







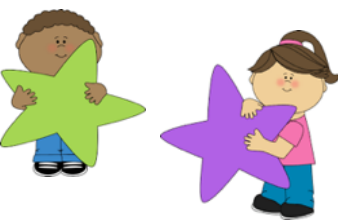


Downderry Children and Family Centre Autumn 2023 Timetable. 020 8695 5915

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We're Not Just Playing Drop in stay and play session. 9:30 – 11:00 (0 - 4 years)</p> <p>Tiny Chefs 10:00 – 12:00 (2 - 4 years) To pre-book your place phone 020 8314 6959 / 020 8314 7775 or book online at https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</p> <p>Breastfeeding Support 1.00 – 3.00 Drop in infant feeding support and advice from the health visiting team.</p>  <p>Bumps and Babies Soft Play Drop in soft play session for non-walkers 1:30 – 3:30 (0 - 15 months)</p>	<p>Tiny Chefs 10:00 – 12:00 (2 - 4 years) To pre-book your place phone 020 8314 6959 / 020 8314 7775 or book online at https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</p>  <p>Jump and Bounce 9:30 – 11:00 Drop in soft play session for toddlers. Younger siblings are welcome. (15 - 36 months)</p>  <p>Child Developmental Reviews 9am – 3pm Please contact your health visiting team to book an appointment.</p>	<p>Midwifery Clinic 9:00 – 4:00 Please speak with your midwife to book an appointment.</p> <p>Child Developmental Reviews 9am – 3pm Please contact your health visiting team to book an appointment.</p> <p>Parent and Baby Yoga 1:30 -2:30 For babies aged 3-9 months and their carer. Places <u>must</u> be booked in advance. Please call 020 8314 6959 / 020 8314 7775 or go to https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</p>  <p>Creative Play 2:00 – 3:00 Drop in session (1 - 4 years. Younger siblings welcome)</p>	<p>Midwifery Clinic 9:00 - 4:00 Please speak with your midwife to book an appointment.</p>  <p>Child Developmental Reviews 9am – 3pm Please contact your health visiting team to book an appointment.</p>  <p>Why not join our Facebook group and keep up to date with what's going on at Downderry Children's Centre</p> 	 <p>Food Sharing Scheme, Clothing, Toy and Equipment Bank 9:00 -10:30 No need to book. Please call for more details.</p> <p>Child Developmental Reviews 9am – 3pm Please contact your health visiting team to book an appointment.</p> <p>Little Stars 1:00 - 2:30 Drop in play session led by childminders. (0 – 4 years)</p> 

Please note: We're Not Just Playing, Bumps and Babies, Jump and Bounce, Creative Play and Little Stars, work on a first come, first served basis and have strict capacity limits. To avoid disappointment, we advise that you arrive promptly at the start of the session. We are unable to guarantee or hold places.