th</sup> September 12-3pm

### **Lets Cook**

Fun and nutritious 4 week cooking classes with your child

### **Lets Wean**

4 week introduction to weaning, with ideas and recipes for your baby

To book a place on either course, call Nicola on 0208 325 4600

### **Giant Messy Play**

Come along with your under 5s, get messy and meet other families.

We would be appreciate donations for this session, e.g. flour, shaving foam, oil etc. please place in donation box.

### **Clothing Bank**

Held every other Friday an opportunity for families who are struggling financially or have no recourse to public funds to obtain good quality clothing for all ages free of charge. Please bring proof of benefit or no recourse and see our family support workers at the clothing bank.

### **Donations**

The Children's Centre is always grateful for donations of nappies, men's, women's and children's clothes, shoes and equipment.

What's happening at

# **Eliot Bank & Kelvin Grove Children's Centre**

1<sup>st</sup> September- 18<sup>th</sup> December 2015

**Kelvin Grove Children's Centre**

**Kirkdale, SE26 6BB**

**0208 613 0172**

**Eliot Bank Children's Centre**

**Thorpewood Avenue, SE26 4BU**

**0208 325 4600**



## **Welcome to Kelvin Grove and Eliot Bank Children's Centre.**

We are a small but friendly and fun team who look forward to seeing you at our fun sessions, courses and coffee mornings. We are here to listen and support you and your family.

We offer many free play sessions for children under 5 and some sessions that require a small fee or donation.

Why not come and join our new Parents Forum (The Friends of Kelvin Grove & Eliot Bank) or would you like to become our parent representative on our Advisory Board (contact Kim on 020 8613 0172 if you are interested)

Finally we would just like to say a huge thank you to our parents/carers & little people, and partner agencies for your continued support and for being part of the KGEBC extended family.

We look forward to welcoming you to our centre for more fun and laughter.

Staff team,

Kim, Nicola, Amanda and Tilly

## **Family Support**

At our centres you will find an experienced, knowledgeable and friendly Family Support Workers; who offer support and advice on parenting, local activities and services through home visits and groups.

If you would like to talk to or make an appointment to see one of our family support workers, please call Kelvin Grove Children's Centre on 0208 613 0172

## **Coffee Morning**

Last Friday of every month. An opportunity to meet other parents & relax for a couple of hours with a refreshment or 2. Small charge for tea or coffee and biscuits (£1). Crèche available on request.

## **Free Legal Advice**

Duncan Lewis Solicitors provide free legal advice at Eliot Bank every other Friday. Call the centre to book an appointment.

## **A Better Relationship with my Child**

This Course contains 4 sessions focusing on exploring and learning what you are already doing well, as well as what else you like to be doing and how to achieve it. This is not a course where we want to tell you what to do as we believe that you are the expert on your own family situation. Call the centre to book your sessions.

## **Employment & Training Workshop**

Help with getting back into work or training. An opportunity to discuss your particular needs in a relaxed environment with C.V building available. Space is limited, please call the centre to book a place. Held once a month with crèche places available.

## **Free Computer time**

Call the children's centre to book an appointment.

## **Debt Management**

Call the children's centre to book an appointment.

## **Condoms**

Condoms are available daily for 13-25 year olds at the Kelvin Grove centre.

## **Vitamin D Clinic**

Free Vitamin D supplements are available to children living in Lewisham aged 0-5 years old and pregnant women.

## **Health Visitors Clinic**

Health visitors are based at Eliot Bank on Tuesday afternoons.

## **Breastfeeding Café**

Need answers about breastfeeding or want to meet other breastfeeding mums? Come along to Breastfeeding café for a friendly welcome and refreshments, as well as support and information to help you breastfeed your baby.

## **Maths for Parents**

Do you want to be able to help your children with maths? Learn fun maths games and activities to share with your children at home. You will spend 2 hours per week for 5 weeks, free of charge, exploring and practicing the maths methods taught in primary school.

## **Every Family Matters**

Do you need advice regarding housing or family issues? Call the children's centre to book an appointment with a family support worker.