

Children's Centre Services in Area 4

Bellingham, Forest Hill, Sydenham and Perry Vale



Weekly Activities for October 2011

please note:


groups and services are subject to change please call to confirm

SureStart

Bellingham Children's Centre
109a Randlesdown Road
Bellingham
SE6 3HB **020 8314 3232**

Back to Work Benefits Advice

Yvonne Jackson
07725 143 076

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		<p>Breast Feeding Café 10am – 12pm Sue: 07766 524 794</p> <p>Child Development Reviews Appointment only 020 8695 8250</p>	<p>Stop Smoking Advice one to one appointment only 11am - 1pm Contact Joanna Orpin 07717 892 074</p>	<p>Health Visitor advice & baby weighing 9.30am-11.30am 020 8695 8250</p>	<p>Child Development Reviews Appointment only 020 8695 8250</p>
Afternoon	<p>Lewisham Plus Credit Union (alternate Mondays) 3pm - 4pm</p> <p>A safe and easy way to save and repay your loan. Local residents can also apply for a current account. Call 020 8778 4738 for more information</p>				

Children's
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Area 4
020 8695
6236





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SureStart

Bellingham Children's Centre
 109 - 111 Randlesdown Road (The old Bellingham Housing Office)
 Bellingham
 SE6 3HB
 020 8314 3232 for more information

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Phoenix Community Housing Drop In 9am - 11am Freephone: 0800 0285 700				
				Phoenix Community Housing Drop In 3pm - 5pm Freephone: 0800 0285 700	
Afternoon					

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Bellingham Other					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Under 5's Play Area Bellingham Green SE6	<p style="text-align: center;">Monday - Friday 9am - 5pm</p> <p style="text-align: center;">Saturdays 10am - 3pm</p> <p style="text-align: center;">Tel: 020 8698 4617</p> 				
Baby Gym Gateway Building, Brokehowse Road Bellingham SE6 (there is a charge for this session)					<p style="text-align: center;">Friday 14th and 28th October</p> <p style="text-align: center;">(Under 3's only)</p> <p style="text-align: center;">10am - 12 noon</p> <p style="text-align: center;">(term time only)</p> <p style="text-align: center;">£1 per session</p>

Please note the Baby Gym runs on alternate Fridays - dates above

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Bellingham Saturday Events

Under 5's Play Area

10am - 3pm
Bellingham Green, SE6
020 8698 4617

Eliot Bank Children's Centre, Thorpewood Avenue, Sydenham, SE26 4BU Tel: 020 8314 7410
Eliot Bank School Breakfast Club provided by Rocks and Pebbles 7.45am - 8.55am
contact Kate Asaf for information On 07776 100 971

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Eliot Bank School Child and Family Support Events coming soon 'Cook and Eat' sessions Call Jo McEwan on 020 8699 0586 for more information	Community Midwives Antenatal Clinic 9.00am - 12 noon Call the midwives: Sue:07766 524 794 Sarah:07717 661 262 Nancy:07796 693 734 Leanne:07717468808 For more information	Dance to the Beat Music Group 9.15am -11am Musical fun and games. For families with children under 5 Drop in or call 020 8314 7410	EBSA (Eliot Bank School Association) 9am - 10.30am by arrangement 
Afternoon	Community Midwives Antenatal Classes 1.30pm - 3.30pm Call the midwives: Sue:07766 524 794 Sarah:07717 661 262 Nancy:07796 693 734 Leanne:07717468808 For more information	Lewisham PCT Health Visitor Clinic 1.30pm - 3.30pm Call the Health Visitors Krystyna Anderson 020 3049 2790 Caroline Walton 020 3049 2791 or Sydenham HV Support team 020 3049 2755 for more information	Community Midwives Breastfeeding Café 1pm - 3pm Call the midwives: Sue:07766 524 794 Sarah:07717 661 262 Nancy:07796 693 734 Leanne:07717468808 For more information	Messy Play 1.30pm - 3.30pm Get creative with your children. For families with children under 5. Drop in or call the Centre	Community Midwives Baby Massage 1.30pm - 3pm By arrangement only Call the midwives (see Monday for contacts)

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Kelvin Grove Children's Centre, Kirkdale, Sydenham SE26 6BB 020 8613 0172 and 020 8699 1577	Back to Work Benefits Advice Yvonne Jackson 07725 143 076
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Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Stop Smoking Clinic for pregnant women, their families and parents with children under 5 APPOINTMENT ONLY 1.30pm - 3pm Contact Joanna Orpin 07717 892 074		'Messy Play' Stay and Play Session 9.30 - 11.30
Afternoon				Rhyme Time and Stay and Play Session 1.30 - 3pm	

Kilmore Children's Centre Kilmore Road Forest Hill SE23 2SP 020 8699 7802 and 07824 617 806
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Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Childminder Network Drop – in 9.30 – 11.30 The Bunbury Childminders project provides support to childminders and children in their care. Term Time Only	Health Visitor Baby Clinic 9.30 – 11.30 Health Visitors are qualified and registered nurses & midwives			Twins Group 9.30 - 11.30 sessions are run for parents by parents with activities , help, advice and support. Call Roz 07824 617 806
Afternoon	Post Natal Group 1pm - 3pm By invite only <hr/> Call 020 3049 2784 / 2786 for more information		Health Visitor Developmental checks <hr/> By appointment only	Stop Smoking Clinic 1.30pm - 3.30pm Contact Joanna Orpin 07717 892 074	Job Club 1pm - 2.30pm <hr/> Yvonne Jackson 07725 143 076

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Sydenham Hill Community Hall
Sydenham Hill
SE26 6TT

For more information call
Area 4 Children Centre 0208 314 3232

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Baby Gym 10am – 12pm (under 3 years) £1 per session Term time only		

Sydenham Green Crèche
Sydenham Green Health Centre
26 Holmshaw Close
SE26 4TH

For more information call
Area 4 Children Centre 0208 314 3232

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			Baby Clinic 9.30am - 1pm Health Visitor advice, baby weighing and immunisations (Please arrive before 12.30pm for immunisations) 020 3049 2820	Immunisation Drop In 10am - 12noon No appointment necessary Immunisations only	
Afternoon		Story Sack Stay and Play session 1pm - 2.30pm	Rhyme Time 1pm - 2.30pm Singing group to support children's learning and development		

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If you would like more information about any of our services, groups or training then please feel free to call us for more information.

Please note the groups and services are subject to change

Family Information Service Directory

www.lewisham.gov.uk/fis

0800 085 0606

Monday to Friday 9am – 5pm

For more information on activities and services for children and young people in your area

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Notes

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