






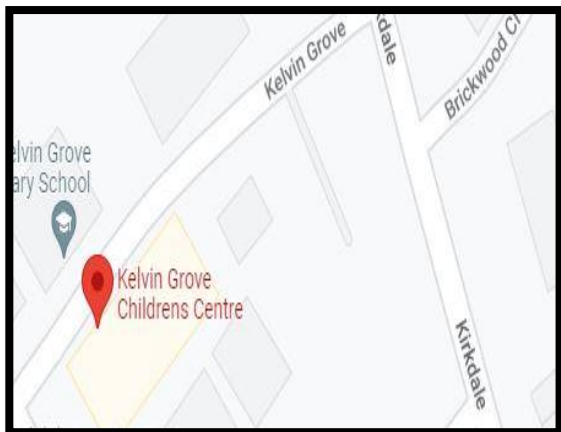


VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kelvin Grove Children & Family Centre Kirkdale SE26 6BB 0208 613 0172	<b>10am-12pm</b> <b>Family Support &amp; Advice Service</b> Call 0208613 0172 to book appointment 	<i>In all of our sessions we promote</i> <i>Five to Thrive because your</i> <i>child's brain grows better when</i> <i>you do five simple things...</i> <b>Respond, Cuddle, Relax, Play and</b> <b>Talk</b> 	We appreciate any food, toiletries & toy donations for our community supermarket. Please call 02086130172 for an updated donation list 	<b>9am-12.00pm</b> <b>1pm-3pm</b> <b>Sydenham Community Supermarket</b> £3.50 per week membership, for more information call 0208 613 0172 or 07535911904 <b>10am-2pm</b> <b>Employment &amp; Training Back to Work Advice &amp; support</b> Call 02086130172 to book an appointment. Sessions every other week	Come Correct-Free condom service for under 25's available at Kelvin Grove Centre Call 0208 613 0172 for further details  Vitamin D available from this centre
Eliot Bank Children & Family Centre Thorpewood Avenue SE26 4BU	<b>10am-11.30am</b> <b>Babies &amp; Crawlers</b> A great session for your little humans aged 0-18mths. A lovely calm, safe space to explore & have fun  <b>11.45pm-12.30pm</b> <b>Snack &amp; Chat</b> Coffee and chat for parents, healthy snack for children while they play 	<b>9am-5pm</b> <b>WGN Counselling Service</b> -call 08088010660 for further information  <b>10am-11.30am</b> <b>Baby Massage</b> Starts 20/09/2023 Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. Call 0208613 0172 to book  <b>1pm-2.30pm</b> <b>Mindful Mums</b> for all mothers & birthing people of babies 0-12months. 12/09/23-10/10/23 <a href="mailto:mindfulmums@blgmind.org.uk">mindfulmums@blgmind.org.uk</a>	<b>10am-11.30am</b> <b>Parent &amp; Baby Yoga</b> FREE taster parent and baby yoga class (for babies 6 weeks to crawling) 29/09/23 & 4/14/23 WFJ1A16EB-call 0208 314 3300 or 0208 314 6677 or 0208 314 6666. 12 week course booking info WFJ1A17EB- 11/10/2023-06/12/2023- Cost £12 & free for those on benefits <b>1pm-2.30pm</b> <b>Mini Chefs</b> Fun cooking session for children (parents can join in) Learning about different foods, creating healthy snacks & having lots of fun as well Starts on 14/09/2023 Please call 020 86130172	<b>9am-2pm</b> <b>Health Visitors Clinic</b> By appointment only. Appointment only, call 0203 049 2755  	<b>10am-12pm</b> Free Legal Advice @ Duncan Lewis Solicitors Call 020 8325 4600 to book an appointment  <b>11am-1.15pm</b> L.I.F.E. Are you a mum who needs cooking ideas for quick & easy healthy meals? Fun session in a friendly environment & you get to shop the ingredients and more for free. Crèche available. Please call 02086130172 to book a place as spaces are limited LIVING INDEPENDENTLY FOR EVER
TNG 111 Wells Park Rd SE26 6AD	Check out our website <a href="http://www.lewishamcfc.org.uk">www.lewishamcfc.org.uk</a> You can find us on  look for eliot&kelvin	<b>9.30am-10.15am</b> <b>Latino Bambino Toddlers</b>  <b>10.15am-11.00am</b> <b>Latino Bambino Mum &amp; Baby</b> (Baby carrier required)	<b>10am-11.30am</b> <b>Adventure Time</b> Soft play, active session for children 0-5 	<b>10am-11.30am</b> <b>Messy Play</b> Allows children to investigate, create, explore and use their senses 	*ALL CHILDMINDERS MUST REGISTER ALL CHILDREN IN THEIR CARE *All sessions held at TNG will be charged @ £2 per adult. Low income families are free

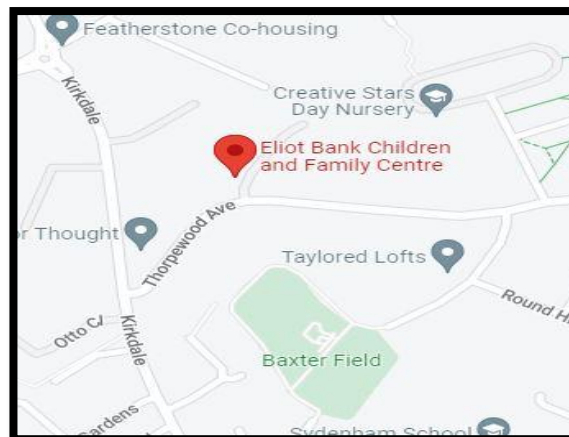


## KELVIN GROVE

CHILDREN AND FAMILY CENTRE

KIRKDALE

SE26 6BB

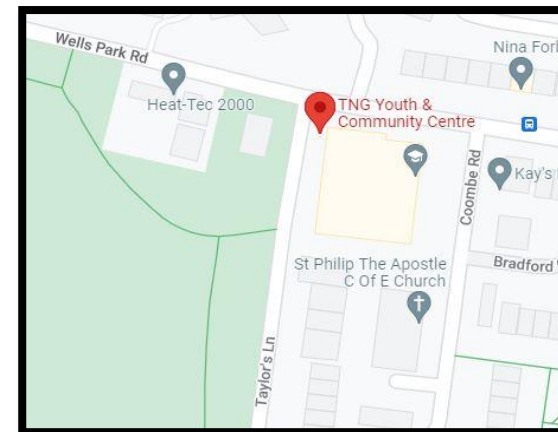


## ELIOT BANK

CHILDREN AND FAMILY CENTRE

THORPEWOOD AVENUE

SE26 4BU



## TNG

(The New Generation Youth Club)

111 WELLS PARK ROAD

SE26 6AD



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