

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><b>10.00-11.30am</b> <b>Babies &amp; Crawlers</b> A great session for your little humans aged 0-18mths a lovely calm, safe space to explore &amp; have fun Please book your place 02086130172</p> 	<p><b>09.00-5pm</b> <b>WGN counselling service</b> Call the Advice Line on 0808 801 0660 for further information</p> 	<p><b>9.30-16.30pm</b></p>  <p><b>Breastfeeding Support</b> Support is now available online. For more information, please visit <a href="http://lewishamandgreenwich.nhs.uk/breastfeeding">lewishamandgreenwich.nhs.uk/breastfeeding</a></p>		<p><b>10.00-12.00pm</b> <b>Free Legal Advice</b> <b>Duncan Lewis Solicitors</b> Call 0208 325 4600 to book an appointment <b>11.00-13.15 L.I.F.E</b> Are you a mum aged 16-35? Learn quick and easy healthy dishes. Shop the ingredients and more for free. Crèche available. <b>LIVING INDEPENDENTLY FOR EVER</b> 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><b>13.00-14.00</b> <b>A Positive Relationship with your child</b> (4 week course). Please call 0208 613 0172 to book a place as spaces are limited</p>	<p><b>10.00-12.00 Family Support Advice</b> Call 0208 613 0172 to book appointment</p> 	<p><b>We appreciate food and household donations for our Community Supermarket. Please see our Gofundme link @ bottom of this timetable. THANK YOU.</b></p>	<p><b>9.00-16.30</b> KGEB Community Supermarket £3.50 per week membership For more information email <a href="mailto:kgebsupermarket@gmail.com">kgebsupermarket@gmail.com</a> or call 0208 613 0172 <b>10.00-12.00</b> Employment &amp; Training Back to Work Advice &amp; Support Call 0208 613 0172 to book an appointment</p>	<p><b>We kindly ask you to follow Covid safety protocol</b></p>
<p><b>TNG</b> 111 Wells Park Rd SE26 6AD</p>		<p><b>9.30-10.15</b> Latino Bambino Toddlers <b>10.15-11.00</b> Latino Bambino Babies</p>  <p><b>Session £2 per adult families on low income free</b></p>	<p><b>10.00-11.30</b> Giant Messy Play</p>  <p><b>10.00-11.30</b> Adventure Time (Soft Play) 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 &amp; Adventure Time will be held on alternate weeks on Wednesdays</p> <p><b>Giant Messy Play</b> <b>19/01 &amp; 02/02</b> <b>Adventure time</b> <b>12/01, 26/01 &amp; 09/02</b></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](http://www.lewishamcfc.org.uk) You can find us on    look for eliot&kelvin

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