



# Dowderry Children and Family Centre Autumn 2024 Timetable. 020 8695 5915

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>We're Not Just Playing</b> Drop in stay and play session. 9:30 – 11:00 (0 - 4 years)</p> <p><b>Going Back to Work?</b> Come and meet with our DWP advisor for help with every aspect of starting or returning to work. 9:30 -11:00 Appointments are available at other times. Please speak to a member of staff.</p> <p><b>Tiny Chefs</b> 10:00 – 11:30 or 12:30 – 2:00 (2 - 4 years) To pre-book your place phone 020 8314 6959 / 020 8314 7775 or book online at <a href="https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers">https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</a></p> <p><b>Breastfeeding Support</b> 1.00 – 3.00 Drop in infant feeding support and advice from the health visiting team.</p> <p><b>Bumps and Babies Soft Play</b> Drop in soft play session for non-walkers 1:30 – 3:30 (0 - 15 months)</p>	<p><b>Tiny Chefs</b> 10:00 – 11:30 (2 - 4 years) To pre-book your place phone 020 8314 6959 / 020 8314 7775 or book online at <a href="https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers">https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</a></p>  <p><b>Jump and Bounce</b> 9:30 – 11:00 Drop in soft play session for toddlers. Younger siblings are welcome. (15 - 36 months)</p>  <p><b>Child Developmental Reviews</b> 9am – 3pm Please contact your health visiting team to book an appointment.</p>	<p><b>Midwifery Clinic</b> 9:00 - 4:00 Pre-booked appointments only.</p> <p><b>Child Health Clinic</b> Heath Visiting Service 9:30 – 11:15 Baby weighing and information clinic.</p> <p><b>Mindful Mums Sessions</b> Mindful Mums offers award-winning, free wellbeing groups that help women and new parents look after their mental and emotional wellbeing during pregnancy and their baby's first year. <i>We have different sessions running throughout the year. Please ask at reception for dates of upcoming groups.</i></p> <p><b>Parent and Baby Yoga</b> 1:30 -2:30 For babies aged 3-9 months. Places <u>must</u> be booked in advance. Please call 020 8314 6959 or go to <a href="https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers">https://lewisham.gov.uk/cel/subjects/Learning-with-pre-schoolers</a></p> <p><b>Creative Play</b> 2:00 – 3:00 Drop in session (1 - 4 years. Younger siblings welcome)</p>	<p><b>Midwifery Clinic</b> 9:00 - 4:00 Please speak with your midwife to book an appointment.</p>  <p><b>Maternal Journaling</b> with the Start for Life Team 10:00 – 12:00 Join our course for an opportunity to reflect and creatively document your feelings and experiences about being a parent. Please book via email to <a href="mailto:lg.startforlifelewisham@nhs.net">lg.startforlifelewisham@nhs.net</a></p> <p><b>Child Developmental Reviews</b> 9am – 3pm Please contact your health visiting team to book an appointment.</p> 	 <p><b>Food Sharing Scheme, Clothing, Toy and Equipment Bank</b> 9:00 -10:30 Proof of low income or benefits will be required. No need to book. Please call for more details.</p> <p><b>Child Developmental Reviews</b> 9am – 3pm Please contact your health visiting team to book an appointment.</p> <p><b>Little Stars</b> 1:00 - 2:30 Drop in play session led by childminders. (0 – 4 years)</p> 

*Please note: We're Not Just Playing, Bumps and Babies, Jump and Bounce, Creative Play and Little Stars, work on a first come, first served basis and have strict capacity limits. To avoid disappointment, we advise that you arrive promptly at the start of the session. We are unable to guarantee or hold places.*