



Just like that we are coming to the end of the Spring term.

BUT, before we enter into the Summer term join us in our fun packed Easter holiday activities.

From Arts & Crafts, Messy Play, Bring and Share brunches, baking sessions and not to forget lots of singing. If that was not enough we have an exciting trip to the Horniman Museum and one of our personal favourites, the Science Museum (please contact a centre to be added to the list).

We strive to provide the best services possible. From fun and exciting Stay & Plays, to learning opportunities and experiences for you and your child. Our Early Years (EY) Professionals are on hand to offer advice and support, as well as signposting to other outside agencies, or speak to a member of our BSW team.

We always want to know what is working well and how we can improve. During the Easter holidays our team will be asking for your feedback on our service.

Lets hope the weather improves...Bring on the sun.

WHAT'S IN THIS ISSUE:

- Easter Timetable
- Easter Trips
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- Home Activities
- Starting Soon
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- Parenting Courses online
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- In the Community
- Useful Information
- Looking back

Children's Centres Closures/Opening

**CLOSED - Monday
15th Apr 2024**

**We will resume services on
Tuesday 16th Apr 2024**



Easter Timetable



Clapham and Brixton Hill Easter Timetable 2024

giving your child a better start

Lambeth Family Hub Network
Lambeth Start for Life Offer

Treehouse 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

Please note, last minute changes may occur due to unforeseen circumstances

	MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH
	BANK HOLIDAY	Easter Brunch 10:00 -12:00	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 1:15 - 2:00 and 2:15 - 3:00 Contact centre to book	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 1:15 - 2:00 and 2:15 - 3:00 Contact centre to book	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 Contact centre to book
			Spring Messy Play 10:00-11:30	Trip to Horniman Museum (Bring pack lunch) Please see flyer	Stay & Play with Songs 10:00 -12:00
			Employment and Training Support Call any centre to book		
			Child Health Review By appointment with Health Visitor only		
			Baby weighing Clinic 1.00-3.00 walk-in		



Clapham and Brixton Hill Easter Timetable 2024

giving your child a better start

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Please note, last minute changes may occur due to unforeseen circumstances

	MONDAY 8TH	TUESDAY 9TH	WEDNESDAY 10TH	THURSDAY 11TH	FRIDAY 12TH
	Stay & Play with Arts & Crafts 10:00 -12:00	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 1:15 - 2:00 and 2:15 - 3:00 Contact centre to book	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 1:15 - 2:00 and 2:15 - 3:00 Contact centre to book	Spring Baking 10:00 -12:00	Sensory Room Experience 9:30 - 10:15 and 10:45 - 11:30 Contact centre to book
			Picnic Brunch (Bring & Share) 10:00 -12:00	Spring Messy Play 10:00-11:30	Trip to Science Museum Please see flyer
			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	
			Child Health Review By appointment with Health Visitor only		
			Baby weighing Clinic 1.00-3.00 walk-in		

FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Easter Trips



In case you want to separate from the group or want to make your own way home, please contact a member of the Children's Centre team.

Gosia: 07999947544
Kelvena: 07922426338



Clapham and Brixton Hill CC trip to Horniman Museum & Picnic

THURSDAY 4TH APRIL - 11AM- 2PM

FARM ANIMAL WALK OPENS - 12:30- 4PM

Please bring a packed lunch
and picnic blankets



COMING WITH US? 10AM MEETING AT RITZY BRIXTON

**MEETING US THERE? 11AM MEETING AT FRONT OF MAIN ENTRANCE AT HORNIMAN
100 LONDON RD, LONDON SE23 3PQ**

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your child
a better
start

Lambeth Family Hub Network
Lambeth Start for Life Offer



Clapham and Brixton Hill CC trip to the Science Museum

FRIDAY 12TH APRIL - 11AM- 2PM

BOOK ON AT OUR CHILDREN'S CENTRES

COMING WITH US?
10AM MEETING AT 345 BUS STOP B
(OUTSIDE SAINSBURYS)

MEETING US THERE?
11AM GROUP ENTRANCE
IMPERIAL COLLEGE ROAD

WE ARE THEN HEADING TO 'THE GARDEN'
LEVEL -1 (INTERACTIVE GALLERY)

BUGGY PARK ON THE SAME LEVEL
(REQUIRES £1 REFUNDABLE DEPOSIT)

PLEASE BRING A PACKED LUNCH AND
WATERPROOF OR SPARE CLOTHING, SO YOU
CAN FULLY ENJOY WATER PLAY!

IN CASE YOU WANT TO SEPARATE FROM THE
GROUP OR WANT TO MAKE YOUR OWN WAY
HOME, PLEASE CONTACT A MEMBER OF THE
CHILDREN'S CENTRE TEAM.

GOSIA: 07999947544
KELVENA: 07922426338

SCIENCE MUSEUM



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a better
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Lambeth Family Hub Network
Lambeth Start for Life Offer

FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Summer Timetable 2024



Venue Details

Clapham and Brixton Hill Virtual Session – online or by phone
Tree House Children's Centre 66 Upperulse Hill, SW2 2RW 020 8674 6060
Clapham Manor Children's Centre 16 Belmont Close, SW4 6AT 020 7627 9917
Maytree Children's Centre 4 Alingham 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 and Brixton Hill area weekly timetable Summer 2024

Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
All centres closed on 15 April and 23 and 24 July 2024				
Virtual Chattertime 10.30 – 11.00 Email to book gst-tr.contacts@nhs.net	Online Chattertime Live 10.30am facebook.com/EvelinaLondonSLT	Speech and Language for under 2s 10.00 – 11.00 Email gst-tr.contacts@nhs.net to register or book a place	Virtual Breastfeeding 1-2-1 Support 10.00 – 12.00 by appointment Email to book lamccg.lambeth.infantfeedingservice@nhs.net	Sensory Room Experience 9.30 – 10.15 and 11.15 – 12.00 Please contact any centre to book
Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Sensory Room Experience 9.30 – 10.15 and 10.45 – 11.30 am Please contact any centre to book	Childminders and Professionals Childcarers group 10.00 – 12.00	Messy Play 0-5 years 10.00 – 11.00
Baby Explorers 0-12 months 10.00 – 11.00	Lambeth Talking Therapies Ask about self-referrals By referral	Child Health Review 9.30am – 12.00 By appointment only	Lambeth Talking Therapies Ask about self-referrals By referral	Rose Voucher Collection Day Appointment only
Buenos Dias/Good Morning Club 0-5 years 10.00 – 11.00	Citizen's Advice Face to Face Appointments 10.00 – 1.00 Please call any centre to book	Stay and Play 0-5 years 9.30 – 11.00	Rose Voucher Collection Day Appointment only	Wriggle and Rhyme 0-5 years 9.30 – 11.00
EY SEN Info sessions 17 Jun – Info session coffee morning 11.00 – 12.00 15 Jul – Info session 10.00 – 1.00 Contact to book	Baby Sing Along 10.00 – 11.00	Messy Play 0-5 years 10.00 – 11.00	Rose Voucher Collection Day Appointment only	
	Stay and Play with Brunch Club 0-5 years Agnes Riley 9.30 – 11.00	Employment and Training Support Call any centre to book	Henry Workshop – Starting Solids 10.00 – 12.00, 16 May and 13 Jun gst-tr-HV/supportanddevelopmentworker@nhs.net	
	Together Time 10.00 – 11.30, 21 May – 9 Jul Register: Email: PAIRS_Lambeth@slam.nhs.uk Phone: 07740421626	Child Health Review Appointments By appointment with Health Visitor only	Baby Massage for parents with babies (up to pre crawlers) Five week course 10.00 – 11.00, 25 Apr – 23 May Please contact any centre to book	
			Bring and Share Brunch 0-5yrs Agnes Riley 9.30 – 11.00, 2 May – 18 Jul, term time only	
			Being a Parent ADHD 10.00 – 12.30, 2 May – 11 Jul Register: Parenting Support Services/Lambeth Council	

giving your child a better start



DATE CHANGE:
BABY MASSAGE MAYTREE
FRIDAY
26TH APRIL - 24TH MAY

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Please contact any centre to book	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Please contact any centre to book	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Please contact any centre to book	Online Chattertime Live 2.15 facebook.com/EvelinaLondonSLT	Breastfeeding Support All day By appointment only
	Chattertime with Speech and Language Therapist 1.30 – 3.00 Please contact any centre to book	Song and Story 0-5 years 2.00 – 3.00	Sensory Room Experience 1.15 – 2.00, 2.15 – 3.00, 3.15 – 4.00 Please contact any centre to book.	Toy Library 0-5 years (Every fortnight) 2 – 3pm
	Baby Massage for parents with babies (up to pre crawlers) Five week course 2.00 – 3.00, 11 Jun – 9 Jul Please contact any centre to book	Baby weighing clinic 1.00 – 3.00 Walk-in	Circle of Security Parenting 1.00 – 3.00, 2 May – 4 Jul Register: Parenting Support Services/Lambeth Council	
	Natural Thinkers at The Spinney for families with children with SEND 1.30 – 3.00	Chattertime Plus with Speech and Language Therapist 1.30 – 3.00	Mud Club at The Spinney 3.45 – 5.30 After School Session	

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.



102703 (3/24)






FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Home Activities

Clapham and Brixton Hill Better Start Area

Maytree, Clapham Manor and Tree House Children's Centres

Activityprogramme Email:cc@maytree-school.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Top tips/learning outcome
<p>Create an Easter memory box.</p>  <p>What you will need:</p> <ul style="list-style-type: none"> a box, decorate as you wish <p>Tips for Easter Memory Boxes</p> <ol style="list-style-type: none"> 1. Include photos. 2. Capture their personality. 3. Include the details. 4. Make it for you. 5. Add a pocket. 6. Keep it nearby. 	<p>Cupcake Liner Flowers</p>  <p>What you will need:</p> <ul style="list-style-type: none"> Cupcake liners Buttons Scissors White glue Masking tape Craft sticks Green paper <p>Steps:</p> <ol style="list-style-type: none"> 1. Turn the cupcake liners inside-out 2. Decorate the centre of each flower:- <ol style="list-style-type: none"> a) Paper Circle - cut a circle out of paper, craft foam or felt. Glue at the centre of the flower b) Button or bead - glue a large button or bead at the centre of each flower c) Pompoms - glue several small pompoms at the centre of each flower <p>A smaller cupcake liner can also be glued at the centre of the first liner and will give the flower a contrasting layer.</p> <ol style="list-style-type: none"> 1. Add stems - glue or tape a craft stick, drinking straw at the back of each flower. 	<p>Growing Cress Seeds</p>  <p>What you will need:</p> <ul style="list-style-type: none"> Empty egg shell Cress seeds Cotton wall balls <p>Quick and easy, with incredible edible results. Being able to grow food that you can eat, helps develop an understanding of seed to plate and the importance of water and light for healthy plant growth.</p> <ol style="list-style-type: none"> a) Gently wash away any remaining egg from the shell. b) Thoroughly wet, one or two cotton wool balls, then place in the shell c) Sprinkle the cress seeds onto the cotton wool balls. d) Place in a warm sunny location e) Make sure cotton wool stays damp f) Watch the cress appear g) Once the cress has grown, you can cut and place in a sandwich. <p>We are excited to see a picture of your results, so please share. Happy growing!</p>	<p>The Very Hungry Caterpillar Egg Box</p>  <p>Make the story come alive with your very own hand-made caterpillar!</p> <p>What you will need:</p> <ul style="list-style-type: none"> Egg box Red, green and yellow paint Scissors Pipe cleaners Glue <p>Cut the bottom of a cardboard egg box in half, lengthwise. Paint the head (one end) red, and use green to paint the other parts on the body. Once the red paint has dried, paint two large yellow ovals on the front of the face for eyes, and once they're dry, you can colour the eyes with 2 small blue ovals). Put a small blue or green dot for the nose and the face is done! Poke two holes in the top of the head and cut a length of pipe cleaner. Poke one end of the pipe cleaner to each hole from the bottom and you've got a Very Hungry Little Caterpillar!</p>	<p>Egg and Spoon Race</p>  <p>Try this good old-fashioned outdoor game after your Easter egg hunt is over! Egg and spoon races, date back to the late 1800s. All you need are eggs. (not real ones) You can make one or use metal or wooden spoons for each participant. Race individually or relay-style.</p>	<p>*Talk about your childhood Easter Holiday.</p> <p>*Keep Positive.</p> <p>*Spend some quality time Together!</p> <p>*Enjoy Spring!</p>



FOR MORE INFO EMAIL:

cc@maytree-school.org.uk

Starting Soon



BRING & SHARE BRUNCH AGNES RILEY ONE O'CLOCK CLUB

Lambeth Family Hub Network
Lambeth Start for Life Offer

ATKINS ROAD, SW12 OAH

Thursday 2nd May-18th June 2024
9:30-11:00am



Please bring a healthy snack/dish to share with your friends

0-5 YRS (TERM TIME ONLY)

Lunch will not be provided by the CC

BRING & SHARE AT AGNES RILEY

We are excited to bring back our Bring and Share session at the Agnes Riley Gardens on a Thursday morning.

Starting Thursday 2nd May
9.30-11.00am (*TERM TIME ONLY*)

Please bring a healthy snack/dish to share with your friends

Lunch will not be provided by the CC

FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Parenting Groups/Courses


Lambeth



BABY MASSAGE

Come along and enjoy our 5 week baby massage classes with Gosia

Massage classes are for parents with babies aged 6 weeks up to pre-crawlers

Friday 26th Apr - 24th May 2024
(DATE CHANGE)
10-11am

*Maytree Children's Centre
4 Allingham Road, SW4 8EG*

Tuesday 11th Jun - 9th Jul 2024
2-3pm

*Clapham Manor Children's Centre
16 Belmont Close, SW4 6AT*

To book a place, please email or contact one of our centres



FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Parenting Groups/Courses

Together Time Group



Who is the group for?

For parents with babies aged 3-8 months.

Join us to learn about baby-led play which helps you and your baby build confidence along your parenting journey.

You will meet other parents and discuss your parenting experiences in a relaxed environment.



How can I take part?

You can get in touch yourself to sign up, using the contact details below:

Contact the team on 07740421626
pairs_lambeth@slam.nhs.uk

Together Time will help you to:

- Strengthen your relationship with your baby
- Be with and observe your baby in the 'here and now'
- Explore your baby's thoughts, feelings and behaviour in a mindful way
- Discuss your experience of your child's play and interaction.

Where and when is the group?

Our groups run every term at local Children's Centres. They will be advertised through the Children's Centre programmes. You can also find out about upcoming groups through www.lambeth.gov.uk/parenting



Lambeth Family Hub Network
Lambeth Start for Life Offer

NHS
South London and Maudsley
NHS Foundation Trust

Lambeth



Circle of Security Parenting

The programme is designed to offer you relationship tools to provide you with a new way of understanding your child's needs, helping them feel more secure and you feel more confident as a parent.



What is Circle of Security Parenting?

A FREE 8-week programme, with creche available. You'll learn how to:

- Understand your child's emotional world by learning to read their emotional needs.
- Support your child's ability to manage emotions.
- Enhance the development of your child's self-esteem.

The programme is offered to Lambeth families with children aged 6 months to 5 years.

Where will the sessions be held? In Children's Centres across the borough of Lambeth.

When does the programme start and how do I sign up? The programme starts in Clapham/Brixton Hill CC. To find out more about what the programme is, contact your local Children's Centre near you and to sign up, please visit www.lambeth.gov.uk/parenting and we will contact you with further details. May - 4th July

Lambeth Family Hub Network
Lambeth Start for Life Offer

NHS
South London and Maudsley
NHS Foundation Trust

Lambeth



Lambeth

Do you know that Lambeth offer an antenatal education programme called Baby Steps for expectant parents?



What is Baby Steps?

Baby Steps is a licenced programme developed by the NSPCC offering evidence-based education and support for expectant parents. It is facilitated by a combination of health (midwife or health visitor) and parenting workers and runs over 9 weeks - 6 sessions before and 3 sessions after your baby is born.

The aim of the programme is to increase support available during pregnancy and the first few months of life and prepare parents not only for the birth of their baby, but also their transition to parenthood.



What topics are covered in Baby Steps sessions?

- How our Babies develop
- Our Health and Wellbeing
- Becoming a Parent
- Labour & Giving Birth
- Caring for our Babies
- Preparing for life with a Newborn

Where will the sessions be held? In Children's Centres across Lambeth. Daytimes and evenings available.

When does the programme start? Between 26 - 32 weeks pregnant so please register your interest as soon as possible.

How do I sign up to the programme? If you are currently pregnant, living in Lambeth and interested in taking part, please contact BabySteps@gstt.nhs.uk.

Lambeth Family Hub Network
Lambeth Start for Life Offer

Evelina London
Children's Healthcare

NHS
Guy's and St Thomas'
NHS Foundation Trust

NHS
King's College Hospital
NHS Foundation Trust

FOR MORE INFO EMAIL:

cc@maytree-school.org.uk

Parenting Groups/Courses



Being a Parent : ADHD

A free, 10 week group

To support Lambeth parents with children aged 5-12 years with ADHD

Thursdays 10:00-12:30

Clapham Manor Children's Centre,
SW4 6AT

2nd May— 11th July

(Break for half term 30th May)

- Looking after yourself as a parent
- Recognising and managing children's emotions
- Learn positive parenting strategies
- Improving family life

Sign up at:

www.Lambeth.gov.uk/Parenting
or scan the QR code



EMPOWERING PARENTS
EMPOWERING COMMUNITIES



South London and Maudsley NHS Foundation Trust



Birth to adulthood

Programme Details

Location: Richard Adams Primary School, New Park Road, London, SW2 4JF

Date: Every Wednesday, from 17th April 2024 to 17th July 2024

Time: 9.30am - 12.30 pm

Facilities: Crèche available when booked with Joy & lunch provided

Contact: Joy Chen 07701048479

Sign up at <https://bit.ly/SFSClambeth>

"I found it very supportive being part of a group and sharing ideas with other parents."

Scan here to book a place

FREE

Birth to adulthood

A free inclusive course to help parents and carers to raise healthy and happy children from birth to adulthood.

FREE



strengthening families
strengthening communities

Strengthening families,
strengthening communities

Parents of 11-18 year olds

Programme Details

Location: Get Rid of and Donate CIC, Green Space Works Studio 1 LJ Works, 7 Gastineau Yard, London SW9 7FA

Date: Every Tuesday, from 16th April 2024 to 17th July 2024

Time: 6pm - 9pm

Facilities: Evening meal provided and some help with childcare available (speak to Joy)

Contact: Joy Chen 07701048479

Sign up at <https://bit.ly/SFSClambeth>

"I found it very supportive being part of a group and sharing ideas with other parents."

Scan here to book a place

FREE

Parents of 11-18 year olds

A free inclusive course to help parents and carers to raise healthy and happy young people

FREE



strengthening families
strengthening communities

Strengthening families,
strengthening communities

Birth to adulthood

"I spend more time with my mum, and we communicate better."

About the Programme

Strengthening Families, Strengthening Communities is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident, SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet others and share ideas

All groups end with a celebration. You will receive a certificate and a parent manual.

"I loved the programme and will ask my friends and relatives to go as well."

Birth to adulthood

"I spend more time with my mum, and we communicate better."

About the Programme

Strengthening Families, Strengthening Communities is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children and teenagers.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident, SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

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"I loved the programme and will ask my friends and relatives to go as well."

FOR MORE INFO EMAIL:

cc@maytree-school.org.uk

Parenting Groups/Courses

HENRY: a healthy start for a brighter future

A holistic approach that focuses on improving nutrition, emotional wellbeing, parenting confidence, oral health and a more active lifestyle.

Evelina London is providing free local HENRY sessions for Lambeth & Southwark families with children under 5.

We offer individual workshops on the following topics:

- Starting Solids
- Fussy Eating
- Healthy Drinks
- Healthy Teeth
- Eating Well for Less
- Let's Get Active

We also offer an 8-week programme called 'Healthy Families: Right from the Start'.

For full information, upcoming dates, locations and how to book your place, please visit our page on the Evelina London website:

evelinalondon.nhs.uk/henry



www.henry.org.uk

Starting Solids workshop
Thursday 16th May 10:00am to
12:00pm at Tree House Children's
Centre

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What food to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

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For full information, upcoming dates, locations and how to book your place, please visit our page on the Evelina London website:

evelinalondon.nhs.uk/henry



www.henry.org.uk

Starting Solids workshop Thursday
13th June 10:00am to 12:00pm at
Tree House Children's Centre

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What food to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Parenting Courses Online



An online course for new and expectant parents

Me, You and Baby Too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

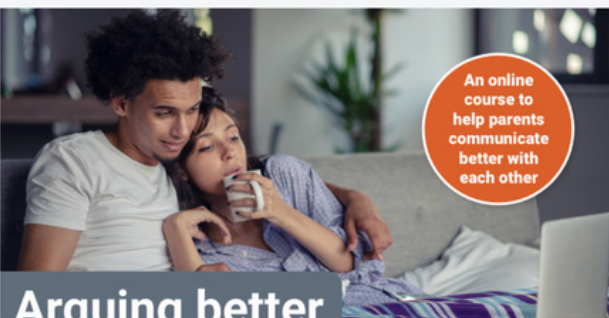
- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



FREE resources on debt and relationships

Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.



To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code



FOR MORE INFO EMAIL:

cc@maytree-school.org.uk

Chattertime/Plus



CHATTERTIME

A play session for children under 5 years with the Speech & Language Therapist.
Join us for **playing, singing, rhymes, stories, support and advice.**

All sessions are run **TERM TIME ONLY**

Liz Atkinson Children's Centre SW9 6PH Mondays 10-11:30am Contact 020 4530 5735	Stockwell Children's Centre SW9 9QJ Tuesdays 10-11:30am Contact 020 732 67328	Maytree Children's Centre SW4 8EG Tuesdays 13:30-15:00 Contact 020 8671 3298	LEAP Baby Chattertime Loughborough Children's Centre SW9 7UA Wednesdays 13:30-14:30 Contact 020 7274 8374	Ethelred Children's Centre SE11 6BG Thursdays 10-11:30am Contact 020 7582 9711	Benton's Lane Children's Centre SE27 9UD Thursdays 9:30-11:00am Contact 020 4542 3520	Sunnyhill Children's Centre SW16 2UW Fridays 9:30-11:00am Contact 020 4548 2561
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Autumn 2023 half term edit

Follow us on Facebook for top tips and activity ideas: @EvelinaSLT

E-mail: gst-tr.contactsit@nhs.net
Website: www.evelinalondon.nhs.uk/communityspeechandlanguage



CHATTERTIME

A play session for children under 5 years with the Speech & Language Therapist.
Join us for **playing, singing, rhymes, stories, support and advice.**

All sessions are run **TERM TIME ONLY**

Albrighton Children's Centre SE22 8AH Wednesdays 13:00-14:15 Contact 0207 525 2017	Victory Children and Family Centre SE17 1PT Tuesdays 10-11:30am Contact 0207 740 8070	Leyton Square Children and Family Centre SE15 6TP Wednesdays 10-11:30am Contact 0207 252 8265	Rye Oak Children's Centre SE15 3PD Thursdays 10-11:30am Contact 0203 848 5780
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Website: www.evelinalondon.nhs.uk/communityspeechandlanguage



CHATTERTIME PLUS

A stay and play group that is tailored to support children with complex communication needs who may need help with several areas of communication, such as attention, social interaction, behaviour, understanding language and talking.
Join us for **playing, support and advice.**

All sessions are run **TERM TIME ONLY**

Dulwich Wood Children and Family Centre SE21 8QS Wednesdays 10-11:30am Contact 0207 525 2017	Ellen Brown Children and Family Centre SE1 3EU Wednesdays 1:30-3pm Contact 0207 358 2878	Treehouse Children's Centre SW2 2RW Wednesdays 1:30-3pm Contact 020 8674 6060
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FOR MORE INFO EMAIL: cc@maytree-school.org.uk

Services in Lambeth

OUR SERVICES IN LAMBETH



We are the leading advice charity supporting individuals and families who live, work or study in the London Borough of Lambeth.

Our services are free, impartial, independent and confidential.



Our services and support are available by telephone, video conference, online and face-to-face. Contact us:

- Lambeth Adviceline: 0800 254 0298 (Freephone, Monday-Friday, 10am-4pm)
- Via our secure form: www.caml.org.uk/advice-contact
- Via email: informationsupport@caml.org.uk (if you have a query and are not sure what next steps to take)
- We are at 91 Kennington Lane, SE11 4HQ on Mondays, Tuesdays and Wednesdays**

Other specialist services and ways we can help are explained overleaf.

Council Tax Summons

If you have received a council tax summons or are concerned about council tax arrears, please email counciltaxsummons@caml.org.uk

Living Well

Our Lambeth Living Well team are based in local communities providing support in priority areas of need. Please see website for locations: <https://www.caml.org.uk/lambeth-living-well-service/>
Email: lambethlivingwell@caml.org.uk

Children's Centres

We offer telephone, video conferencing, and face-to-face appointments in Lambeth Children Centres for parents and carers of children under five. For more information speak to your nearest Children Centre: <https://lambeth.gov.uk/children-young-people-families/childrens-centres>

L&Q Pound Advice Service

If you're a L&Q Housing resident seeking debt and financial capability support, you can call 020 3475 2221, Text pound to 60777, or email pound@we-are-digital.co.uk

Immigration

This service provides immigration advice and support for Lambeth residents.

Email: immigration@caml.org.uk

Help to Claim Universal Credit

Telephone: 0800 144 8 444, Monday to Friday, 8am-6pm

Live chat: <https://www.citizensadvice.org.uk/help/claim/#h-talk-to-us-online>

Citizens Advice Merton and Lambeth is a registered charity (1046018) and a company limited by guarantee (02914384). Registered office: 7 Crown Parade, Crown Lane, Morden, SM4 5DA. Authorised and regulated by the Financial Conduct Authority (617664).



Better Start Employment and Training Support

Appointments can be face-2-face or over the phone. To book an appointment contact Hubert Humphrey, Employment and Training Officer.
Email: hhumphrey@lambeth.gov.uk / Telephone: **07538183168**

Or Contact your local Children's Centre to book an appointment:
www.lambeth.gov.uk/childrenscentres

**giving
your child
a better
start**

A free and confidential service for parents / carers who are seeking training and employment opportunities.



FOR MORE INFO EMAIL:

cc@maytree-school.org.uk

In the Community



Low Cost/No Cost Family Fun in London



Please look at the organisations' websites to double check times and arrangements

Slade Gardens Easter Egg Hunt **FREE**

For children under 6years old
Saturday 23 March 2024 2-3.00pm
73 A&b Stockwell Park Rd, SW9 0AD
sladeadventure@btinternet.com 020 77373829 <https://sladeadventure.co.uk/>

Family Fun Day Spring Celebration **FREE**

Saturday 23rd March 2024 12-3pm
Free food and snacks, children's activities and face painting
Dwaynatics, Loughborough Park Community Centre inside the park SW9 8UA
Entrances by 5 Moorland Rd or Loughborough Park Rd
contactus@healthylivingplatform.org 07701365551 <https://healthylivingplatform.org/>

Horizon 22 **FREE**

For all ages
London's highest free viewing platform
There a limited number of walk-in slots available. However, it's advisable to secure your reservation weeks in advance.
22 Bishopsgate London, EC2N 4BQ
<https://horizon22.co.uk/>

Community Choir Boury Academy **FREE**

For all ages
Wednesdays 6-7.30pm
The Boury Studios Top Floor, Wyvil School, S Lambeth Rd, London SW8 2TJ
<https://www.thebouryacademy.co.uk/>

Paddlesport sessions at The Pirate Castle **FREE**

Sundays, 2pm to 3.30pm, from 4 February until 27 October 2024 (including school holidays)
Max 16 spaces available per session, pre-booking essential.
The Pirate Castle, Gilbey's Wharf, Oval Road, London, NW1 7EA.
These sessions are targeted at young Londoners aged 8 to 17 who meet Go! London's eligibility criteria. Email info@thepiratecastle.org or call 020 7267 6605 for more information and to book.

British Museum: Making Mosaics **FREE**

Every Saturday 2 March - 25 May 10am -4pm
44 Great Russell Street, WC1B 3DG / 020 7323 8000 / www.britishmuseum.org
Nearest tube: Holborn/Russell Square **FREE**, drop in (Age 5+)
Bring your family on a journey to explore colourful Roman mosaics and design a magnificent mosaic inspired by objects from the Museum in this free, drop-in event.
<https://www.britishmuseum.org/events/making-mosaics-rome>

Pimlico Road Farmers Market **FREE**

Every Saturday 9 AM - 2 pm
Orange Square, corner of Pimlico Road and Ebury Street, South West London
Fun things for children nearby: Battersea Park and Battersea PowerStation Park
www.lfm.org.uk

Isla, Brixton Learning Collaborative (brixtonlearningassistant@gmail.com)
Rachel Thomas, Windmill Cluster (rthomas@sudbourne.com)



To find out more and to see what else may be going on in the local community and with other organisations, have a look at our notice board by clicking on the link [Live Notice Board](#)

Useful Information



HM Government

Help for Households



Get help that fits your family

Government support with the costs of childcare could help you juggle work and life.

Childcare Choices

Get help paying for your childcare

Childcare costs can put a strain on families' budgets, but existing government support available now could help you with:

15 hours childcare for all families in England with 3 and 4 year olds for 38 weeks of the year.

30 hours childcare for eligible working parents in England with 3 and 4 year olds for 38 weeks of the year.

Tax-Free Childcare: eligible working parents with children aged 11 or under can get up to £2,000 per child each year towards their childcare costs, or up to £4,000 for children with a disability aged 16 or under.

Universal Credit Childcare: eligible working parents in the UK can claim back up to 85% of their childcare costs for children aged 0-16. Plus, eligible parents can access Universal Credit funds upfront, helping those who are starting a job or increasing work hours.

And did you know..?

- You can use your 15/30 hours alongside other childcare schemes such as Tax-Free Childcare or Universal Credit Childcare.
- You can use your hours at up to two different providers per day, and hours can be accepted at a variety of childcare providers, including nurseries, childminders, and preschools.
- Some providers will allow you to 'stretch' your hours across the year, by using fewer hours over more weeks, giving you more flexibility.
- If you have a new baby, you can claim Child Benefit online. Visit [gov.uk/child-benefit](https://www.gov.uk/child-benefit) to find out more and apply.
- You can find free and affordable family events near you by using the Help for Households map at bit.ly/h4hmap.
- You can learn more about wider financial support by searching **Help for Households**.



Even more childcare support for working parents

Alongside the existing offers for 3 and 4 year olds, the government is expanding childcare support, so it's affordable and accessible for even more working parents.

APR
2024

SEP
2024

SEP
2025

For eligible working families in England.

Each parent earning at least the equivalent of 16 hours/week at national minimum wage but under £100,000 adjusted net income/year.

15 hours childcare for 38 weeks per year (up to 570 hours) for 2 year olds

15 hours childcare for 38 weeks per year (up to 570 hours) for children between 9 and 23 months old

30 hours childcare for 38 weeks per year (up to 1,140 hours) for children from 9 months up to school age

What about before and after school childcare?

If you are eligible for Tax-Free Childcare or Universal Credit Childcare, you can use the support to help pay for before and after school childcare, also known as 'wraparound childcare'.

This includes regular before and after school provision that runs from 8am until 6pm or later, either on a school site or at another local setting.

To support more working families, from September 2024, parents of primary school children in England can expect to see an increase in wraparound childcare.

To find out more, talk to your child's school or your local authority's Family Information Service.

What to do next

Visit [childcarechoices.gov.uk](https://www.childcarechoices.gov.uk) to check what help you might be eligible for now and in the future and when best to apply

15/30 hours childcare	Tax-Free Childcare	Universal Credit Childcare
Follow the steps on gov.uk to get your childcare code by 31st March for your child to start in childcare from 1st April; by 31st August to start from 1st September; or by 31st December to start from 1st January, following your child turning the relevant age	Follow the steps on gov.uk to create a Tax-Free Childcare account	Search Universal Credit Childcare Costs to check your eligibility
If you haven't used a childcare provider before or want to change it, find the right one for you and check whether they offer 15/30 hours childcare	If you have more than one eligible child, create an account for each child	Contact your work coach about your options
Give your code to your childcare provider	The government top-up is then applied to deposits made for each child, not households	Check with your local authority whether you might also be eligible for additional forms of government support
Reconfirm your details every three months on your gov.uk account to continue receiving the government support		



Scan the QR code or search **Childcare Choices** to find out more

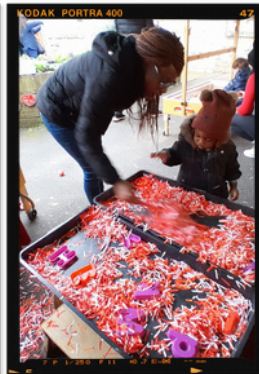
To find out more and to see what else may be going on in the local community and with other organisations, have a look at our notice board by clicking on the [link Live Notice Board](#)

Looking back

Thank you!

As we have come to the end of a busy, fun and exciting Spring term.

The Children's Centre team would like to thank you all for your continued support and feedback!



BETTER START TEAM

Support to families with children aged 0 – 11 in Lambeth

- Support for new parents
- Feeding your baby
- Feeding your family
- Managing your money (financial support, income support, benefits and advice)
- Parental health and wellbeing
- Parenting your child
- Your child's diet, health and development
- Families with a child with SEND
- Preparing your child for nursery or school
- Finding employment

FOR MORE INFO EMAIL:

cc@maytree-school.org.uk