




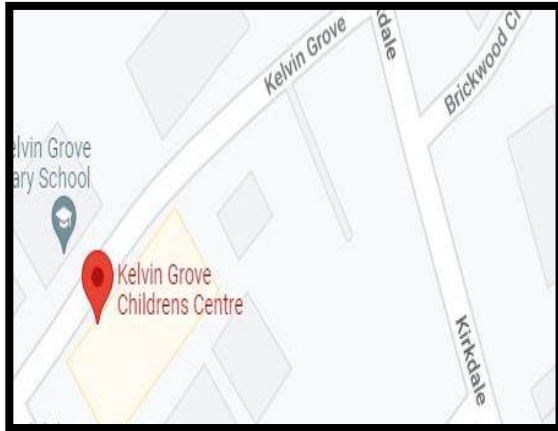


VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Kelvin Grove Children &amp; Family Centre</b> Kirkdale SE26 6BB</p> <p>0208 613 0172</p>	<p><b>10am-12pm</b> <u>Family Support &amp; Advice Service</u> Call 0208613 0172 to book appointment</p>	<p><i>In all of our sessions we promote</i></p> <p><i>Five to Thrive because your child's brain grows better when you do five simple things...</i></p> <p><i>Respond, Cuddle, Relax, Play and</i></p> <p>Talk</p> 	<p>We appreciate any food, toiletries &amp; toy donations for our community supermarket. Please call 02086130172 for an updated donation list</p> <p><b>9.30am-4.30pm</b> <u>Breastfeeding Support</u> Available online. For more information, please visit <a href="http://lewishamandgreenwich.nhs.uk/breastfeeding">lewishamandgreenwich.nhs.uk/breastfeeding</a></p>	<p><b>9am-12.00pm</b> <b>1pm-3pm</b> <u>Sydenham Community Supermarket</u> £3.50 per week membership, for more information call 0208 613 0172 or 07535911904</p> <p><b>10am-2pm</b> <u>Employment &amp; Training Back to Work Advice &amp; support</u> Call 02086130172 to book an appointment. Sessions every other week</p>	<p>*Come Correct-Free condom service for under 25's available at Kelvin Grove Centre Call 0208 613 0172 for further details *Vitamin D available from this centre *ALL CHILDMINDERS MUST REGISTER ALL CHILDREN IN THEIR CARE</p>
<p><b>Eliot Bank Children &amp; Family Centre</b> Thorpewood Avenue SE26 4BU</p>	<p><b>10am-11.30am</b> <u>Babies &amp; Crawlers</u> A great session for your little humans aged 0-18mths. A lovely calm, safe space to explore &amp; have fun</p> <p><b>11.45pm-12.30pm</b> <u>Snack &amp; Chat</u> Coffee and chat for parents, healthy snack for children while they play</p> <p><b>1pm-2.30pm</b> <u>Parents Job Club</u> Six sessions that will help you to get job ready, max 10 adults. Call 0208613 0172 to book appointment</p>	<p><b>9am-5pm</b> <u>WGN Counselling Service</u>-call 08088010660 for further information</p> 	<p><b>10am-11.30am</b> <u>Baby Massage</u> Starts 3/05/2023 Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. Call 0208613 0172 to book</p> <p><b>10am-11.30am</b> <u>Mum &amp; Baby Yoga Class</u> (6 weeks to crawling) Date TBA Practice poses to strengthen muscles affected by giving birth-your tummy, pelvic floor &amp; back. Learn ways of calming &amp; relaxing yourself &amp; your baby &amp; even make your bond stronger. Call 0208613 0172 to book</p>	<p><b>1pm-2.30pm</b> <u>Mini Chefs</u> Fun cooking session for children (parents can join in) Learning about different foods, creating healthy snacks &amp; having lots of fun as well</p> <p>Please call 02086130172 to book a place as spaces are limited</p>	<p><u>Free Legal Advice with Duncan Lewis Solicitors</u> Call 0208325 4600 to book an appointment</p> <p><b>11am-1.15pm</b> <u>L.I.F.E.</u> Learn to cook quick &amp; easy healthy meals in a friendly environment &amp; you get to shop the ingredients and more for free. Crèche available. Please call 02086130172 to book a place as spaces are limited <b>LIVING INDEPENDENTLY FOR EVER</b></p>
<p><b>TNG</b> 111 Wells Park Rd SE26 6AD</p> <p>*All sessions held at TNG will be charged @ £2 per adult. Low income families are free <b>TERM TIME ONLY</b></p>	<p>Check out our website <a href="http://www.lewishamcfc.org.uk">www.lewishamcfc.org.uk</a> You can find us on</p>  <p>look for <b>eliot&amp;kelvin</b></p>	<p><b>9.30am-10.15am</b> <u>Latino Bambino Toddlers</u> Colourful props, Spanish singing, Latin beats and laughter blended into a fun session for little ones 1-5 years old.</p> <p><b>10.15am-11.00am</b> <u>Latino Bambino Mum &amp; Baby</u> Salsa fun for baby and mum. Fun and easy dance workout designed for new mums wearing their baby in a baby carrier.</p>		<p><b>10am-11.30am</b> <u>Adventure Time</u> Soft play, active session for children 0-5</p> <p><b>OR</b></p> <p><b>10am-11.30am</b> <u>Messy Play</u> Allows children to investigate, create, explore and use their senses</p>	<p><b>IMPORTANT DATES:</b> <b>BANK HOLIDAYS</b> 1<sup>ST</sup> MAY 2023 8<sup>th</sup> MAY 2023 29<sup>th</sup> May 2023</p> 

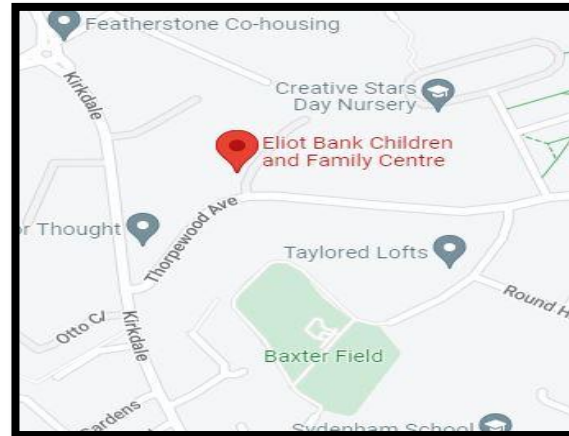


## **KELVIN GROVE**

**CHILDREN AND FAMILY CENTRE**

**KIRKDALE**

**SE26 6BB**

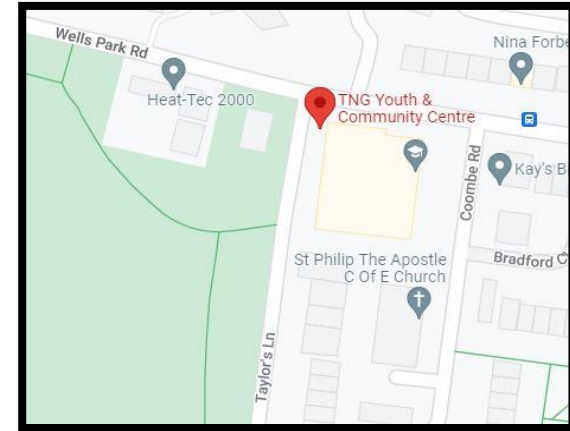


## **ELIOT BANK**

**CHILDREN AND FAMILY CENTRE**

**THORPEWOOD AVENUE**

**SE26 4BU**



## **TNG**

**(The New Generation Youth Club)**

**111 WELLS PARK ROAD**

**SE26 6AD**



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