

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>Call the Advice Line on 0808 801 0660. For further information</p>	<p>09.30-11.30 Post Natal Clinic. By appointment only Please call: 07766248935</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>09.30.00-11.30 Clothing Bank. The last Thursday of the month Please, bring proof of address & benefit. No need to book Call 0208 325 4600 for further details</p> <p>13.30-15.00 Family English Course Do you have a toddler under 5? Want to help them get into reading? Need ideas on how to make reading & learning fun? To enrol online, visit Family Learning website or call our telephone enrolment line: 020 8314 6959. Starts 27.02.20-26.03.20</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>12.15-2.15pm L.I.F.E Are you a mum aged 16-35? Learn quick and easy healthy dishes. Shop the ingredients and more for free. Crèche available. Call 0208 613 0172 to book your place LIVING INDEPENDENTLY FOR EVER</p>
<p>Kelvin Grove Children and Family Centre Kirkdale SE26 6BB 0208 613 0172 Come Correct- Free Condom service for under 25's available at this centre</p>	<p>10.00-12.00 A Positive Relationship with your child (4 week course). Call 0208 613 0172 to book a place</p> <p>11.00-12.00 Baby Massage £20 for 5 week course Call 0208 613 0172 to book your space, spaces limited.</p> <p>Parents on low income free</p>	<p>10.00-12.00 Family Support Advise Session Call 0208 613 0172 to make an appointment.</p>	<p>13.00-15.00 Fun Cooking with Toddlers starts 26/02/20 Healthy Bakes Adults attending with a toddler (maximum two children per adult) can be a parent, grandparent or carer. To enrol online, visit our website or call our telephone enrolment line on 020 8314 6959.</p> <p>13.00-14.30 KGEB Mini Food Bank (food donation scheme) Call 0208 613 0172 for details We would appreciate any food donations to help families in need</p>	<p>10.00-12.00 Employment & Training Back to Work Advice & Support. Call 0208 613 0172 to book an appointment</p> <p>13.00-15.00 Thursday Surprise a session that changes every week & will include children's photography session, cake decorating, t-shirt designing ..keep a look out on our FB page for updates</p>	<p>Please call us if you have any questions about the content of the timetable</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p> <p>Term time only</p>	<p>13.30-15.00pm Toddler Bounce A fun session with all things bouncy</p>	<p>9.30-10.15 Latino Bambino (Toddlers) 10.15-11.00 Baby Latino Bambino (Babies) No need to book, but places are allocated on a 1st come 1st served basis. £2 per session, families on low income free</p>	<p>10.00-11.30 Giant Messy Play</p>	<p>10.00.11.30 Adventure Time Jumping, sliding, fun for all</p>	

Session information: Cooking with Toddlers please book your place online or via enrolment line to guarantee your place. Space is limited & those who registered online are given priority, so please avoid being turned away

Giant Messy Play: Due to budget restrictions we would appreciate it if all parents/carers could make a 50p donation towards materials



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 Kelvin Grove & Eliot Bank offers a range of activities and services for children & families in SE23 & SE26 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 & work experience opportunities, 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**
- **Maternity Services**
- **Mini food bank service**
- **Child Care course**



Check out our website www.lewishamcfc.org.uk

You can find us on    look for Eliot And Kelvin

Session information: Cooking with Toddlers please book your place online or via enrolment line to guarantee your place. Space is limited & those who registered online are given priority, so please avoid being turned away

Giant Messy Play: Due to budget restrictions we would appreciate it if all parents/carers could make a 50p donation towards materials