

# Children's Centre Services in Area 4

Bellingham, Forest Hill, Sydenham and Perry Vale



Weekly Activities for September 2010

## SureStart

Bellingham Children's Centre  
109a Randlesdown Road  
Bellingham  
SE6 3HB  
020 8695 6236

Dad's Group - last Saturday of each month.

10.00am - 12 noon  
Contact Barbara Thompson for more information  
07525 671 132

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p><b>Back to Work Benefits Advice Drop In</b></p> <p>9.30am - 12 noon Yvonne Jackson 07725 143 076</p>	<p><b>Breast Feeding Café</b></p> <p>10.00am – 12.00noon</p>		<p><b>Children's Centre Drop-in</b> 9.30am-11.30am Health Visitor advice &amp; baby weighing</p> <p>020 8695 8250</p>	<p><b>Child Development Reviews</b></p> <p>Appointment only</p> <p>020 8695 8250</p>
<b>Afternoon</b>	<p><b>Monday – ESOL</b></p> <p>1.00pm - 3.00pm</p> <p>Learn English. To enrol contact <b>Community Education Lewisham</b> on 020 8699 7323 or email <a href="mailto:ruhsar.osman@lewisham.gov.uk">ruhsar.osman@lewisham.gov.uk</a></p>	<p><b>Childminder's Drop In</b> Starting 28th September</p> <p>1.30pm - 3.30pm (Term time only) Contact <b>Rita Curtin</b> 07841 733 687</p>	<p><b>"My Time"</b> 1.00pm - 3.00pm</p> <p>Young Parent's Group (age 22 and under)</p> <p>Contact Louise on 07545 737 420</p> 		<p><b>Specialist Dietitian</b></p> <p>2.00pm - 4.00pm</p> <p>Livia La Camera 07500 050 753</p>
	<p><b>'Help with your Money Matters'</b> Monday 6th September 9.00am - 12 noon Book your FREE session with a Money Guide 020 8695 6236</p>				

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## SureStart

**Bellingham Children's Centre**  
**109 - 111 Randlesdown Road (The old Bellingham Housing Office)**  
**Bellingham**  
**SE6 3HB**  
**020 8314 7928**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	Until further notice - Oral Health Drop In and Credit Union still running in the Children's Centre Shop, 22, Randlesdown Road, SE6 3BT.				
<b>Morning</b>	<p><b>Phoenix Community Housing Drop In</b> 9.00am - 11.00am</p> <p>Freephone: <b>0800 0285 700</b></p>	<p><b>(Shop) Oral Health Information drop-in</b></p> <p><b>10am - 12 noon</b></p> <p>A chance for parents to discuss their child's oral health with Lyndsey Stapleton, Area 4's Oral Health Promoter. 020 8698 5205</p>			
<b>Afternoon</b>	<p><b>(Shop) Lewisham Plus Credit Union</b></p> <p><b>3.00pm - 4.00pm</b></p> <p>A safe and easy way to save and repay your loan. Local residents can also apply for a current account. <b>Call 020 8778 4738 for more information</b></p>			<p><b>Phoenix Community Housing Drop In</b> 3.00pm - 5.00pm</p> <p>Freephone: <b>0800 0285 700</b></p>	

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## SureStart

### Bellingham Other

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Under 5's Play Area</b> Bellingham Green SE6	<p style="text-align: center;"><b>Open</b>  <b>Monday -Friday</b>                      9.00am - 5.00pm</p> <p style="text-align: center;"><b>Saturday's</b>                      10.00am - 3.00pm</p>				
<b>Baby Gym</b> Gateway Building, <b>Brookehows Road</b> Bellingham SE6 This popular session is now split into two sessions					<p style="text-align: center;"><b>Friday</b>  <b>(Under 3's only)</b></p> <p style="text-align: center;">9.55am - 10.55am                      11.00am - 12.00 noon</p> <p style="text-align: center;">Contact Sue Lee,                      Children's Centre Playworker                      07525 910 926  <b>(term time only)</b></p>
<b>Toy Library</b> 24 Randlesdown Road SE6 3BT  020 8698 9381		<p style="text-align: center;"><b>Tuesday</b></p> <p style="text-align: center;"><b>Toy Loan session</b>                      10.00am - 4.00pm                      (membership charges apply)</p>			

<b>'Bell Tots' Parent &amp; Toddler Group United</b> Reformed Church Hall, Bellingham Green SE6 Tuesday and Friday's		<p style="text-align: center;"><b>Tuesday</b></p> <p style="text-align: center;"><b>10.00am – 12noon</b>                      There is a charge for this session</p>			<p style="text-align: center;"><b>Friday</b></p> <p style="text-align: center;"><b>10.00am – 12noon</b>                      There is a charge for this session</p>
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## SureStart

### Bellingham Saturday Events

<b>Toy Library</b> Last Saturday of every month	24 Randlesdown Road Contact Donnis, Gail or Lyn on 020 8695 9381 <b>Membership charges apply</b>
<b>Dad's Drop in</b> Last Saturday of every month	Contact Barbara on 07525 671 132 109a Randlesdown Road, Bellingham, SE6 3HB
<b>Under 5's Play Area</b>	<b>10.00am - 3.00pm</b> Bellingham Green, SE6 020 8698 4617

### Eliot Bank Children's Centre Thorpewood Avenue, Sydenham SE26 4BU 020 8699 7930

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<b>CEL ESOL Course</b> 10.30am-12.30pm (Term time only) Learn English through activities. For parents and children together. Crèche provided. Drop in or call 020 8699 7930	<b>Support sessions For parents.</b> This is not a weekly session so please contact Jo McEwan on 020 8699 0586 for more information	<b>Community Midwives</b> 9.00am - 12.00noon Antenatal follow up appointments Call Sue Rowland for information 07766 524 794	<b>Dance to the Beat Music Group</b> 9.15am-11:00am Musical fun and games. Please call 020 8699 7930 to book a place	<b>Childminders Drop In (Term time only)</b> 9.15am-11.30am Meet other childminders. Led by Heather Brewer (Childminding Playworker)
<b>Afternoon</b>	<b>Community Midwives</b> 1.30pm Bookings clinic Call Sue Rowland for more Information 07766 524 794	<b>Messy Play</b> 1.30pm – 3.30pm For families with Under 5's Drop in or call 020 8699 7930	<b>Community Midwives</b> 1.00pm - 3.00pm <b>Breastfeeding Café</b> Call Sue Rowland for information 07766 524 794		

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## SureStart

### Kelvin Grove Children's Centre

Kirkdale

Sydenham

SE26 6BB 020 8613 0172 and 020 8699 1577

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>			<b>Health Visitors Development Checks</b>  10.00am - 12 noon	<b>Toy Library Stay and play Session</b> 9.15 - 11.15  Telephone 020 8695 9381 for more information	<b>'Messy Play' Stay and Play Session</b> 9.30am - 11.30am
<b>Afternoon</b>	<b>Parent Job Club</b> 1.00pm - 3.00pm Jenny Phillips 07866 856 128 Yvonne Jackson 07725 143 076			<b>Rhyme Time and Stay and Play Session</b> 1.30pm - 3.00pm	

### Kilmorie Children's Centre

Kilmorie Road

Forest Hill

SE23 2SP 020 8699 7802 and 07824 617 806

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<b>Childminder Network Drop – in</b> 9.30am – 11.30am The Bunbury Childmind- ers project provides support to childminders and children in their care. <b>Term Time Only</b>	<b>Health Visitor Baby Clinic</b> 9.30am – 11.30am Health Visitors are qualified and registered nurses & midwives	<b>Toy Library Stay and Play Session</b> 9.30am-11.30am 020 8695 9381	<b>Early Intervention Drop – in</b> 9.30am-11.30am  Term Time Only  	<b>Twins Group</b> 9.30am - 11.30am sessions are run for parents by parents with activities , help, advice and support. Call Roz 07824 617 806
<b>Afternoon</b>	<b>Post Natal Group</b> By invite only  Call 020 7771 4951 for more information				

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**Sydenham Hill Community Hall**  
**Contact:**  
**Bellingham Children's Centre Shop      020 8698 5205**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	<p>Rhyme Time / Singing Group 10am - 10.50am</p> <p>Telephone 020 8695 9381 for more information</p>				<p>Toy Library Stay and Play Session</p> <p>9.30am - 11.30am Telephone 020 8695 9381 for more information</p>

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

**For more information call Area 4 Children Centre 0208 695 6236**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>					
<b>Afternoon</b>	<p><b>Playing with Words</b> 1.00pm - 3.00pm</p> <p>Play and learn with your child. Support your child's early communication skills.</p> <p><b>For future dates contact the Outreach Team on 020 8695 6236</b></p>	<p><b>Story Sack Stay and Play session</b> 1.00pm - 2.30pm</p>	<p><b>Rhyme Time</b> 1.00pm - 2.30pm</p> <p>Singing group to support children's learning and development</p>		

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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](http://www.lewisham.gov.uk/fis)

0800 085 0606

Monday to Friday 9.00am – 5.00pm

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

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