

giving
your child
a **better
start**

Better Start Clapham/Brixton Hill

Weekly timetable Spring 2022

Clapham/Brixton Hill map



Children's Centres

- 1 Clapham Manor Children's Centre
- 2 Maytree Children's Centre
- 3 Treehouse Children's Centre

One O'clock Clubs

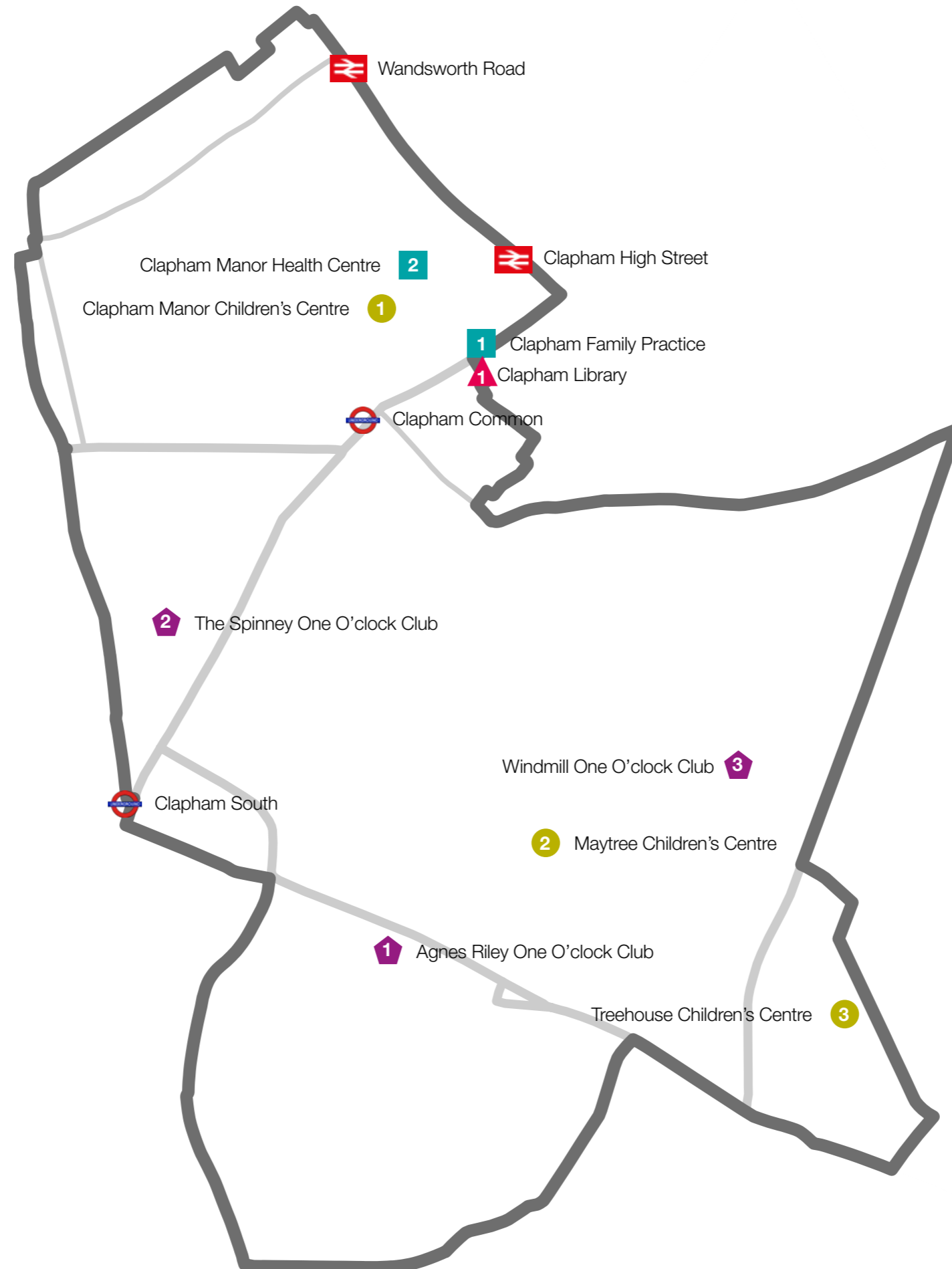
- 1 Agnes Riley One O'clock Club
- 2 The Spinney One O'clock Club
- 3 Windmill One O'clock Club

Health Centres

- 1 Clapham Family Practice
- 2 Clapham Manor Health Centre

Libraries

- 1 Clapham Library



Lambeth Better Start Services

Currently available online, by phone or in small groups following the latest Covid-19 guidance

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♥ Small Group Baby sessions

Children's centres run a range of groups for babies and their parents and carers. Look out for Baby Explorers or Baby Bounce and Rhyme sessions in centres near you.

🧸 Small Group Stay and Play sessions

Come along and enjoy playtime with your child, meet some other parents, and pick up tips on how to support your child's learning and development.

💬 Communication and language groups

Online Chattertime groups to support your child's communication and language development is available for families across the borough.

🌿 Small Group Natural Thinkers

Outdoor play and learning for you and your child. An opportunity to connect with nature and the environment and try out new forms of play.

🗨️ Making it REAL (Raising Early Achievement in Literacy)

Over a series of one to one contacts, online or face to face, you will gain lots of skills in how best to support your child's early communication and language development.

📖 Library Service – Select & Collect from the Library

Book an appointment to borrow a selection of lovely children's books to suit your child's age and interest. You can borrow up to 20 books. Call your library today, appointments are available most days!

👍 Support for young parents

Young mothers and fathers are warmly welcomed at all children's centres, but sometimes you may want some additional support tailored to meet the needs of young parents. St Michael's Fellowship will support you and your child through one to one support. You can contact them on: 020 8835 9570

★ Special Educational Needs and Disabilities (SEND)

All the activities listed on this programme are accessible and inclusive, but sessions such as Small Group Sensory Sensations or the Small Group ASD session provide additional support for children with SEND, while programmes such as Early Bird help you in your role as a parent.

⚙️ LEAP (Lambeth Early Action Partnership)

Provides additional support and activities for families of children aged from 0–4 living in Tulse Hill, Coldharbour, Vassall and Stockwell wards. If you live in those areas, please keep a look out for LEAP activities.

👨‍⚕️ Child Health Clinics – currently by appointment only

Run by the Health Visiting team from Evelina London, child health clinics are a great opportunity to get information and ask any questions about your child's health, growth, development and immunisations. You can also find out if you can get Healthy Start vouchers to use for free fruit, vegetables and milk, or find out about the free Vitamin D scheme. Please bring your red book along.

📍 Lambeth Families Information Service

Looking for childcare or free early learning for your two, three or four year old? Do you want to find out more about applying for school? Or to learn about other services and support for your family in Lambeth? The Lambeth Families Information Service is here to help.
fis@lambeth.gov.uk | lambeth.gov.uk/fis | 020 7926 9558

🍼 Baby Feeding

Need support with feeding your baby? We offer support for breastfeeding support and starting solids foods, find the contact information on the timetable or contact your local children's centre.

👨‍👩‍👧 Parenting support

Being a parent isn't easy, and it's normal to need some help along the way. Lambeth's Parenting Support Service helps families to access the right support for them, whether this be taking part in a parenting course, completing a virtual programme online or accessing a one to one service. All the support offered is 'evidenced-based', which means it has been proven to make a difference for families. To find out more, and to register with Lambeth's Parenting Support Service, visit lambeth.gov.uk/parenting or talk to your local children's centre.

📖 ESOL

Children's centres provide ESOL classes to help you develop your skills in reading, writing and speaking English. Contact the children's centre to find out more and book a space.

🎓 Adult learning classes

Fancy learning a new skill? Or finding out more about how you can support your child to learn and develop? A range of courses are delivered in children's centres across the borough. You will need to be able to commit to attending every week. Contact the children's centre to find out more and book a space.

👨‍👩‍👧 Better Start Workers

We all need a little support to find our way around systems or solving problems. The Better Start Workers are here to help you! Make a request today: lambeth.gov.uk/childrenscentres

🔑 Employment support

Are you thinking about returning to work? Maybe you need some help with updating your CV? Book a telephone appointment with an Employment and Training Advisor by calling your local children's centre.

📞 Financial Support – Citizens Advice

Citizens Advice telephone appointments are available in children's centres across the borough for families with a child under five.

👶 Free childcare and early learning for two year olds

Your child could be eligible for up to 15 hours a week of free early learning with a childminder, pre-school playgroup, day nursery, nursery school or Children's Centre. Find out if you qualify and apply online today: lambeth.gov.uk/freeearlylearning

👨‍👩‍👧 HENRY

Healthy Families: Right From The Start is a virtual 8 week course which helps parents with children under 5 gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give their children a great start in life. The Healthy Families course focuses on supporting good nutrition, breastfeeding, physical activity, emotional well-being and parenting skills in a fun and supportive group. To sign up visit lambeth.gov.uk/HENRY

🛒 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton and Norwood Market stalls.
Food Bank: Better Start Workers can refer you and your family to a local Food Bank to support you in accessing food. Speak to your local Better Start children's centre team to find out more.

Venue Details

Clapham/Brixton Hill Virtual Session – online or by phone
Tree House Children's Centre 66 Upper Tulse Hill, SW2 2RW 020 8674 6060
Clapham Manor Children's Centre 16 Belmont Close, SW4 6AT 020 7627 9917
Maytree Children's Centre 4 Allingham Road, SW4 8EG 020 8671 3298
Agnes Riley One O'clock Club Atkins Road, SW12 0AH 020 8671 3298
The Spinney One O'clock Club Windmill Drive, Clapham Common, SW4 9DE 020 7627 9917
Clapham Manor Health Centre 86 Clapham Manor St, SW4 6EB 020 7411 6866
Clapham Family Practice Mary Seacole Centre 89 Clapham High St, SW4 7DB 020 3049 6600
Clapham Library Mary Seacole Centre, 91 Clapham High St, SW4 7DB 020 7926 0717
Brixton Library Brixton Road SW2 1JQ 020 7926 1058

Clapham/Brixton Hill area weekly timetable Spring 2022

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Speech and Language for under 2s 10.00-11.00 Email gst-tr.contacts@nhs.net to register and to book a place	Virtual Breastfeeding Support Group 11.00-12.00 Call 07394 724 599 to book	Sensory Room Experience 9.30-10.15 and 11.15-12.00
Virtual Chattertime 10.30-11.00 Email to book: gst-tr.contacts@nhs.net	Online Chattertime Live 10.30 facebook.com/EvelinaLondonSLT/	Starting Solid Foods 10.30-12.00 Email eynutrition@gstt.nhs.uk or call 020 3049 5300	Rose Voucher Collection Day	Messy Play 10.00-11.00
Sensory Room Experience 9.30-10.15 and 10.45-11.30	Sensory Room Experience 9.30-10.15 and 10.45-11.30	Sensory Room Experience 9.30-10.15 and 10.45-11.30	Sensory Room Experience 9.30-10.15 and 10.45-11.30	Wriggle and Rhyme 9.30-11.00
Baby Explorers 0-12 months 9.30-10.30	HENRY Parenting course 9.30-11.30 Taster session: 11 Jan; Course: 18 Jan-15 Mar	Stay and Play 0-5 years 9.30-11.00	Sharing REAL with parents with creche 10.00-12.00, 6-27 Jan	Rose Voucher Collection Day
Rose Voucher Collection Day	Toddler Time 12-24 months 11.00-12.00	Women's Group 9.30-11.30 Email to book: nightat.khan@newvision.co.uk	Child Health Review 9.30-12.00 By appointment only	Cookery and Nutrition For families with creche 9.30-11.30 13 Jan-10 Feb
Speech and Language Therapist By appointment only	Baby Sing Along 9.30-11.00	Small group Stay and Play 9.30-11.00	Natural Thinkers At Agnes Riley 10.00-1.30 3 Feb-31 Mar	Post Natal Depression Support Group Email Liz Wise lwise@talktalk.net
Vitamin D awareness session Tree House 9.30-11.00, 19 Jan Agnes Riley 9.30-11.30, 1 Feb Clapham Manor 9.30-11.30 16 Feb	Citizen's Advice Face to Face appointments 10.00-1.00 Call any centre to book	Employment and Training Support Call any centre to book an appointment		Wellbeing for Women At Agnes Riley 9.30-11.30
	Stay and Play Agnes Riley 9.30-11.30	Coffee morning 9.00-11.00 Starts 19 Jan, monthly		
	Mud Club 0-5 years The Spinney 10.00-12.00 Drop-In, limited places.			
Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Sensory Room Experience 1.15-2.00, 2.15-3.00	Sensory Room Experience 1.15-2.00, 2.15-3.00, 3.15-4.00	Sensory Room Experience 1.15-2.00, 2.15-3.00, 3.15-4.00	Online Chattertime Live 2.15 facebook.com/EvelinaLondonSLT/	Breastfeeding Support All day; By appointment only
Small group English for Beginners (ESOL) with creche 1.00-3.00 Assessment 10 Jan 17 Jan-28 Mar	Family Sing Along 1.30-2.30	LEAP Chattertime with Speech and Language Therapist 1.00-3.00	ESOL course with creche Assessment 13 Jan 20 Jan-14 Jul	Song and Story Up to 24 months 2.30-3.30
	Chattertime with Speech and Language Therapist 1.30-3.00	Child Health Review 1.00-3.00 By appointment only	Mud Club 0-5 years At The Spinney 3.45-5.30 Drop-In, limited places.	Rose Voucher Collection Day
	Introduction to Solids 2.00-4.00 Clapham Manor 25 Jan, Tree House 22 Feb, Maytree 22 Mar	Baby Clinic 1.00-3.00 By appointment only		
	Natural Thinkers at The Spinney. For families with children with SEND 1.30-3.00 Call 020 7627 9917 to book	Family Music Maker Family Learning Course 1.00-3.00 23 Feb-23 Mar		
	Baby Explorers at Agnes Riley Up to 15 months 2.00-3.00			

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All information is correct at time of going to print. Please check online at lambeth.gov.uk/childrenscentres for the most up to date version of the timetable.