

# RPS Weekly Newsletter

Well Done!  
So proud of you!



Friday 16th May 2025

Dear Parents and Carers,

A huge 'well done' to all of our **Year 6 pupils** who maintained focus and worked so hard during their SATs tests this week, despite the heat! You were all amazing and we are super proud of you all! Thanks also to the year 6 teaching team and all adults who supported the delivery of the SATs. They kept the children's spirits high! Parents will receive their children's SATs results in their end of year report.

**Creekside Nature Explorers!** It was Year 1's turn to venture to Creekside this week as part of their science learning. They observed minibeasts closely and used simple scientific equipment to gather and record sampling data to help compare and contrast aquatic (environments in water) and terrestrial habitats (environments on land). They were totally enthralled with the activities!



Have a fantastic weekend! Lisa (HoS)



## We love art and wildlife!

After a hectic week of SATS, what better way to unwind than with some art lessons around nature?

Year 6 are participating in 'The Wild Postcard Project', where they are showcasing their creativity while celebrating the wonders of nature found in our own local area. These are their initial sketches and compositions so far. I am sure you will all agree they are absolutely stunning!





## Year 2 trip to St Mary's Church

Year 2 went on a local history trip to St Mary's Church in Rotherhithe. We took part in two sessions. One with Father Micheal to learn about the history of the church. Another outside with the teacher, sketching the bell tower to use in an art lesson where we will engrave clay tiles with the ideas from our sketches.

We also visited the statues of Ada and Alfred Slater in preparation for London History Day where we will learn about Ada's work in the local area.





# Dates for your Diary

5.5.25	Bank holiday Monday school closed
8.5.25	VE 80 <sup>th</sup> celebrations picnic – children can dress up in Red, White and blue.
9.5.25	Presentation for new nursery parents at 9:30 am
Week starting 12.5.25	<b>Year 6 SATS</b> SPaG, Reading, Maths exams Whale class trip to Creekside
12.5.25 & 13.5.25	Eden class parents evening
13.5.25	Octopus class trip to Creekside
19.5.25	New Nursery parents visit at 3:30pm
20.5.25	Year 2 Fire Brigade workshops
21.5.25	Reception children national eye test screening
23.5.25	London History Day
	<b>Half Term Break</b>
2.6.25	Children return to school Trent and Severn class trip to Creekside
3.6.25	Year 6 Michael Morpurgo online workshop
Week starting 9.6.25	<b>Multiplication Check</b> for year 4 to be administered <b>Phonics Screening Check</b> to be administered for Year 1 and some year 2 children
9.6.25	Severn class Garden Museum trip
10.6.25	Trent class Garden Museum trip
13.6.25	Wandle class Creekside trip Class photographs am
26.6.25	<b>Fleet Class</b> Creekside trip Drama 4 all workshops Reception, Nursery and year 1
27.6.25	<b>Ravensbourne</b> Class Creekside trip
2.7.25	Secondary school transition day for many schools
4.7.25	Fleet class trip to Central School of Ballet Spanish Day
8.7.25	Year 4, 5 & 6 Sports Day
9.7.25	Reception and Nursery Sports Day
10.7.25	Year 1, 2 & 3 Sports Day
11.7.25	Summer Fair
14.7.25	Parents Evening
15.7.25	Meet your new class teacher Year 6 Lion King performance
16.7.25	Sailing trip
17.7.25	Year 6 prom
21.7.25	Celebration Awards
22.7.25	End of Year parties/Year 6 graduation/ Break up

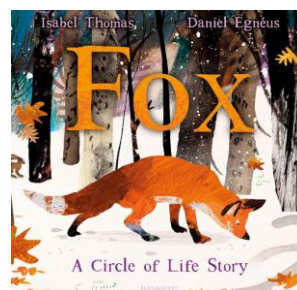
## Attendance Matters

Class	Weekly percentage	Star attendance winners
Penguin	84.2%	
Jellyfish	89.2%	
Octopus	96.8%	★
Whale	92.2%	
Eden	97.2%	★
Tyne	97.5%	★
Avon	98.6%	★
Fleet	95.5%	★
Ravensbourne	98.7%	★
Wandle	93.2%	
Severn	99.6%	★
Trent	98.7%	★

## Book Recommendation

**Book:** Fox

**Author:** Isabel Thomas and Daniel Egneus



If you love learning about nature you will love this book. It very sensitively tells the story of life and death in the context of a fox family and may be helpful for any child who has lost a pet. The artwork is simply breathtaking! This book is not only factual and informative, but also poetic too. It is a wonderful example of how science and non-fiction books can be creative, poetic and beautiful.



# Star of the Week

<b>Whale</b>	Jakob	This week, Jakob has shown fantastic skill and creativity by weaving paper in Art. He showed attention to detail and great technique. It's clear how much effort and pride they put into his work. Well done!
<b>Octopus</b>	Joshua	Joshua has shown real kindness this week. He gave up his own playtime to help a friend finish their work and when I asked them to go outside to play, he promised to continue helping his friend when they returned.
<b>Tyne</b>	Jude	Jude has truly wow-ed his classmates and teachers with his incredible knowledge and impressive use of scientific vocabulary. His curiosity and passion for science inspire everyone around him. Keep up the fantastic work, Jude!
<b>Eden</b>	Marcus	Marucs always contributes to class discussions. He is a diligent worker who enjoys working independently. He wants to do his best in all his learning, from PE to Literacy.
<b>Avon</b>	Amari	For working hard on focusing and improving his writing. He has been engaged and putting in more effort in lesson resulting in high quality work.
<b>Fleet</b>	Hudson	Hudson has really begun to master his 'author's voice' during writing sessions. During this terms retelling of Theseus and The Minotaur, he has made sections of the story both very readable and unique to him.
<b>Ravensbourne</b>	Tyrone	Tyrone has shown remarkable enthusiasm while examining paintings related to Ancient Greece. He has demonstrated an ability to uncover hidden layers of meaning within the artwork and articulate how these pieces reflect the societal values, beliefs, and practices of that time.
<b>Severn</b>	To the whole class	For their brilliant, disciplined application of taught skills and knowledge during SATs week. Exceedingly proud of you all. Thank you and well done!
<b>Trent</b>	To the whole class	Everyone in Trent class has been a total star this week whilst taking their SATS tests. I am very proud of them.



London Wildlife Trust  
Centre for  
Wildlife Gardening

28 Marsden Road,  
SE15 4EE

## Half Term Family Workshops



### Plant Power ~

Edible plants Wednesday 28<sup>th</sup> May 10am-3pm

Medicinal Plants Thursday 29<sup>th</sup> May 10am – 3pm

Free fun one- or two-day workshops for families living in Southwark suitable for primary aged children but you are welcome to bring your younger and older ones too. On Wednesday you will discover which plants are edible and which are poisonous and cook something to eat. On Thursday you will look at medicinal herbs and make a lotion, a balm and a bath bomb to take home.

You can choose Wednesday or Thursday or both days. Workshops for all the family funded by Southwark Council. Booking essential. Free, booking fee £3 but let us know if that is too much for you (email [dwallace@wildlondon.org.uk](mailto:dwallace@wildlondon.org.uk))

To book visit our website: [www.wildlondon.org.uk/events](http://www.wildlondon.org.uk/events)

Only one free Southwark family workshop per academic year per adult.

Funded by



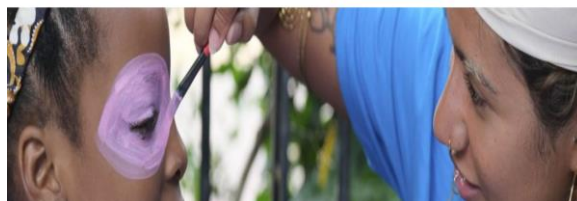
To book please scan the  
QR code or visit  
[wildlondon.org.uk/families](http://wildlondon.org.uk/families)



Time & Talents

*Where everyone feels part of a community*

Children and Families Fun, friendship and mutual support for families and kids



**We want all children and families in Rotherhithe to be able to play, learn, and thrive. Time & Talents offer a range of free activities for kids of pre-school and primary age.**

Our children's activities take place both at our **T&T2** venue in Surrey Quays Shopping Centre, which has plenty of room to run around, and at **The Old Mortuary** in Rotherhithe village, which has our unique **Secret Garden**. For more information, ring us on **020 7232 5661** or check out our events calendar

<https://www.timeandtalents.org.uk/events/>



FOOD FESTIVAL ON  
CAMBERWELL GREEN



@camberwellfoodfestival

## A GLOBAL CULINARY ADVENTURE!

Saturday May 17th, 11am to 7pm

- + Food Stalls From Around The World
- + Dining Area
- + Farmers Market
- + Free Community Lunch
- + Four Bars
- + DJ & Live Music
- + Free Family Fun & Games
- + Sign Up For Food Walks



URBAN FARMERS' MARKET  
Supporting local food production and sales

SESFORUM  
FOR CAMBERWELL







## Southwark Parenting Team

Being a parent can be very rewarding. However, we know that starting a family and bringing up children can be difficult.

We offer a range of free parenting programmes from babies to young adults.

scan QR code for more info



<https://www.southwark.gov.uk/children-young-people-and-families/parenting/help-parenting>

There are times when any parent or carer needs some extra support.



Southwark Children & Family Hubs

Funded by  
UK Government

Southwark  
2030

Southwark  
Council



## EPEC BABY & US

Baby & Us is a 9 week peer-led group which helps parents gain confidence in parenting and everyday life with a new baby (0-9 months).

This includes supporting parents in understanding baby's cues, coping with challenges around feeding, sleep, and crying, interacting positively with baby and managing parental stress.

**JOIN NOW**

Contact: Claire Gager

Email: [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

Call: 07547 659 646



**WHEN IS IT ON?**

MONDAYS

STARTING 17TH MAY 2025

SOITH BERMONDSEY CHILDREN AND  
FAMILY CENTRE  
TENDA ROAD, SE16 3PN

**What time?**

10am - 12pm

Southwark Children & Family Hubs

Southwark Council

CPCS

EMPOWERING  
PARENTS  
IMPROVING  
COMMUNITIES

Southwark  
Council

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## EPEC BEING A PARENT

For parents of children aged 2 – 11 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

**JOIN NOW**

Contact: Claire Gager

Email: [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

Call: 07547 659 646



**WHEN IS IT ON?**

TUESDAY MORNINGS

WEDNESDAY MORNINGS

STARTING 6TH MAY 2025

STARTING 7TH MAY 2025

1ST PLACE CHILDREN & FAMILY HUB  
12 CHUMLEIGH STREET  
LONDON  
SE1 0RN

CRAWFORD CHILDREN CENTRE  
5 CRAWFORD RD,  
LONDON  
SE1 9HF

**What time?**

10am-12pm

Southwark Children & Family Hubs

Southwark Council

CPCS

EMPOWERING  
PARENTS  
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COMMUNITIES

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Council



## EPEC BEING A PARENT 1-3

For parents of children aged 1 – 3 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

**JOIN NOW**

Contact: Claire Gager

Email: [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

Call: 07547 659 646



**WHEN IS IT ON?**

THURSDAYS

STARTING 8TH MAY 2025

CORN STREET NEIGHBOURHOOD  
FAMILY & CHILDREN CENTRE  
108 STAMFORD STREET, LONDON SE1 1NH

**What time?**

10am-12pm

Southwark Children & Family Hubs

Southwark Council

CPCS

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COMMUNITIES

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## EPEC BEING A PARENT TOGETHER

This 10 week online course helps co-parents learn practical skills for everyday life. For co-parents with children aged 2-11 years.

Dads and Mums want the best for their children, and sometimes it can be hard to agree about how to parent our children. This course, delivered by parents who have already benefited from this learning with their own children and families, will help you be the best for your children, whether you are living together or apart. Both parents need to attend and the group will help you to work together for your children. This course includes:

- Looking after yourselves as parents
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience
- Work together as a team to support your children

**JOIN NOW**

Contact: Claire Gager

Email: [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

Call: 07547 659 646



**WHEN IS IT ON?**  
DAY TBC  
STARTING EARLY MAY  
ONLINE

**What time?**  
9.30 - 11.30AM

Southwark Children & Family Hubs



CPCS  
PARENTS & CARERS  
SUPPORT



DEVELOPING  
POSITIVE  
DISPOSING  
COMMUNITIES



Southwark  
Council



Southwark Children & Family Hubs

## STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES (online)

For parents of children aged 8 - 18 years

This 12 week course helps parents and carers to

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Understand your child's development
- Recognise and value your family and cultural traditions
- Develop effective communication
- Meet others and share ideas

**JOIN NOW**

Who to contact: Tara Long

Email: [tara.long@southwark.gov.uk](mailto:tara.long@southwark.gov.uk)  
Call: 07513713090



**WHEN IS IT ON?**

Starting Wednesday 7th May 2025  
online

(face to face, Spanish speaking and  
Arabic speaking groups also  
available)

**What time?**  
11.30 - 1.30



Please contact for more information

strengthening  
families  
strengthening  
communities



Southwark Children & Family Hubs

Southwark  
Council

## Health & Wellness Day at the Thomas Calton Centre

Southwark  
Council



**FREE!**

**Thursday 29th May 13.00-15.30**

**Zumba . Yoga . NHS Health Checks .  
Healthy Cooking . Mental Health  
Awareness . Health Talks . and more!**

Contact: [adult.learning@southwark.gov.uk](mailto:adult.learning@southwark.gov.uk)  
0207 358 2100

Thomas Calton Centre  
Alpha Street  
Peckham  
SE15 4NX

Southwark  
Adult  
Learning  
Service  
Southwark  
Council



## TAP - IN SESSIONS

**Free and stand alone information sessions for parents  
and carers on a range of topics.  
Join us with Thinking About Parenting and TAP in to....**

Coming up in May

- Parenting and Autism - Friday 9th 10.30am
- Parental Emotional Wellbeing - Thursday 15th 10.30am

Coming up in June

- Ages and Stages - Monday 9th June 10am
- Parenting and ADHD - Thursday 19th June 10am
- Digital Safety - Monday 23rd June - 11am

New dates may be released depending on  
demand - please refer to register interest

All sessions held online - link will be sent  
out 1-2 days before session via email



**FOR MORE  
INFORMATION OR  
TO JOIN NOW**

Beth Gilbey

07394 865 980  
[bethany.gilbey@southwark.gov.uk](mailto:bethany.gilbey@southwark.gov.uk)  
[earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)



**FREE  
YEAR 6  
LITTLE FISH THEATRE  
SUMMER PROGRAMME**  
FOR SOUTHWARK CHILDREN  
28TH JULY - 8TH AUG  
2025 (MON-FRI)  
AT RYE OAK PRIMARY  
SCHOOL

FOR MORE INFORMATION AND TO  
BOOK A PLACE FOR YOUR CHILD  
EMAIL: [info@littlefishtheatre.co.uk](mailto:info@littlefishtheatre.co.uk)

TO FILL IN A BOOKING FORM  
CLICK THE LINK BELOW OR  
SCAN THE QR CODE

<https://bit.ly/3nE8FVW>



**ART DRAMA Music**

**DANCE DANCE**

**THE PE & SCHOOL SPORTS NETWORK**

Venue  
@Michael Faraday  
Primary School  
Portland Street  
SE17 2HR

**YEAR GROUPS 1-7**

**FREE GIRLS FOOTBALL CAMP 2025**

**09:30 - 15:30**  
27th - 30th May 2025

Please contact  
[joe@pspn.org.uk](mailto:joe@pspn.org.uk) for  
more information or to  
answer any questions.  
Alternatively you can  
go to our website  
[www.lpspn.org.uk](http://www.lpspn.org.uk).



Please scan the QR code above to register your place.

LIMITED SPACES AVAILABLE. ADVANCED BOOKING IS ADVISED.

**PE & SCHOOL SPORTS NETWORK**

**FREE GIRLS FOOTBALL**

**EVERY MONDAY (17:00-18:00)**  
**@BURGESS PARK ASTRO TURF**

**WILD CATS** OPEN TO ALL  
GIRLS AGED 5-11  
YEARS OLD

**SQUAD** OPEN TO ALL  
GIRLS AGED 12-14  
YEARS OLD


**GIRLS' FOOTBALL**

\*PLEASE SCAN THE QR CODE TO REGISTER\*



**SOUTHWARK JAGUARS**

Scan QR code to register your interest or  
contact [wilson@pspn.org.uk](mailto:wilson@pspn.org.uk) for more  
information.



**OPEN TRIALS**

**MONDAY 19TH MAY 2025**

**GIRLS FOOTBALL**

Starling Bank



# Timetable – Tuesday 29<sup>th</sup> April – Friday 23<sup>rd</sup> May 2025

## Bermondsey and Rotherhithe

To book on sessions please email us below

[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)

### Monday

#### Venue: Ellen Brown

#### **Baby and Us- Mindful Beginnings (From birth up to 12 months)**

**10:00am-11:15am**

A calm, welcoming space with opportunities to bond with your baby, explore meaningful topics around baby development, connection, and self-care whilst enjoying some mindful moments together.

#### Venue: Rotherhithe

**Stay & Play  
(2 years plus)  
10:00am-11:15am**

Donations of recycled materials are welcome such kitchen rolls, egg cartons, cardboard boxes, magazines, scrap paper. Your scrap is our treasure!

#### Venue: South Bermondsey

**EPEC Baby and Us  
0-9 months  
10 week parenting course  
12<sup>th</sup> May – 14<sup>th</sup> July 2025**  
For more information and to register please email  
[claire.gager@southwark.gov.uk](mailto:claire.gager@southwark.gov.uk)

### Tuesday

#### Venue: Ellen Brown

**SENsational Stay and Play  
(0-5 years)  
10:00am – 11:30am**

A fun and playful session that encourages the development of early attention, social interaction, and communication skills, for children with additional, special educational needs.

#### Venue: South Bermondsey

**SEND Parenting Group  
10<sup>th</sup> June – 8<sup>th</sup> July 2025  
1:00pm – 3:00pm**  
A practical and supportive workshop for parents of school age children.

[julialalph@pilgrimsway.southwark.sch.uk](mailto:julialalph@pilgrimsway.southwark.sch.uk)

**Venue: South Bermondsey  
'Welcome to Parenthood'  
1:30pm – 3:00pm  
29<sup>th</sup> April – 20<sup>th</sup> May 2025**

#### **INVITATION ONLY**

A new supportive group for families with babies **0-12 months** aimed at exploring and discussing topics on the first year of your baby's life with the additional benefit of support around emotional and mental wellbeing for you and your baby.

[julialalph@pilgrimsway.southwark.sch.uk](mailto:julialalph@pilgrimsway.southwark.sch.uk)

### Wednesday

#### Venue: Rotherhithe

**Stay & Play  
(1-5 years old)  
10:00am-11:15am**

**SEN Boogie Mites  
(1 year plus)  
2:00pm – 3:00pm**

A space for children with additional needs to explore music, sounds, body vibration, and develop listening, attention skills and communication.

**Followed by child led free play in our outdoor space until 3:00pm**

### Thursday

#### Venue: Ellen Brown

**Boogie Mites  
(0-12 months)  
10:00am-10:30am**  
Music programme to support early language and wellbeing.

#### Venue: Pilgrims' Way

**Stay and Play  
(0-5 years)  
10:00am-11:15am**

#### Venue: Rotherhithe

**Breastfeeding Café  
Infant feeding Drop-in  
10:00am-12:00 noon**  
Information and practical support for pregnant and breastfeeding mums and their families.

**Baby Sensory Group  
(0-12 months)  
2:00pm-3:00pm**

A relaxed space for you and your baby to explore & discover their new world together through touch, sound, vision, taste and smell

**Venue: South Bermondsey  
Melodies for Mums group  
22<sup>nd</sup> May – 24<sup>th</sup> July 2025  
(INVITATION ONLY)**

For more information and to register email: [m4m@breatheahr.org](mailto:m4m@breatheahr.org)

### Friday

#### Venue: Rotherhithe

**Baby Boogie Mites  
Age: 0-12 months  
Group 1: 10:00am – 10:30 am**

**Toddlers Boogie Mites  
Age: 12 months plus  
Group 2: 11:30am-12:00 noon**

#### Venue: Ellen Brown

**Little Explorers  
+ Speech & Language advice  
(Newly Walkers-18 months)  
10:00am-11:15am**

Engage with your child in play and help them discover the world through fun and engaging activities.

**Venue: South Bermondsey  
10:00am – 12:00 noon**

**Come and Meet the Team!!  
29<sup>th</sup> April – 23<sup>rd</sup> May 2025**

### Saturday

**Venue: Rotherhithe  
Wellbeing through nature  
(2 years plus)  
10.00am-11:30am**

**17<sup>th</sup> May 2025  
14<sup>th</sup> June 2025  
12<sup>th</sup> July 2025**  
Email to book  
[ccadmin@pilgrimsway.southwark.sch.uk](mailto:ccadmin@pilgrimsway.southwark.sch.uk)





Southwark Family Hubs



## Speech and Language support

### Virtual Chattertime and Drop in Sessions



Are you worried that your child is not talking or doesn't understand you? Do you have questions or concerns about your child's communication skills? Please book onto a virtual session with a speech and language therapist

To book on, email: [gst-tr.contacts@nhs.net](mailto:gst-tr.contacts@nhs.net)

Website:

[www.evelinalondon.nhs.uk/communityspeechandlanguage](http://www.evelinalondon.nhs.uk/communityspeechandlanguage)

Facebook: @EvelinaSLT

## Free Vitamin D

Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.

## HENRY Programme

This programme aims to help you feel more confident as a parent, physical activities for the little ones, what children and the whole family eats, family lifestyle habits and enjoying life as a family.

For more information, please visit

<https://www.henry.org.uk/>

To book please email:

[gst-tr.hvsupportanddevelopmentworker@nhs.net](mailto:gst-tr.hvsupportanddevelopmentworker@nhs.net)



## Rose Vouchers



Collection: Ellen Brown Children and Family Centre

Every Tuesday morning @ 9:30am to 12:00 noon

Support to buy fresh fruit and vegetables for low-income families and living in **SE1, SE15, SE16, SE5 or SE17**  
If you wish to register to please phone 0207 358 2878 or email [ccadmin@pilgrims.wy.southwark.sch.uk](mailto:ccadmin@pilgrims.wy.southwark.sch.uk)

## Southwark Start for Life offer includes help with:

- Feeding your baby ✓
- Mental health & wellbeing ✓
- Support for children special needs & disabilities ✓
- Early education at home ✓
- Accessing information, advice, and your free childcare offer ✓
- Making friends and connections ✓
- Building relationships with your baby ✓
- Everyday parenting challenges ✓

<https://services.southwark.gov.uk/>

Due to our popularity of our groups please note that priority will be given to families trying to access our sessions. We would like to keep EVERYONE safe and healthy, and some groups have a limited number of families permitted in our centres.



We kindly ask everyone **NOT** to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.

We have gone paperless to help save the environment.

Please scan the QR Code to download the timetable and find out updates.

[br-cc.org.uk](http://br-cc.org.uk)



## Adolescent Sure Start Team – ASST

This service is for young people aged 11-19 (up to 25 with SEND) and their parents / carers.

The Adolescent Sure Start team can offer support for up to 6 sessions, as needed. The team also has close links with many other organisations in Southwark and can act as a gateway for young people and their parents/carers to get longer term support, where that is needed.

[AdolescentSureStartTeam@southwark.gov.uk](mailto:AdolescentSureStartTeam@southwark.gov.uk)

## 50 Things To Do Before Five!

Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn.

Website: <https://50thingstodo.org/>

## Dolly Parton Imagination Library

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5<sup>th</sup> birthday. Sign up and make bedtime fun.

For more information please email:

[ccadmin@pilgrims.wy.southwark.sch.uk](mailto:ccadmin@pilgrims.wy.southwark.sch.uk)



## Contact us!

### Ellen Brown Children and Family Centre

145 Grange Road (Spa Park) SE1 3EU

### Pilgrims' Way Children and Family Centre

Tustin Estate, Manor Grove, SE15 1EF

### Rotherhithe Children and Family Centre

Southwark Park (Hawkstone Road entrance) SE16 2PF

### South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

Telephone: 0207 358 2878

[ccadmin@pilgrims.wy.southwark.sch.uk](mailto:ccadmin@pilgrims.wy.southwark.sch.uk)

Please visit our websites for further information

<http://br-cc.org.uk/br-cc/>

## Healthy Minds Thrive Project

The Healthy Minds Thrive project aims to support parents and carers across Southwark (with 0-2 infants) thrive in their parenting journey. We understand that parents may experience isolation, low mood, and anxiety, worries around bonding with baby or shame about having these feelings.

For more information, please email: [julia.tropiano@southwark.gov.uk](mailto:julia.tropiano@southwark.gov.uk)

# Summer Term 1 Timetable

## Tuesday 22<sup>nd</sup> April – Friday 23<sup>rd</sup> May 2025

All sessions are free to attend

### Dulwich Wood Children and Family Centre

Lyall Avenue, London SE21 8QS

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11am <b>Baby Group</b> (0-18 months)	10am-11:30am <b>Bookstart</b> (0-5 years)	10:15am-11:15am <b>Baby Massage</b> (0-11Months) <i>*Booking is Required</i>	10am-11:30am <b>ToddlerTime &amp; Early Words Together</b> (2-5 years)	10am-11am <b>Move and Groove</b> (0-5years)
10:15am-11:15am <b>Baby Massage</b> (0-11 Months) <i>*Booking is Required Starting 28<sup>th</sup> April</i>	9:30am - 10:30am <b>Buggy Walk &amp; Talk</b> (0-5years) <i>*Dulwich Park Old College Gate</i>	12pm-2pm <b>Breastfeeding Drop-in</b> <i>*last arrival at 1:30pm</i>	1pm-3pm <b>ESOL</b> <i>*Booking is Required</i>	<b>Saturday</b>  1:30pm-3pm <b>Baby Giggles &amp; Wiggles</b> (0-5years) <i>*12<sup>th</sup> April, 3<sup>rd</sup> &amp; 17<sup>th</sup> May</i>
11:15am-12:30pm <b>ChatterTime</b> (2-5 years)	1:30pm-3pm <b>Baby Giggles and Wiggles</b> (0-2 years) <i>*Starting 29<sup>th</sup> April</i>			
1:30pm-3pm <b>Stay and Play</b> (0-5 years)				

### Crawford Children and Family Centre

Crawford Road, Camberwell SE5 9NF

Monday	Tuesday	Wednesday	Thursday	Friday
1:00pm-2:30pm <b>Baby Sensory Group</b> (0-18 months)	10am-11:30am <b>Bookstart</b> (0-5years) <i>Camberwell library</i>	10am-12pm <b>EPEC- Being a Parent</b> <i>*Referrals only starting 7<sup>th</sup> May</i>	10am-12pm <b>Health Visitor</b> (0-2years) <i>*last arrival at 11:30am</i>	1pm-2:30pm <b>Yoga for Parents Wellbeing</b> <i>*referrals only starting 25<sup>th</sup> April</i>
	10am-12pm <b>Breastfeeding Drop-in</b> <i>*last arrival at 11:30am</i>	1:30pm-3pm <b>Stay and Play &amp; Early Words Together</b> (0-5years)	10:30am-1pm <b>Keeping Well Post Birth</b> (0-6 Months) <i>*Referrals only</i>	
	1pm-3pm <b>ESOL</b> <i>*Term time only starting 29<sup>th</sup> April</i>		1:30pm-2:30pm <b>Baby Massage</b> (0-11Month) <i>*Booking is Required</i>	

### Additional Sessions

**Every Monday:** DWP Advice session 9am-4pm  
*\*Dulwich Wood Booking is Required*

**Thursday 24<sup>th</sup> April & 22<sup>nd</sup> May:** Story time at the Gallery  
1:30pm-2:30pm (0-5years)  
*\*Dulwich Picture Gallery*

**Friday 16<sup>th</sup> May:** Starting Solids Workshop 10am-12pm  
*\*Crawford Centre Booking is Required*

### Albrighton C&F Centre

37 Albrighton Road, London SE22 8AH

**Wednesday**  
10am-11:30am  
**Stay and Play**  
(0-5years)

1pm-2pm  
**Move and Groove**  
(2-5years)

**Friday**  
10am-11:30am  
**Bookstart**  
(0-5years)

### The Grove Children and Family Centre

Tower Mill Road, London, SE15 6BY

**Tuesday**  
10am-11:30am  
**Stay and Play**  
(0-5years)

**Thursday**  
1pm-2:30pm  
**SENSational Play**  
(0-5years)

Find Out more!

**Southwark foodbank**

We can provide you with Foodbank

**Rose Vouchers**

Rose Voucher Collection days are Monday from 9am-12pm & 1pm-3pm & Thursday from 1pm-3pm at Our Crawford Centre.

**Imagination Library**

Live in Southwark and have a child under 5 register for a monthly free book till their 5<sup>th</sup> birthday: [ImaginationLibrary](https://50thingstodo.org/)

<https://50thingstodo.org/>

**50 things to do before you're five**

**Family Support & Advice Session:**

Book in a face-to-face or phone call appointment to get advice and support on any well-being queries you may have: email us at: [cdcfcoffices@dulwichwood.com](mailto:cdcfcoffices@dulwichwood.com)

### Free Soft Play and Sensory room:

Come along to our sessions at The Grove to enjoy our soft play and sensory rooms.



Facebook: [@CamberwellandDulwichcfc](https://www.facebook.com/CamberwellandDulwichcfc)

Web: <https://www.dulwichwood.com/aardvarkcc/>

Twitter: [@C D\\_cfc](https://twitter.com/C_D_cfc)

Email: [cdcfcoffices@dulwichwood.com](mailto:cdcfcoffices@dulwichwood.com)

Instagram: [c\\_d\\_cfc](https://www.instagram.com/c_d_cfc)

TikTok: [@cd.children.and.fa](https://www.tiktok.com/@cd.children.and.fa)

Phone: 020 7525 2017

Session description on back.



### **Baby Group:**

Play singing and sensory activities to stimulate your baby.

### **Stay and play:**

Come and play and get tips and ideas for learning through play.

### **Bookstart:**

Activities supporting literacy using puppets and props to make story time fun and engaging.

### **Keeping Well Post Birth:**

A 10-week therapeutic early intervention programme for mothers, with infants under 6 months, experiencing or at risk of post-natal mental health distress.

### **SENsational Play:**

Come and Play and get weekly tips and ideas for learning through play for children with additional needs.

### **ChatterTime:**

A Stay and Play group to help support your child's Speech and Language.

### **Move and Groove:**

Come play and get tips and ideas for learning through play at our structured music and singing sessions with instruments and props.

### **Baby Massage:**

A 5-week Massage course for parents and babies. Towels and Oil are required for this session.

### **Stay and Play / Toddlertime & Early**

#### **Words Together:**

Come and play and get tips & ideas for learning through play and build up your confidence in supporting your children's communication, language and Literacy skills.

#### **Breastfeeding Drop-In:**

Drop in for advice and support for any of your breastfeeding concerns.

#### **Henry Starting Solids:**

Come and get support to help you make positive lifestyle change and create a healthier environment for you and your little one.

#### **Baby Giggles and Wiggles:**

Join our Giggles and Wiggles Group for babies aged 0-2 years this stay and play session promotes well-begin with songs, music, and sensory play, plus guidance on helpful parent resources.

#### **Yoga for Parents Well-Being:**

A 8-week group where you can learn the tools to manage stressful and challenging emotions.

#### **EPEC- Being a Parent**

A 9-week course to help parents to learn practical skills for everyday life.

#### **Storytime at the Gallery:**

Spark you child's imagination through playful painting that stimulates your child's development and curiosity.

### **ESOL:**

Develop your English language skills and get a recognized ESOL qualification. For parents with children aged 0-5 years. A Creche is provided.

### **Baby Massage:**

A 5-week massage course for parents and babies. Towels and Oil are required for this session.

### **Buggy Walk & Talk:**

Do you have a child aged 5 or under? Come along to our buggy walk and talk to meet other parents, get some gentle exercise and enjoy the outside! Meeting point by the Old College Gate.

### **DWP Advice:**

DWP advice session where you can get support and guidance on benefits, financial assistance, and accessing government services. Our advisors will be available to help with any questions or concerns you have about the DWP process.

### **Baby Sensory Group:**

Engage your baby with play, singing, and sensory activities that encourage exploration and stimulate their developing senses.

## Dementia Action Week 19<sup>th</sup> – 25<sup>th</sup> May 2025



### Southwark Dementia Action Group (SDAG) – Dementia Action Week Information

SDAG is a network of individuals, organisations, and professionals working collaboratively to improve the quality of life for people living with dementia and their carers. Dementia Action Week is an awareness campaign. Each year, Alzheimer's Society works with individuals and organisations across the UK to encourage people to act on dementia.

**Dementia Action Week offers a valuable opportunity to take part in a range of events, helping everyone learn more about dementia and how to support those affected.**

- **Dementia Services Promotional Stands**

Dementia Advisers and Dementia Health Specialists will be present at two promotional stands, providing advice about dementia and information about local dementia services in the area.

**Where:**        **The entrance of Surrey Quays shopping Centre (Redriff Rd London SE16 7LL) Monday 19<sup>th</sup> – Friday 23<sup>rd</sup> May 9:30 am – 3:30 pm**  
                    **Kings College Hospital (Denmark Hill, London SE5 9RS) Wednesday 21<sup>st</sup> 11:30 am - 3:30 pm**

- **National Festival of Applied Dementia Research**



#### **Monday 19<sup>th</sup> May - Dementia Community Research Network Public Conference**

The Dementia Community Research Network (DCRN) will be hosting their first event. Open to anyone with an interest in dementia care, community groups, and dementia researchers from across South London.

**Where** - Stanstead Lodge, 260 Stanstead Road SE23 1DD

**Time** - 2:00pm - 4:30pm

**To register email [dcrn@kcl.ac.uk](mailto:dcrn@kcl.ac.uk) or register online at <https://www.arc-wx.nihr.ac.uk/demfest25> where you will also find other online and in-person events taking place across England during the week.**

**The Applied Research Collaboration North Thames are hosting an in-person event on 22<sup>nd</sup> May**, where the Dementia Fellows will be sharing their research with members of the public. Click here to see the details and book your place: [Seeing Dementia Differently: A Journey Through Research & Lived Experience Tickets, Thu, May 22, 2025 at 2:00 PM | Eventbrite](#).



- **Dementia Friends sessions – open to all Southwark and Lewisham Organisations!**

Anyone can become a Dementia Friend! Come along to an information session to find out the key things that everyone should know about dementia and the actions that can help - actions can be big or small, it all makes a difference to people affected by dementia in our communities!

During Dementia Action Week, we have a series of online sessions which are open to all local organisations. There is no need to book, just come along - all sessions are the same, so you only need to come to one. **The sessions will take place on Microsoft teams – please see links below:**

- **Tuesday 20 May - 10:00 am to 11:00 am** [Join meeting now](#)
- **Thursday 22 May - 4:00 pm to 5:00 pm** [Join meeting now](#)
- **Friday 23 May - 10:00 am to 11:00 am** [Join meeting now](#)



Please do forward the details and links to the above sessions to your colleagues, volunteers and other organisations in your networks. If you would like more information, email [fiona.mcleod@alzheimers.org.uk](mailto:fiona.mcleod@alzheimers.org.uk).

Individuals can also visit the Dementia Friends website to find/book other session times <https://www.dementiafriends.org.uk/WEBSession>.

### Theme for Dementia Action Week 2025

This year's theme is focusing on diagnosis and educating audiences on [the most common symptoms of dementia](#).

This Dementia Action Week, we want to increase awareness that dementia is not a natural part of ageing and encourage timely diagnosis.

Alzheimer's Society have lots of useful information <http://www.alzheimers.org.uk/get-involved/dementia-action-week> and the [signs and symptoms checklist](#) can also help people when having the conversation with their GP. It's important that those who are concerned that they or someone close to them might be experiencing signs of dementia continue to come to us for guidance and support.

### Dementia Action Week – Resources

You can access free resources for Dementia Action Week by downloading and sharing our posters, flyers, backgrounds and banners. These can be found [here](#)

Dementia Friendly Publications guidance – to view the guidance, click [here](#)

- 5 Minute Video - [This is our dementia - Seven dementia stories](#)
- Resources in other languages - [Download here](#)

### Some Local Dementia Services

<https://www.alzheimers.org.uk/get-support>  
<https://www.ageuk.org.uk/lewishamandsouthwark/>  
<https://www.timeandtalents.org.uk/older-peoples-programmes-list/>  
<https://www.linkagesouthwark.org/>  
<https://www.southwarkcarers.org.uk/>  
<https://www.southwark.gov.uk/adult-social-care>