

Session Information

Messy Play

A session for children aged 0-4 years. Children develop curiosity, initiative, focus and persistence through messy play. Simple activities, like playing with playdough or shredded paper, build fine and gross motor skills, supporting cause and effect, number sense, and other important cognitive skills.

Chatterbox 2-4

A communication focused session to support and encourage speech and language development.

Ball Pit

Soft play to promote balance, coordination and fine & gross motor skills. years.

Jumping Beans 0-4

A physical play session to encourage movement, balance and coordination. This type of play builds gross and fine motor skills and supports development of fitness skills and enjoyment of physical activity.

Baby Fun for Under 1 (Non walkers)

Make memories with age appropriate activities along with singing, instruments and nursery rhymes, Nappy painting and Hand & Foot prints.

Wriggles & Dribbles

Relax, Chat and Play. A supportive play session with breastfeeding peer support led by trained parents. For families with babies and children aged 0-2 years

Family Support

If you have something on your mind or would like some support then you can come along to talk to our family support worker or call to make an appointment.

Am I Alone

An informal support group for parents/ carers with children with special needs.

Now I'm 2

A structured Stay & Play in preparation for nursery/School readiness. Aged 2-4 years

Rocking Rhymes 0-5 years.

A music focussed session supports memory, learning sounds and meanings of words. Dancing to music helps children build motor skills while allowing them to practice self-expression.

Infant Feeding Team Clinic

A friendly and supportive breastfeeding run by Midwife Team

CROYDON
www.croydon.gov.uk

Services & Session Information Continued...

Bookable services (B) Please call woodlands for more information.

Child Development Checks

2 year and 3 year old development checks carried out by the Health Visitor Team. Book with Health Team

Cooking Cubs (B)

A fun cooking session 2+ years with parent/carer. Please specify any allergies or dietary requirements when booking.

Henry (B)

An 8 week programme that supports families with children aged 0-7 years to develop a healthier lifestyle. Please book in advance on 0208 156 6400 or email croydon@henry.org.uk

Rhyme & Sign for Baby & Me (B)

4 months - 1 year
A six week fun interactive singing and signing course to promote early communication.

Baby Yoga (B)

A 3-week course. A style of yoga that encourages bonding between babies and their parents. Non mobile babies.

Baby Massage (B) (Under 6 months)

A 5-week course. A touching communication that enhances bonding & trust between parent and baby. Improving sense of wellbeing, increasing confidence in recognising baby's needs, Improved positive interaction with baby, Improved sleep for baby.

Sexual Health Clinic ~ 1- 4pm Every 2nd Monday of the Month (11th March/ 8th April/ 13th May / 10th June/ 8th July)

**For All Child Development Checks you will need to book through your Health Visitor Team
Telephone: 0208 274 6006 Option 1.**



To book Breastfeeding Clinic please contact Infant Feeding Lead Midwife Tina on 07879 814190 or email the team at CH-TR.COMMUNITYINFANTFEEDINGTEAM@NHS.NET



South Locality



CROYDON
www.croydon.gov.uk

The South Children's Centres Timetable

**Monday 15th April -
Friday 24th May 2024**



We look forward to welcoming you to our centres. Our sessions are for families with children ages 0-5. Sessions can become very busy therefore please try to arrive on time to avoid any disappointment.

Centre Addresses

Woodlands: Quest Primary School (Formally Gilbert Scott Primary School), Farnborough Ave, South Croydon, CR2 8HD

Purley Oaks: Bynes Road, South Croydon, CR2 0PR

Byron: St. David's, Coulsdon, Surrey, CR5 2XE

Castle Hill: Castle Hill Academy, Dunley Drive, CR0 0RJ [Junction of Dunley Drive & Fieldway]

Fairchildes: Fairchildes Avenue, CR0 0AH

For all enquires please call Woodlands on **0208 916 0543**

or

email southchildrenscentres@croydon.gov.uk

Family Support

Julie is our Family Support Worker and is here to offer emotional and practical support to parents and their families, in their own homes and in the community. If you would like support please call:

**Julie— 07356 100837 Mon, Tues & Thurs 9.30 - 4pm
Wed & Fri 8.30 - 12pm**

Castle Hill

Monday's

9.30- 10.45am Jumping Beans
Child Development Checks **B**
(Booking via HV)

Tuesday's

9.30 - 11am Messy Play

Wednesday's

SCD Course with Creche ***B**

Thursday's

9.30— 12pm Henry with creche ***B**
1 - 2.30pm Chatterbox

Fairchildes

Thursday's

10 - 11.15am Baby Fun for Under 1
Child Development Checks **B**
(Booking via HV)
1 - 2.30pm Stay & Play

Chatterbox

(Booking not required!)

With guidance from Speech & Language
team members.

Woodlands - Tuesday's 1pm

Byron - Wednesday's 9.30am

Castle Hill - Thursday's 1pm

WOODLANDS

Monday's

9.30 -11am Wiggles & Dribbles Teastop
(0-2years play session)

Child Development Checks **B**
(Booking via HV)

1 - 2.30pm Watch Me Grow (Under1's)

1- 4pm Sexual Health Clinic
(Every 2nd Monday of the Month)

Tuesday's

9.15 - 11am Stay & Play

9.30 - 11.30am Am I Alone

11.30- 1.30pm Portage Play Group

1 - 2.30pm Chatterbox

1.45- 2.45pm Rhyme & Sign for Baby & Me **B**
(Starts 16/4 - 21/5/24)

Wednesday's

9.15 - 11am Rocking Rhymes

Midwife Clinic **B**
(Booking via Midwifery Team)

9.30— 11.30am Henry ***B**

Thursday's

9.15 - 11am Now I'm Two

Child Development Checks **B**
(Booking via HV)

1.15- 2.15pm Baby Massage **B**
(Starts 25/4 - 23/5/24)

Friday's

10 - 11.15am Baby Fun for Under 1

10- 12pm Infant Feeding Drop In's

Child Development Checks **B**
(Booking via HV)

1 - 2.30pm Stay & Play

BYRON

Wednesday's

9.30 - 11am Chatterbox
Midwife Clinic **B**
(Booking via Midwifery Team)

Friday's

9.30 - 11am Stay & Play
10 - 11.30am Breastfeeding Buddies

PURLEY OAKS

Wednesday's

1 - 2.15pm Stay & Play

Friday's

1 - 2pm & 2.30 - 3.30pm Baby Massage **B**
(Starts 19/4- 24/5/24)

"Additional Family Hub services:

- Job centre adviser - Benefits and employment support (Job searching, Interview prep and CV support.
- Croydon Healthy Homes - Energy advice and support.
- Early Help Keyworker - Intensive support advice for families.
- Sexual health Support - Relationship and Sexual Health Info, advice and guidance.

To find out details of these services -
[familyhubscroydon](https://www.familyhubscroydon.org.uk) | [Instagram](https://www.instagram.com/familyhubscroydon), [Facebook](https://www.facebook.com/familyhubscroydon) |
[Linktree](https://www.familyhubscroydon.org.uk)