

Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Eliot Bank Children and Family Centre Thorpewood Avenue SE26 4BU 0208 325 4600</p> <p>Vitamin D available from this centre</p>	<p>10.00-11.30 Babies & Crawlers A great session for your little humans aged 0-18mths a lovely calm, safe space to explore & have fun, includes sensory & heuristic play.</p>	<p>09.00-17.00 WGN counselling Service</p>	<p>09.30-11.30 Post Natal Clinic. By appointment only Please call: 02086996151</p> <p>12.00-14.00 Breastfeeding Support Group. Do you need advice & support with feeding? Come and speak to a Midwife and meet other mums. No appointment needed</p>	<p>10-11.30 Mini Messy Play</p>	<p>09.00-13.00 Post Natal Clinic (Indigo Maternity Team) By appointment only: Call 07932136397</p> <p>10.00-12.00 Free Legal Advice Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment</p>
<p>Kelvin Grove Children and Family Centre Kirkdale SE26 6BB 0208 613 0172</p> <p>Come Correct- Free Condom service for under 25's available at this centre</p>	<p>11.00-12.00 Baby Massage (booked course only)</p> <p>13.00-14.30 Toddler Bounce</p>	<p>10-11.30am Sing and Play</p> <p>10.00-12.00 Family Support Advise Session Call 0208 613 0172 to make an appointment.</p>	<p>10-11.30 We Brought A Zoo</p> <p>14.00-15.30 KGEB Mini Food Bank If you are struggling to make ends meet and feed you & your family, please come down for that extra little bit of help.</p>	<p>13.00-14.30pm Mini Adventure Time</p>	<p>10.00-11.30 Story time We're Going on a Bear Hunt Come and make your bear masks & then you're ready for the hunt</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p> <p>Term time only</p>	<p>NO SESSIONS DUE TO HALF TERM</p>	<p>NO SESSIONS DUE TO HALF TERM</p>	<p>NO SESSIONS DUE TO HALF TERM</p>	<p>NO SESSIONS DUE TO HALF TERM</p>	<p>NO SESSIONS DUE TO HALF TERM</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 KG&EB CFC 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**
- **Family Support & advice Call 0208 613 0172**
- **Housing, debt & benefit advice**
- **Breast feeding support**
- **Free legal advice**
- **Parenting support & advice**
- **Mini Food Bank services**



Check out our website www.lewishamcfc.org.uk

You can find us on    look for eliotandkelvin