

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>PLEASE FOLLOW CFC COVID PROTOCOL</p>	<p>10.00-11.30 Babies & Crawlers A great session for your little humans aged 0-18mths a lovely calm, safe space to explore & have fun Please book your place 02086130172</p> <p>13.00-14.30 Adventure Time (soft play) Please call 0208 613 0172 to book a place as spaces are limited</p>	<p>WGN counselling service Call the Advice Line on 0808 801 0660 for further information</p> <p>9.30-10.15 Latino Bambino Class 1 10.15-11.00 Latino Bambino Class 2 £2 per session, families on low income free Please call 0208 613 0172 to book a place as spaces are limited</p>	<p>10.00 – 11.30 Story telling Puppet Show. A session for 0-5 years show casing stories through a puppet show. Please call 0208 613 0172 to book a place as spaces are limited 9.30-16.30 Blubell & Indigo Team Anti & Post natal clinic This clinic is by appointment only. Please call: 07766248935 for enquiries</p> <p>Breastfeeding Support Support is now available online. For more information, please visit lewishamandgreenwich.nhs.uk/breastfeeding</p>	<p>10.00- 11.30 Messy Play Please call 0208 613 0172 to book a place as spaces are limited. We would appreciate donation of 50p towards materials or (flour, shaving foam, rice, pasta)</p> <p>10.00-11.00 (online) Baby Massage Learn massage techniques to calm your baby in 5 weeks Please call 0208 613 0172 to book a place as spaces are limited</p>	<p>10.00-12.00 Free Legal Advice Duncan Lewis Solicitors Call 0208 325 4600 to book an appointment</p> <p>11.00-13.15 L.I.F.E Are you a mum aged 16-35? Learn quick and easy healthy dishes. Shop the ingredients and more for free. Crèche available. LIVING INDEPENDENTLY FOR EVER Please call 0208 613 0172 to book a place as spaces are limited</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>PLEASE FOLLOW CFC COVID PROTOCOL</p>	<p>13.00-14.00 A Positive Relationship with your child (4week course). Please call 0208 613 0172 to book a place as spaces are limited</p> <p>Mama & Papa Workout Club ONLINE 10.00-11.00 HIIT-Fat Burn (High intensity/fat burn class)</p>	<p>10.00-12.00 Family Support Advice Call 0208 613 0172 to book appointment</p>	<p>12.30-14.00 KGEB Mini Food Bank (food donation scheme) Call 0208 613 0172 for details We would appreciate any food donations to help families in need</p>	<p>10.00-12.00 Employment & Training Back to Work Advice & Support. Appointment only Call 0208 613 0172</p> <p>Mama & Papa Workout Club ONLINE 10.00-11.00 Core & Stability(ideal for new mums who need to build strength,recover from pregnancy)</p>	<p>Mama & Papa Workout Club ONLINE 10.00-11.00 Weights Resistance (build muscle, lose weight & tone)</p> <p>All Mama & Papa classes will be delivered online. Booking details are as follows: https://www.cognitofirms.com/SchoolBusinessManagerForms/ChildrensCentreSessionsBookingForm.</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 Eliot Bank & Kelvin Grove offers a range of activities and services for children & families 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.

