






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>*10.00-4.00pm Ante Natal class with Lewisham Midwife Team by appointment only. Please call 07787841986 or complete an online referral @lewishamandgreenwich.nhs.uk</p>	<p>*1-2.00pm 2 Year Nursery funding advice & support call to book an appointment on 0208 325 4600</p>  <p>*3.00-6.00pm Artizan Kidz Club Call Heidi on 0208 291 7894 for more details.</p>	<p>*10-11.30 Babies & Crawlers</p>  <p>*12.00-2pm Breastfeeding Support Group- do you need advice & support? No appointment needed.</p> <p>*3.00-6.00pm Artizan Kidz Club Call Heidi on 0208 291 7894 for more details.</p>	<p>*11.00-1pm Clothing Bank The last Thursday of the month 28/09/17, 26/10/17, 30/11/17 and 14/12/17. Please bring proof of address & benefit- call 0208 325 4600 for further details</p> <p>*9.00-5.00pm WGN (Women & Girls Network) Call 020 7610 4678</p> <p>*3.00-6.00pm Artizan Kidz Club Call Heidi on 0208 291 7894 for more details.</p>	<p>*10.00-12.00 Free Legal Advice provided by Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment</p> <p>*10.00-11.45 NCT Baby Massage £78 booking4j@nct.org.uk or call Alison on 03003300700. Families on low incomes call Call 0208 613 0172</p> <p>*1.15-3.15pm Foodie Friday Are you a mum aged 16-28? Learn quick and easy dishes. Crèche available. Shop ingredients for free. Call 0208 613 0172 to book your place.</p>
<p>Kelvin Grove Children and Family Centre Kirkdale SE26 6BB 0208 613 0172</p> <p>Come Correct- Free Condom service for under 25's available at this centre</p>	<p>*9.30-2.30pm L3 Childcare training course- with Elmhouse Training. Call 0208 613 0172 for further details</p>  <p>*10.00-12.00 Little Explorers</p> <p>*1.30-3.00pm Stay and play</p>	<p>Moving Forward Groups (for women) WGN</p> <p>*Focus on growth of self-esteem</p> <p>*Challenge old unhelpful ways of relating to ourselves</p> <p>*Learn to think of ourselves in a positive way</p> <p>12/9-17/10 9.30-11.30am 12/9-17/10 12.30-2.30pm 20/2-27/3 10.00-12.30pm Call 0208 613 0172 for further details..</p>	<p>*10-12pm Employment & Training –back to work advice. In partnership with JCP call 0208 613 0172 to book an appointment</p>	<p>*10-12pm Advising Communities Do you need advice with debt, housing, immigration, need to make a benefit claim? Call 0208 613 0172 to make an appointment. Every other Thursday, starts on 14/09.17. (28/09/17, 12/10/17)</p> <p>*1.30pm-3.00pm Imaginative Play</p>	<p>*10.00 12pm A Positive Relationship with your child (4 week course) Parenting course. Call 02086130172 to book a place</p> <p>*1.30-2. 30pm Five to Thrive a play session that promotes <i>the</i> following :Respond, Cuddle, Relax, Play and Talk</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p> <p>Term time only</p>	<p>*1.00-2.00pm Mama & Bubba Workout club Get in shape, make new friends & have fun, in a child friendly environment £2 per session, families on low incomes free.</p>	<p>*9.30-10.15 Latino Bambino</p> <p>*10.15-11.00 Baby Latino Bambino There is limited access to session participation on a 1st come basis. If session overcrowded priority given to families from SE23 & SE26 £2 per session, families on low income free</p>	<p>*1.00-2.30pm Adventure Time</p> 	<p>*10.00-11.30 Giant Messy Play</p> <p>*1.00-2.00pm Mama & Bubba Workout club – Get in shape, make new friends & have fun, in a child friendly environment £2 per session, families on low incomes free</p>	<p>*10.00-11.30 Adventure Time</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's Centre at Eliot Bank & Kelvin Grove offers a range of activities and services for children & families to encourage better life chances for all. At EB&KGCC 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.



We also offer the following

- **Employment & Training advice**
- **Training courses in Childcare & Health & Social Care**
- **NCT Baby massage**
- **Family Support & advice Call 0208 613 0172**
- **Housing, debt & benefit advice**
- **Breast feeding support**
- **Free legal advice**
- **Parenting support**



Free advice on immigration, asylum and nationality law available. For more information call the centre or email mcp@coram.org.uk

You can find us on    look for eliot&kelvin