
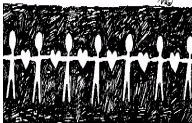

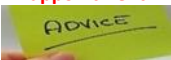





Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Eliot Bank Children and Family Centre Thorpewood Avenue SE26 4BU 0208 325 4600</p> <p>Vitamin D available from this centre</p>	<p>10.00-11.30 Babies & Crawlers A great session for your little humans aged 0-18mths a lovely calm, safe space to explore & have fun Please book your place 02086130172</p>  <p>13.00-14.30 Adventure Time(soft play) Please book your place 02086130172</p> <p>PLEASE FOLLOW CFC COVID PROTOCOL</p>	<p>WGN counselling service</p>  <p>Call the Advice Line on 0808 801 0660. For further information</p>	<p>9.30am-4.30pm Blubell & Indigo Team Anti & Post natal clinic</p> <p>This clinic is by appointment only.</p> <p>Please call: 07766248935 for enquiries</p>  <p>Breastfeeding Support Support is now available online. For more information, please visit lewishamandgreenwich.nhs.uk/breastfeeding</p>	<p>09.30.00-11.30 Clothing Bank. TERMLY Only 2 people will be admitted at a time. Please adhere to social distancing whilst you are asked to wait 10.00- 11.30am Messy Play Please book your place 02086130172. 1.30-15.00 We're Going on a Bear Hunt -24/09-22/10 course code FLJ1P22EC Owl Babies 5/11-10/12 Course code FLJ1P23EC Book online @ Lewisham.gov.uk/cel/subjects/fl-food or call 02083146956</p>	<p>10.00-12.00 Free Legal Advice Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment 11.00-1.15pm 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(spaces limited) LIVING INDEPENDENTLY FOR EVER Please book your place 02086130172</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>1.00pm-2pm A Positive Relationship with your child (4 week course). Call 0208 613 0172 to book a place</p> <p>Mumma & Bubba Workout Club NOW ONLINE 7.15am-8.15 am Hiit (High intensity/fatburn class</p>	<p>9.30-10.15 Latino Bambino (Toddlers) 10.15-11.00 Baby Latino Bambino(Babies) £2 per session, families on low income free All classes will be online you will need to book via 02086130172 & you will be given link and password to make payment.</p> <p>10.00am-12.00pm Family Support Advice Call 0208 613 0172 to book an appointment</p> 	<p>10.00 – 11.30am Story telling Puppet Show. A session for 0-5 years show casing stories through a puppet show. Please book your place 02086130172. Spaces are limited</p> <p>13.00-15.00 Toddler cooking online Code: WFJ1P25KG 23/09/2020 End Date: 30/09/2020 Code:WFJ1P26KG 07/10/2020 End Date: 09/12/2020 Call 02083146956</p> <p>12.30-14.00 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. Appointment only Call 0208 613 0172</p> <p>Mumma & Bubba Workout Club NOW ONLINE 7.15am-8.15am Core & Stability(ideal for new mums who need to build strength,recover from pregnancy)</p>	<p>Mumma & Bubba Workout Club NOW ONLINE 7.15am-8.15am Weights Resistance (build muscle, lose weight & tone)</p> <p>All Mumma & Bubba classes will be delivered online. Booking details are as follows:</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&EBCFC 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.



Check out our website www.lewishamcfc.org.uk

You can find us on    look for eliot&kelvin