






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>10.00-11.30am 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 Story Telling Puppet Show A session for 0-5 years show casing stories through a puppet show. (Booking required for this session)</p>	<p>09.00-5pm WGN counselling service Call the Advice Line on 0808 801 0660 for further information</p> 	<p>9.30-16.30pm</p>  <p>Breastfeeding Support Support is now available online. For more information, please visit lewishamandgreenwich.nhs.uk/breastfeeding</p>	<p>1pm-3pm Cooking Healthy Food on a budget with toddlers (age 2-5) Starts 23/09/21-21/10 (5 week course) Cost £10 full £5 Reduced £5 Concession Free for all those on benefits Call 02083146959 or 0208314775 quote ref WFJIP25</p> <p>Vegan cooking delights with toddlers (age 2-5) See above for registrations details Starts 4/11/21-02/12/ Ref WFJIP26EB</p>	<p>10.00-12.00pm Free Legal Advice Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment</p> <p>11.00-13.15 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. LIVING INDEPENDENTLY FOR EVER Please call 0208 613 0172 to book a place as spaces are limited</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>13.00-14.00 A Positive Relationship with your child (4week course). Please call 0208 613 0172 to book a place as spaces are limited</p>	<p>10.00-12.00 Family Support Advice Call 0208 613 0172 to book appointment</p> 	<p>We appreciate food and household donations for our Community Supermarket. Please see our Gofundme link @ bottom of this timetable. THANK YOU.</p>	<p>9.00-16.30 KGB Community Supermarket £3.50 per week membership For more information email kgebsupermarket@gmail.com or call 0208 613 0172 10.00-12.00 Employment & Training Back to Work Advice & Support Call 0208 613 0172 to book an appointment</p>	<p>We kindly ask you to follow Covid safety protocol</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p>	<p>11.00-12.00 Mama & Papa Workout Club Meet Ng in person Core & Stability (ideal for new mums who need to build strength, recover from pregnancy) Booking details are as follows: https://www.cognitofrms.com/SchoolBusinessManagerForms/ChildrensCentreSessionsBookingForm</p>	<p>9.30-10.15 Latino Bambino Toddlers 10.15-11.00 Latino Bambino Babies</p>  <p>Session £2 per adult families on low income free</p>	<p>10.00-11.30 Giant Messy Play</p>  <p>10.00-11.30 Adventure Time (Soft Play) 05/08/2021 Jumping, sliding, fun for all All sessions are £1 per adult, low income families are free</p>	<p>All play sessions held at TNG will be charged @ £1 per adult. Giant messy play & Adventure Time will be held on alternate weeks on Wednesdays</p> <p>Giant Messy Play 08/09, 22/09 & 06//10 Adventure time 15/06, 29/09, 13/10</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

<https://www.gofundme.com/kgeb-community-supermarket-support>