

RPS Weekly Newsletter



Friday 9th May 2025

Dear Parents and Carers,

We hope our families enjoyed the Bank Holiday Monday and the events that have marked the Victory in Europe day celebrations. Our Tuesday assembly introduced the history behind the celebrations. The children considered what a relief it must have been when after 6 years of war and intensive bombing raids, everyone finally heard the news that the war was over in Europe. They saw images of the celebratory street parties, Winston Churchill announcing the end of the war and learned that the King's daughters sneaked out into the crowds to celebrate! They also listened to some World War II themed music.

On Thursday all children and staff were invited to dress up in red, white and blue.



The children had a special picnic lunch in the sunshine to get them into the street party vibe! Thank you to the catering team for the party food.

Lunchtime Peace Club helped to decorate the foyer.



We have moved into the exam season and year 6 pupils across the country will be taking their statutory assessments (SATs) next week Monday to Thursday. 'Good Luck' to all our years 6 pupils who have worked amazingly hard throughout the year. Keep calm and focussed and you will be amazing.

Parents of year 6 pupils, please make sure that the children have a good bedtime routine each evening, praise them each day for their efforts and please remember to send them to school with their water bottles! **Year 6 pupils should arrive at 8:15 am each day of the tests for a communal breakfast.**

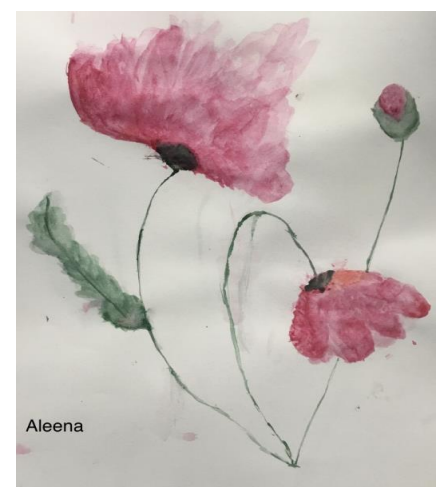
Have a restful weekend. Lisa (HoS)

Poppy magic!

As part of countries marking of the 80th VE day celebrations a display of ceramic poppies has been installed at the Tower of London.



Year 6 have been inspired by these celebrations and in response the children in Severn class used different brush techniques and the qualities of watercolour to create a painting of poppies. Their attention to detail is impressive. What a superb display of poppies!



Dates for your Diary

5.5.25	Bank holiday Monday school closed
8.5.25	VE 80 th 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	Year 6 SATS 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
	Half Term Break
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	Multiplication Check for year 4 to be administered Phonics Screening Check 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	Ravensbourne Creekside trip Drama 4 all workshops Reception, Nursery and year 1
27.6.25	Fleet 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	87%	
Jellyfish	95.3%	★
Octopus	97.3%	★
Whale	94.9%	
Eden	94%	
Tyne	96.9%	★
Avon	98.7%	★
Fleet	90.9%	
Ravensbourne	96.4%	★
Wandle	89.3%	
Severn	99%	★
Trent	97.3%	★

Please do not book holidays during term time!

Children's Book Recommendation

Book: Night-time Bunny

Author: Melanie Joyce and James Newman Gray



This book is set deep in the woods and is about cute, fluffy bunny who does not want to go to bed. She goes on a cool adventure and meets a spiky, kind hedgehog. Then the little bunny gets scared of strange noises in the woods. Reading this book made me feel so happy because I loved how the characters spent time together. I think you should read this book because you might really enjoy it.

Star of the Week

Whale	Oscar	For always making good choices and for using his phonic knowledge during his English writing. Well done and keep it up!
Octopus	Joshua	For showing active listening skills during carpet and assembly sessions namely sitting still, sitting with legs crossed, displaying good eye contact and ignoring distractions. Well done!
Tyne	Deborah	Deborah has shown incredible perseverance in going back through her work to check for any mistakes, ensuring her writing is the best it can be. Her handwriting has also seen remarkable improvement, becoming neater and more legible. Additionally, she is now using joined-up letters, which has made her writing even more impressive. Keep up the fantastic work, Deborah! We are so proud of you.
Eden	Aamirah	Aamirah is working hard to become an independent learner. She is really impressing Jade with how she is completing her work and showing how listening to the teacher's suggestions helps to improve your work.
Avon	Ayah	For always listening to instructions and engaging so well in lessons. She has really stood out this week. Keep it up!
Fleet	Ayub	Ayub has worked very hard in English in the last few weeks. He has begun to consistently and accurately use sentence starters and word banks to structure his writing. Keep it up!
Ravensbourne	Skylah- Rey	Skylah-Rey has written an outstanding mythical story set in a historical context. Her presentation was beautiful, and she skilfully incorporated rich descriptions and engaging direct speech. Well done, Skylah-Ray!
Severn	Emma	For utilising a range of known techniques with paint to create different effects when painting poppies to celebrate VE Day. She was adept in varying tints and tones. Well done!
Trent	Jace	Jace has been very proactive with his revision and it is paying off. Yesterday we did a spelling test and Jace said, "I practiced this one at home yesterday!"



DIGITAL SKILLS DROP-IN HUB

Need help getting
connected or using one
of your digital devices?

Join our **FREE** drop-in
sessions for 1-to-1
digital support!



- ✓ Learn basic computer skills
- ✓ Free SIM cards & Data
- ✓ Help with online form filling
(e.g. benefits, allowances etc)
- ✓ Tablet / computer access

Every
Thursday!
4- 6pm

07708758600
RJ4ALL.ORG

THE RJ4ALL ROTHERHITHE
COMMUNITY CENTRE
30 PLOUGH WAY
SE16 2LJ



#ITSOKAYTALK

Andy's Man Club is opening a new group in South London.
It's a place for men to come together, talk, and support each other.
No pressure. No judgment.

Where: Pecan, 121A Peckham High Street, London SE15 5SE

When: Every Monday, 7:00pm - 9:00pm
Starting: 12th May

Find out more at: andysmanclub.co.uk



training

kinship.org.uk/support-and-advice/training-and-events

Working with your local authority children's services online workshop

8th May 10.00 -11.30am

Financial support for kinship families online workshop

12th May 11.00am-12.30pm

Dealing with emotional challenges as a kinship carer online workshop

13th May 7.00pm-9.00pm

Supporting your kinship child at school online workshop

14th May 11.00-12.30pm

Managing contact for kinship families- practical tools and tips online workshop

14th May 7.00-8.30pm

Understanding how to keep children in kinship care safe online workshop

15th May 10.00am-12.30pm

Formalising your kinship care arrangement online workshop

15th May 11.00am-12.30pm

Understanding trauma and attachment in children online workshop

16th May 10.00am - 11.30am

Preparing for sensitive conversations with kinship children online workshop

16th May 1.00pm-2.30pm



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

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
2030

CPCS
Child Protection
Co-ordinators

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

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 9NF

What time?

10am-12pm

Southwark Children & Family Hubs

Southwark
2030

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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

Call: 07547 659 646



WHEN IS IT ON?

THURSDAYS

STARTING 8TH MAY 2025

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

What time?

10am-12pm

Southwark Children & Family Hubs

Southwark
2030

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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

Call: 07547 659 646



WHEN IS IT ON?
DAY TBC
STARTING EARLY MAY
ONLINE

What time?
9.30 - 11.30AM



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
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



Southwark Children & Family Hubs



FATHER'S GROUP



Join a 12-week course to
improve your parenting skills.

Whether you are a father, grandfather or stepdad,
receive advice and tips on topics such as positive
parenting, improving relationships and role modelling.

Crèche provided.

When

Friday Morning's **Starting Friday 9th May 2025**

Where

1st Place Family Hub
12 Chumleigh Street, Burgess Park, SE5 0RN

BOOK A PLACE

Email: ben.campbell@southwark.gov.uk

Phone: 07738 860 768



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
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

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

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



ART **DRAMA** **Music** **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 for
more information or to
answer any questions.
Alternatively you can
go to our website
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

PLEASE SCAN THE QR CODE TO REGISTER



SOUTHWARK JAGUARS


Scan QR code to register your interest or
contact wilson@pspn.org.uk for more
information.

OPEN
TRIALS

MONDAY 19TH MAY 2025

GIRLS FOOTBALL

Starling Bank





Southwark Family Hubs



Timetable – Tuesday 29th April – Friday 23rd May 2025

Bermondsey and Rotherhithe

To book on sessions please email us below

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
12th May – 14th July 2025
For more information and to register
please email
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
10th June – 8th July 2025
1:00pm – 3:00pm
A practical and supportive workshop
for parents of school age children.**

julialalph@pilgrimsway.southwark.sch.uk

**Venue: South Bermondsey
'Welcome to Parenthood'
1:30pm – 3:00pm
29th April – 20th 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

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
22nd May – 24th July 2025
(INVITATION ONLY)**

For more information and to register email: 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!!
29th April – 23rd May 2025**

Saturday

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

**17th May 2025
14th June 2025
12th July 2025**

**Email to book
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

Website:

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



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

Southwark Start for Life offer includes help with:

Feeding your baby ✓

Making friends and connections ✓

Mental health & wellbeing ✓

Building relationships with your baby ✓

Support for children special needs & disabilities ✓

Early education at home ✓

Everyday parenting challenges ✓

Accessing information, advice, and your free childcare offer ✓

<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



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

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.

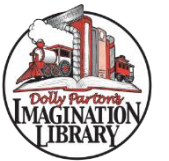
Website: <https://50thingstodo.org/>

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 5th birthday. Sign up and make bedtime fun.

For more information please email:

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

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

Summer Term 1 Timetable

Tuesday 22nd April – Friday 23rd 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 Baby Group (0-18 months)	10am-11:30am Bookstart (0-5 years)	10:15am-11:15am Baby Massage (0-11Months) <i>*Booking is Required</i>	10am-11:30am ToddlerTime & Early Words Together (2-5 years)	10am-11am Move and Groove (0-5years)
10:15am-11:15am Baby Massage (0-11 Months) <i>*Booking is Required Starting 28th April</i>	9:30am - 10:30am Buggy Walk & Talk (0-5years) <i>*Dulwich Park Old College Gate</i>	12pm-2pm Breastfeeding Drop-in <i>*last arrival at 1:30pm</i>	1pm-3pm ESOL <i>*Booking is Required</i>	Saturday 1:30pm-3pm Baby Giggles & Wiggles (0-5years) <i>*12th April, 3rd & 17th May</i>
11:15am-12:30pm ChatterTime (2-5 years)	1:30pm-3pm Baby Giggles and Wiggles (0-2 years) <i>*Starting 29th April</i>			
1:30pm-3pm Stay and Play (0-5 years)				

Crawford Children and Family Centre

Crawford Road, Camberwell SE5 9NF

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

Additional Sessions

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

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

Friday 16th 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.

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

<https://50thingstodo.org/>

50 things to do with 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

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

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 19th – 25th 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 19th – Friday 23rd May 9:30 am – 3:30 pm**
 Kings College Hospital (Denmark Hill, London SE5 9RS) Wednesday 21st 11:30 am - 3:30 pm

- **National Festival of Applied Dementia Research**



Monday 19th 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 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 22nd 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.

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>