








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>10.00-16.00 Ante Natal Clinic with Lewisham Midwifery Team. By appointment only. Please call 07787841986, or complete an online referral at: lewishamandgreenwich.nhs.uk</p> 	<p>10.00-12.00 WGN (Women & Girls Network) Moving Forward Starts 8th May- 3rd July Support Group for Women, with a focus on growth of self-esteem. Call 0208 7610 4679 for further information</p> <p>09.00-17.00 WGN counselling service</p> <p>15.00-18.00 Artizan Kidz Club for children attending Eliot Bank Sch. Call Heidi on 0208 291 7894 for more details</p>	<p>09.30-11.30 Post Natal Clinic. By appointment only Please call: 02086996151</p> <p>12.00-14.00 Breastfeeding Support Group. Do you need advice & support with feeding? Come and speak to a Midwife and meet other mums. No appointment needed</p> <p>15.00-18.00 Artizan Kidz Club for children attending Eliot Bank Sch. Call Heidi on 0208 291 7894 for more details</p>	<p>09.00-17.00 WGN Counselling Service</p> <p>11.00-13.00 Clothing Bank. The last Thursday of the month (27/4, 31/5, 28/6) Please bring proof of address & benefit. No need to book</p> <p>15.00-18.00 Artizan Kidz Club for children attending Eliot Bank Sch. Call Heidi on 0208 291 7894 for more details</p>	<p>09.00-13.00 Post Natal Clinic (Indigo Maternity Team) By appointment only: Call 07932136397</p> <p>10.00-12.00 Free Legal Advice Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment</p> <p>13.15-15.15 Foodie Friday. Are you a mum aged 16-28? Learn quick and easy healthy dishes. Shop the ingredients and more for free. Crèche available. 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>10.00-11.30 Babies & Crawlers</p>  <p>13.00-14.30 Big Songs for little people</p> 	<p>10.00-12.00 SMART L2 Childcare Training- Please call 0208 613 0172 for further details</p> 	<p>10.00-12.00 Employment & Training Back to Work Advice & Support. Call 0208 613 0172 to book an appointment</p> <p>13.00-15.00 Fun Cooking with toddlers. Try some healthy recipes, cook with your little one. Spaces allocated on a 1st come 1st served basis. Call 0208 613 0172 to book your space</p> 	<p>10.00-14.00 Advising Communities. Do you need advice with housing issues, debt, immigration or do you need to make a benefit claim? Call 0208 613 0172 to make an appointment</p> <p>13.00-14.30 Stay & Play</p> 	<p>10.00-12.00 A Positive Relationship with your child (4 week course). Call 0208 613 0172 to book a place</p> 
<p>TNG 111 Wells Park Rd SE26 6AD</p> <p>Term time only</p>	<p>13.00-14.00 Mama & Bubba Workout Club Get in shape, make new friends & have fun, in a child friendly environment</p> <p>£2 per session, families on low income attend for free</p>	<p>9.30-10.15 Latino Bambino (Toddlers)</p> <p>10.15-11.00 Baby Latino Bambino(Babies) No need to book but places are allocated on a 1st come 1st served basis. £2 per session, families on low income free</p>	<p>10.00-11.30 Giant Messy Play Please donate items for the session, e.g. flour, shaving foam, cornflour</p> <p>13.00-14.30 Adventure Time</p> <p>Health visitors Toddler Hub coming soon</p>	<p>10.00.11.30 Adventure Time</p> <p>13.00-14.00 Mama & Bubba Workout Club £2 per session, families on low income attend for free</p>	<p>Thank you for your continued support for Kelvin Grove & Eliot Bank Children and Family Centre</p> <p><i>Thank You</i></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 and Family Centre at Kelvin Grove & Eliot Bank offers a range of activities and services for children & families in SE23 & SE26 to encourage better life chances for all. At KG&EBCFC 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**
- **Family Support & advice Call 0208 613 0172**
- **Housing, debt & benefit advice**
- **Breast feeding support**
- **Free legal advice**
- **Parenting support & advice**
- **Maternity Services**



Check out our website www.lewishamcfc.org.uk

You can find us on    look for eliot&kelvin