

giving
your child
a better
start

Streatham Better Start Area Weekly timetable Spring 2025

Lambeth's Family Hub Network

Lambeth's Start for Life offer



Streatham map

Children's Centres

- 1 Hitherfield Children's Centre
- 2 Streatham Hub Children's Centre
- 3 Sunnyhill Children's Centre

One O'clock Clubs

- 1 Hillside Gardens One O'clock Club
- 2 The Hut, Streatham Vale Park

Health Centres

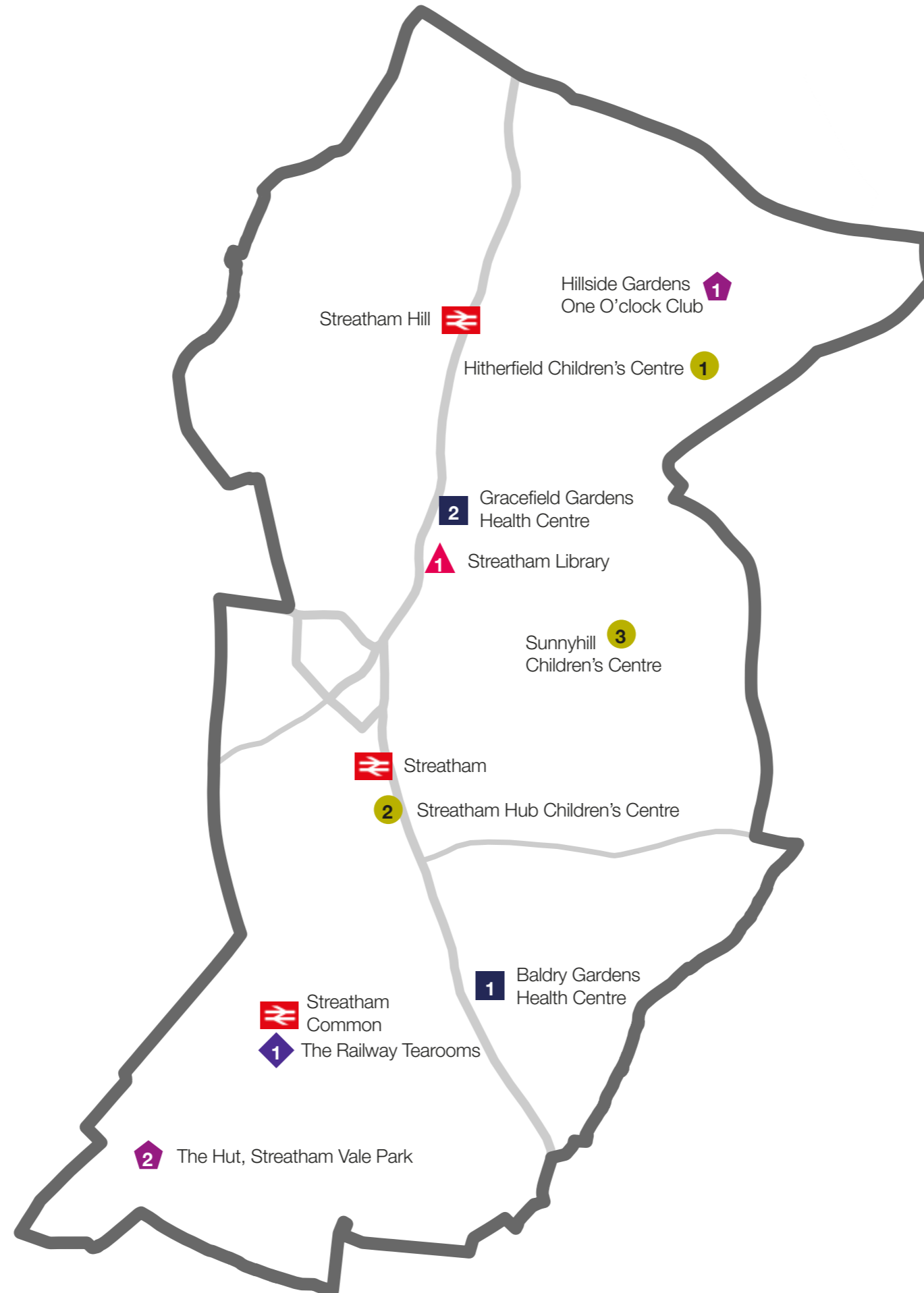
- 1 Baldry Gardens Health Centre
- 2 Gracefield Gardens Health Centre

The Railway Tearooms

- 1 The Railway Tearooms

Libraries

- 1 Streatham Library



Lambeth Better Start Services

♥ Baby sessions

Children's centres run a range of groups for babies and their parents and carers. Look out for Baby Explorers or Baby Bounce and Rhyme sessions in centres near you.

🧸 Stay and Play sessions

Come along and enjoy playtime with your child, meet some other parents, and pick up tips on how to support your child's learning and development.

💬 Communication and Language groups

Online Chattertime and face to face group sessions in the Children's Centres to support your child's communication and language development is available for families across the borough.

🌿 Natural Thinkers

Outdoor play and learning for you and your child. An opportunity to connect with nature and the environment and try out new forms of play.

🗨️ Making it REAL (Raising Early Achievement in Literacy)

Over a series of one to one contacts or face to face, you will gain lots of skills in how best to support your child's early communication and language development.

👍 Support for young parents

Young mothers and fathers are warmly welcomed at all children's centres, but sometimes you may want some additional support tailored to meet the needs of young parents. St Michael's Fellowship will support you and your child through one to one support. You can contact them on: 020 8835 9570

★ Special Educational Needs and Disabilities (SEND)

All the activities listed on this programme are accessible and inclusive, but sessions such as Small Group Sensory Sensations or the Small Group ASD session provide additional support for children with SEND, while programmes such as Early Bird help you in your role as a parent.

⚙️ LEAP (Lambeth Early Action Partnership)

Provides additional support and activities for families of children aged from 0–4 living in Tulse Hill, Coldharbour, Vassall and Stockwell. If you live in those areas, please keep a look out for LEAP activities.

👨‍⚕️ Child Health Clinics – currently by appointment only

Run by the Health Visiting team from Evelina London, child health clinics are a great opportunity to get information and ask any questions about your child's health, growth, development and immunisations. You can also find out if you can get Healthy Start vouchers to use for free fruit, vegetables and milk, or find out about the free Vitamin D scheme. Please bring your red book along.

📍 Lambeth Families Information Service

Looking for childcare or free early learning for your two, three or four year old? Do you want to find out more about applying for school? Or to learn about other services and support for your family in Lambeth? The Lambeth Families Information Service is here to help.

fis@lambeth.gov.uk | lambeth.gov.uk/fis | 020 7926 9558

🍼 Baby Feeding

Need support with feeding your baby? We offer support for breastfeeding support and starting solid foods, find the contact information on the timetable or contact your local children's centre.

👨‍👩‍👧 Parenting support

Being a parent isn't easy, and it's normal to need some help along the way. Lambeth's Parenting Support Service helps families to access the right support for them, whether this be taking part in a parenting course, completing a virtual programme online or accessing a one to one service. All the support offered is 'evidenced-based', which means it has been proven to make a difference for families. To find out more, and to register with Lambeth's Parenting Support Service, visit lambeth.gov.uk/parenting or talk to your local children's centre.

📖 ESOL

Children's centres provide ESOL classes to help you develop your skills in reading, writing and speaking English. Contact the children's centre to find out more and book a space.

🎓 Adult Learning classes

Fancy learning a new skill? Or finding out more about how you can support your child to learn and develop? A range of courses are delivered in children's centres across the borough. You will need to be able to commit to attending every week. Contact the children's centre to find out more and book a space.

👤 Better Start Workers

Our Better Start Workers are able to offer support and advice around: Parenting and co-parenting, free early learning opportunities, housing and benefits, employment, and training, reducing isolation and signposting to other available services. Please ask your local children's centre for this service.

🔧 Employment support

Are you thinking about returning to work? Maybe you need some help with updating your CV? Book a telephone appointment with an Employment and Training Advisor by calling your local children's centre.

📞 Financial support – Citizens Advice

Citizen Advice telephone appointments and face to face appointments are available in children's centres across the borough for families with a child under five.

👶 Free childcare and Early Learning for two year olds

Your child could be eligible for up to 15 hours a week of free early learning with a childminder, pre-school playgroup, day nursery, nursery school or Children's Centre. Find out if you qualify and apply online today: lambeth.gov.uk/freeearlylearning

👨‍👩‍👧 HENRY

HENRY helps parents with children under five gain the confidence, knowledge and skills they need to help the whole family adopt a healthier, happier lifestyle and to give their children a great start in life. We are running stand-alone workshops on topics such as Fussy Eating, Starting Solids and Healthy Teeth as well as the eight week Healthy Families: Right From The Start programme. To sign up please email gst-tr.HVsupportanddevelopmentworker@nhs.net or talk to children's centre staff.

🎁 Alexandra Rose Vouchers

We offer Rose Vouchers to eligible families to exchange for fresh fruit and vegetables at Brixton, Norwood, East Street, Peckham and Waterloo Market stalls. Food Bank: Better Start Workers can refer you and your family to a local Food Bank to support you in accessing food. Speak to your local Better Start children's centre team to find out more.



Venue Details

Streatham Virtual Session—online or by phone
Hitherfield Children's Centre 📍 Hitherfield Rd, SW16 2LW ☎ 020 8835 9569
Streatham Hub Children's Centre 📍 388 Streatham High Road, SW16 6HX ☎ 020 4548 2561
Sunnyhill Children's Centre 📍 Harborough Road, SW16 2XW ☎ 020 4548 2561
Hillside Gardens One O'clock Club 📍 Hillside Road, SW2 3HL ☎ 020 8835 9569
Streatham Youth and Community Trust 📍 The Hut, Abercairn Rd, SW16 5AL ☎ 020 3146 4179
Gracefield Gardens Health Centre 📍 2-8 Gracefield Gardens, SW16 2ST ☎ 020 3049 5030

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Monday am	Tuesday am	Wednesday am	Thursday am	Friday am
Citizen's Advice appointments 10.00 – 1.00 Please call to book	Online Chattertime Live! 10.30. facebook.com/EvelinaLondonSLT	Better Start Worker 1-1 Support 0 – 4 years. By appointment. Please call to book	Circle of Security Parenting 9.30 – 11.30. 30 Jan – 27 Mar Parenting Course with creche To register: www.lambeth.gov.uk/parenting	Child Health Review Clinic By Appointment
Child Health Review Clinic By Appointment	Stay and Play 0 – 4 years 9.30 – 11.00 Please call to book	ESOL Course with Creche 10 Weeks 9.30 – 11.30. 15 Jan – 26 Mar. Enrollment 8 Jan	Parents Only 5 – 11 years 9.30 – 11.15. Information and support group for parents of children aged 5–11 years. Please see separate flyers for more details.	Baby Explorers 0 – 12 months 9.30 – 11.00 Please call to book
Better Start Worker 1-1 Support 0 – 4 years By appointment. Please call to book	Baby Massage 10.00 – 11.30. 21 Jan – 18 Feb, 4 Mar – 1 April Please call to register interest	Better Start Worker 1-1 Support 0 – 4 years By appointment Please call to book	Stay and Play 0 – 4 years 9.30 – 11.00 Please call to book	CHATTERTIME! Child speech and language development stay and play with a Speech and Language Therapist. 9.30 – 11.00. Please call to book
Stay and Play 0 – 4 years 9.30 – 11.00. Please call to book	Meet and Greet 10.00 – 11.00 Welcome and introduction to Children's Centre services for newly registered families 28 Jan, 25 Feb, 25 Mar	Professional Carers Group Network support and activities for registered professional childcare providers and the children in their care. 9.30 – 11.00. 15 Jan – 19 Mar	Speech & Language Therapy Clinic Children's Community Services By appointment	Child Vaccination Clinic 10.00 – 12.00. Information Workshop 31 Jan & 28 Mar Please call to register. Vaccination Clinic 28 Feb. Please call to book
Breast Feeding Support Drop In 10.00 – 12.00	Baby Explorers 0 – 12 months 9.30 – 11.00 Please call to book			Together Time Parenting 10.00 – 11.30. 5 week parenting course for parents with babies 3–8 months. 14 Feb – 28 April
Stay and Play 0 – 4 years 10.30 – 12.00. Please call to book	Midwife Breast Feeding Support By Appointment			Outdoor Stay and Play & Natural Thinkers 9.30 – 11.00 Activities especially for children 12 months – 4 years. Please call to book
Parental Peer Support Group 9.30 – 11.00. 20 Jan – 10 Feb	Time Out For Poetry 9.30 – 11.30. 14 Jan – 18 Mar Adult Learning group with creche. Please call to Register			

Monday pm	Tuesday pm	Wednesday pm	Thursday pm	Friday pm
Hola! Stay and Play 1.00 – 3.00 Family Learning for children and families whose first language is Spanish or Portuguese. Please call to book	Employment and Training Support Appointments 1.00 – 3.00 Please call for more information	Maternal Journal 1.00 – 3.00. 26 Feb – 2 April Creative journaling activities for expectant and new mothers with their babies. To register email: maternaljournalself@gmail.com	Being A Parent 2 – 11 years 1.00 – 3.00. Parenting Course with Creche 23 Jan to 27 Mar	Child Health Review Clinic By appointment
Felix Food Project By referral Please call for more information	HENRY eight week Healthy Families course with creche 12.30 – 3.00. 28 Jan – 25 Mar		Baby Steps 12.30 – 4.30 9 Jan – 13 Feb, 20 Feb – 27 Mar 6 week programme for expectant parents. To register email: BabySteps@gstt.nhs.uk	
Baby Explorers 0 – 12 months 1.00 – 3.00 Please call to book	Baby Explorers 0 – 12 months 1.30 – 3.00. Please call to book	Stay and Play 0 – 4yrs 1.30 – 3.00 Please call to book	Baby Explorers 0 – 12 months 1.30 – 3.00. Please call to book	
Child Health Review Clinic By appointment	Midwife Breastfeeding Support By Appointment		Better Start Worker 1-1 Support 5 – 11 years By appointment. Please call to book	
Baby Explorers 0 – 18 months 1.00 – 2.30 Please call to book	Better Start Worker 1-1 Support 0 – 4 years By appointment. Please book		Speech & Language Therapy Clinic Children's Community Services By appointment	
Fussy Eating Workshop with creche 1 – 3pm 24 Feb	Stay and Play 0 – 4 years 1.00 – 3.00. Please call to book			
Starting Solids Workshop 1.00 – 3.00. 27 Jan. Please call to register	ESOL Course with creche 1.00 – 3.00. 14 Jan – 25 Mar Enrollment 7 Jan			



Scan the QR code or [click this link](#)

All information is correct at time of going to print. Please check online at lambeth.gov.uk/childrenscentres for the most up to date version of the timetable.

