



CHILDREN'S CENTRE CATCH UP



MARCH/APRIL 2016

HAPPY EASTER

The Centre staff would like to take this opportunity to wish all our families a Happy Easter.

We hope you enjoy accessing all the different activities, courses and sessions we have planned out for you during the Easter holiday and when we return in April.

New programmes can be found at reception.

FAMILY LITERACY (FUNCTIONAL ENGLISH)

Would you like to improve your reading and writing skills? Do you wish to build up your confidence in reading and writing?



Sign up for our free 11 week Learning Unlimited course for parents and carers.

Mondays 9.30am—11.30am
From 18th April to 11th July 2016
FREE crèche for children 6months +

To register contact the centre on 020 7 091 1282
Or email ccadmin@henryfacwett.lambeth.sch.uk

WEANING SESSIONS

Once a month we have an Early Years Nutritionist come in to help advise parents on weaning and healthy eating.

This is a drop in session for all parents and carers who have children who are weaning age.

Time: 10.00am—12.00pm

Dates:

Thursday 14th April 2016

Thursday 12th May 2016

Thursday 16th June 2016

MANAGING FINANCE COURSE IN SPANISH

If you are a Spanish speaker and would like help with debt management, understanding welfare benefits (entitlement criteria for migrants), budgeting or understand the future changes to universal credits.

The centre will be running a 6 week course
1.00pm - 3.00pm starting from Monday 18th
April 2016.

To register and for more information contact Gustavo on 0207735 5051 | 075 3082 8855



MILK SPOT

From April the centre will be holding a weekly milk spot drop in for mothers looking for breastfeeding support and advice.

Starting: Friday 15th April 2016

Time: 9.30am - 11.30am

C.A.B

Do you need advice or information about debt, benefits or housing? Then join us on Wednesdays 10.00am - 11.30am to speak with our Citizens Advice Bureau advisor.

All are welcome to this drop in.



CHILDREN'S CENTRE CATCH UP



CHILD HEALTH CLINIC

The clinic is run by health visitors who along with weighing your child provide advice on topics such as feeding, sleep issues, behaviour, and general child development.

Weekly drop in held on the 2nd and 4th Thursday of the month

9.30am - 11.00am
14TH APRIL 2016
28TH APRIL 2016
12TH MAY 2016
26TH MAY 2016

POSTNATAL CAFE

Postnatal Café is a clinic run by midwives for postnatal care. Mothers can come have their baby weighed and receive information on subjects such as breastfeeding, sleep, SIDS, jaundice, etc. For mothers over 5 days postnatal, with no known complications.

Drop in every Thursday 1.00pm - 3.00pm

ESOL

English for adults with an additional language. Two classes per week held on Tuesday's and Friday's.

Sign up day for ESOL on Tuesday 12th April 2016 from 1.00 - 3.30pm

Class starts on Friday 15th April 2016 at 9.30am—11.30am

FREE crèche for children 6months +

To register contact the centre on
020 7 091 1282 or email
cadmin@henryfawcett.lambeth.sch.uk



COMPLIMENTARY THERAPIES

This course will give adult learners an introduction to the basics of different complementary therapies such as aromatherapy, reflexology and message using essential oils. You will also learn about safe guidelines when practising complementary therapies.

Starting Friday, 22nd April 2016

Time: 1.00pm-3.00pm

FREE crèche for children 6months +

To register contact the centre on
020 7 091 1282 or email
cadmin@henryfawcett.lambeth.sch.uk

BREAST FEEDING

VOLUNTEER SUPPORT GROUP

If you have experience of breastfeeding your child and would like to share your expertise with mums who may need support and would like volunteer please contact Grace on grace.edghill@breastfeedingnetwork.org.uk



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