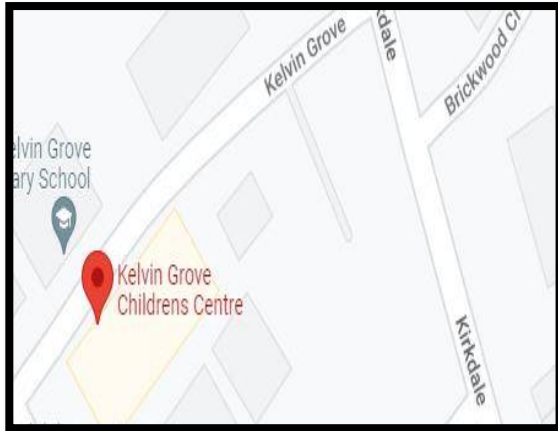


VENUE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kelvin Grove Children & Family Centre Kirkdale SE26 6BB 0208 613 0172</p>	<p>10am-12pm <u>Family Support & Advice Service</u> ★</p>	<p><i>In all of our sessions we promote Five to Thrive because your child's brain grows better when you do five simple things... Respond, Cuddle, Relax, Play and Talk</i></p>	<p>We appreciate any food, toiletries & toy donations for our community supermarket. Please call 02086130172 for an updated donation list</p>	<p>9am-12.00pm 1pm-3pm <u>Sydenham Community Supermarket</u> £4 per week membership, for more information call 0208 613 0172 or 07535911904 10am-2pm <u>Employment & Training Back to Work Advice & support</u> ★</p>	<p>Vitamin D available from this centre</p> <p>*ALL CHILDMINDERS MUST REGISTER ALL CHILDREN IN THEIR CARE</p>
<p>Eliot Bank Children & Family Centre Thorpewood Avenue SE26 4BU</p>	<p>10am-11.30am <u>Babies & Crawlers</u> A great session for your little humans aged 0-18mths. A lovely calm, safe space to explore & have fun</p> <p>12pm-1pm <u>Baby Massage</u> Starts 09/09/2024 Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. ★</p>	<p>9am-5pm <u>WGN Counselling Service</u>-call 08088010660 for further information</p> <p><u>Mindful Mums</u> For all mothers & birthing people of babies 0-12months. mindfulmums@blgmind.org.uk</p>	<p>9am-5pm <u>WGN Counselling Service</u>-call 08088010660 for further information</p> <p>1pm-2.30pm <u>Mini Chefs</u> Fun cooking session for children (parents can join in) Learning about different foods, creating healthy snacks. ★</p>	<p>9am-2pm <u>Health Visitors Clinic</u> By appointment only. Appointment only, call 0203 049 2755</p>	<p>11am-1.15pm <u>Kool Kitchen Klub</u> Learn basic recipes in a friendly environment while having fun. Crèche available. ★</p> <p>10am-12pm <u>Free Legal Advice @ Duncan Lewis Solicitors</u> Call 020 8325 4600 to book an appointment</p>
<p>TNG 111 Wells Park Rd SE26 6AD</p> <p>TERM TIME ONLY</p>	<p>Check out www.lewishamcfc.org.uk You can find us on</p> <p>look for eliot&kelvin</p>	<p>10am-10.45am <u>Tiny Stretchers YOGA class</u> Learn basic postures and concepts of Yoga in a fun and supportive environment, stories, games and creative activities. ★</p>	<p>10am-11.30am <u>Adventure Time</u> Soft play, active session for children 0-5</p>	<p>10am-11.30am <u>Messy Play</u> Allows children to investigate, create, explore and use their senses</p>	<p>★ Session marked with the star must be booked Please call 0208 613 0172</p>

For the latest updates, timetable and more information please follow us on Facebook. Look out for [eliot&kelvin](#)

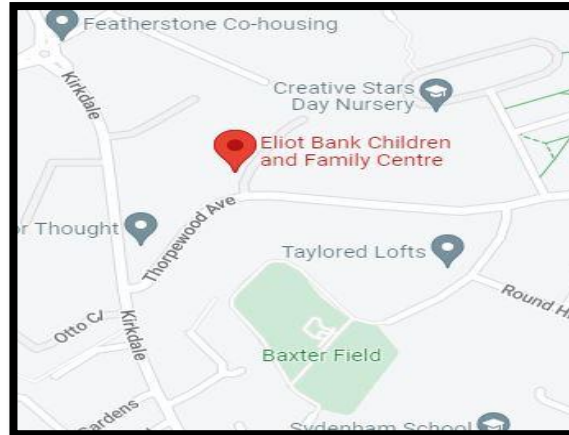


KELVIN GROVE

CHILDREN AND FAMILY CENTRE

KIRKDALE

SE26 6BB

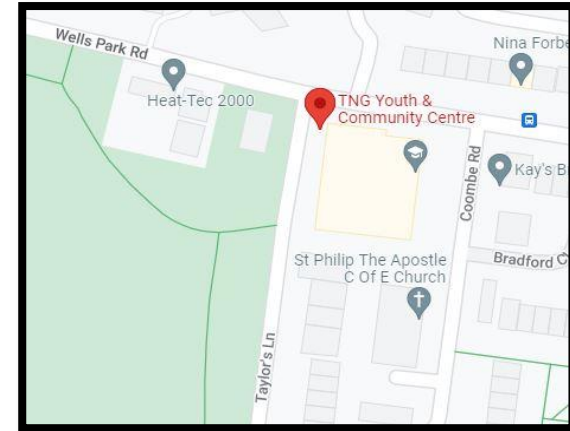


ELIOT BANK

CHILDREN AND FAMILY CENTRE

THORPEWOOD AVENUE

SE26 4BU



TNG

(The New Generation Youth Club)

111 WELLS PARK ROAD

SE26 6AD



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