

Family Advice and Guidance

(Telephone Service Mon – Fri, 9.00am - 5.00pm)

Free confidential advice and support for you and your family.

To book a slot, please call 1st Place reception on 020 7740 8070.

Family Support Referrals

Family Support referrals can be completed by a professional or you can self refer by contacting the Family Early Help team on 020 7525 1922 or email earlyhelp@southwark.gov.uk.

Never miss a thing...

Join the Southwark Parent & Carer Forum

We have created a WhatsApp group to keep parents and carers up to date with activities, services and support available in Southwark.

The forum is a way to bring parents, carers, professionals and voluntary organisations together, and is a source of support and information sharing. You can ask questions and someone will always be available to guide you.



Scan to
join.

Southwark Parent & Carer Panel

Your voice as parents and carers in Southwark is essential for developing effective family hubs that meet the needs of our community. Come along to our monthly meeting where we design, trial and evaluate services alongside local service leads so that they look, feel and run exactly as families need them to; We provide a creche, refreshments and rewards to appreciate your time and involvement.

Please contact Bukky on 07904615067 if you would like more information on when and where the meeting is taking place.



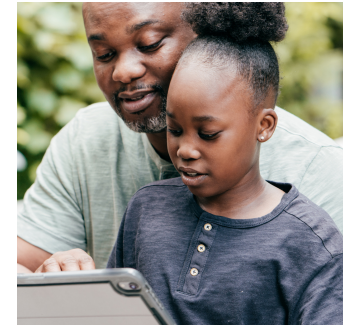
Find 50 low or no cost family activities in the free 50 Things to Do Before You're Five app. Download from Google Play or Apple Store.



Visit our website to view and download our Stay & Play Timetable. It's packed full of activities for you and your little one!

www.1stplace.uk.com

1st Place Free Courses for Parents and Carers



1st Place



Southwark Family Hubs



1st Place Courses & Services Summer Timetable April 2024 - July 2024

Courses and services include English lessons, IT skills, parenting, fussy eating, Osteopathy and more.

1st Place Family Hub

12 Chumleigh Street
Burgess Park
SE5 0RN



Victory Family Hub

Elba Place
SE17 1PT



Scan QR Codes to get directions (opens in google maps).

✉ BBWCFC@1stplace.uk.com

☎ 020 7740 8070



@1stPlaceCentre

www.1stplace.uk.com

MONDAY

Under Five Hearing Support Group

An opportunity for children and parents/carers to meet and share experiences. The group is supported by Southwark Hearing Support Service. Advice is provided by Teachers of the Deaf and professionals.



10:30 am – 12 pm 22nd April 13th May 10th June 15th July at 1st Place Family Hub

To book a place, please contact Emma Ford (07395 372 558) emma.ford@southwark.gov.uk or Arthur Cefai (07540 152 935) arthur.cefai@southwark.gov.uk

Paediatric Osteopathy



Specialist osteopathic care provided by a tutor from the University College of Osteopathy to support babies and children under 5 who may benefit from gentle manual therapy to assist with the challenges of early life. **By appointment only, Mondays between 10 am – 4 pm at 1st Place Family Hub.** To book an appointment or for more information, call 1st Place reception on 020 7740 8070.

ESOL – English Classes



Free English classes for Parents, in partnership with Ripe Learning. Studying ESOL can help you to take part in everyday life in the UK by developing your English language skills in speaking, listening, reading and writing and you will receive a recognised ESOL qualification.

Every Monday 10 am - 12 pm 15th April 2024 – 8th July 2024 at Victory Family Hub.
Half term break: 27th May (Bank Holiday, Centres are closed)

For more information, call 1st Place reception on 020 7740 8070. Ripe Learning will contact you to confirm your place on the course.

TUESDAY

EPEC Being A Parent Course



A 9 week course that helps parents with children aged 1-3 years learn practical skills for everyday life. This includes looking after yourself as a parent, recognising and managing your children's emotions, positive parenting strategies and supporting your children's resilience.

Every Tuesday 10 am - 12 pm 7th May 2024 - 16th July 2024 at 1st Place Family Hub
Half term break: 28th May (No session on this day)

To book a place, please contact Claire Gager (07547 659646) Claire.gager@southwark.gov.uk or call 1st Place Reception on 020 7740 8070.

Drop in Coffee Afternoon



Visit us for a chance to learn about services provided in Southwark. Ask questions to Community Early Help and Adolescent Sure Start team members. Information about local activities and services is available, together with Special Educational Needs information and support. Advice and help around benefits and employment, support with apprenticeships for young people and much more on offer.

Parents/carers (with children up to age 18, or up to 25 with SEN) and young people (11-18 years) are welcome to attend alone, with a friend or with a trusted adult.

Every Tuesday 2:30 pm - 4:30 pm at 1st Place Family Hub

Please contact the team if you need more information or are unable to attend the coffee afternoon and need support.

Community Early Help Practitioners

Sara.card@southwark.gov.uk 07852 766060
Rani.singh1@southwark.gov.uk 07843 802257

Adolescent Sure Start Officers

Lisa.ogbeide@southwark.gov.uk 07510 475416
Victoria.ing@southwark.gov.uk 07947 616048

WEDNESDAY

Digital & IT Skills training



Free Digital & IT Skills training for parents in partnership with Ripe Learning. Develop your Digital & IT skills in a friendly environment. A laptop will be allocated to you during the course. Crèche provided.

Every Wednesday 10 am - 12 pm 17th April – 10th July 2024 at Victory Family Hub
Half term break: 29th May (No session on this day)

For more information, call 1st Place reception on 020 7740 8070. Ripe Learning will contact you to confirm your place.

HENRY: a healthy start for a brighter future (8-week course)



A holistic approach that focuses on improving nutrition, emotional well-being, parenting confidence, oral health and a more active lifestyle. Crèche will be provided.

Every Wednesday 10:30 am - 12 pm 5th June - 24th July 2024 at 1st Place Family Hub

HENRY also offer one-day workshops:

Fussy Eating workshop Wednesday 10th April 10 am to 12 pm
Starting Solids Workshop Wednesday 1st May 10 am to 12 pm
Eating Well for Less workshop Wednesday 8th May 10:30 am to 12 pm

For more information and to book a place, visit the Evelina website.
Scan the QR code or visit: www.evelinalondon.nhs.uk/henry.



ESOL – English Classes



Free English classes for Parents, in partnership with Ripe Learning. Studying ESOL can help you to take part in everyday life in the UK by developing your English language skills in speaking, listening, reading and writing and you will receive a recognised ESOL qualification. **Please note Wednesday sessions are held at 1st Place Family Hub.**

Every Wednesday 1 pm - 3 pm 17th April – 10th July 2024 at 1st Place Family Hub
Half term break: 29th May (no session on this day)

For more information, call 1st Place reception on 020 7740 8070. Ripe Learning will contact you to confirm your place on the course.

FRIDAY

Father's Group



Join a 12-week programme to help build your skills as a male parent/carer. Crèche provided.

Every Friday 10 am - 12 pm 3rd May - 12th July 2024 at 1st Place Family Hub
Half term break: 31st May (no session on this day)

To book a place, please contact Ben Campbell 07738 860768 ben.campbell@southwark.gov.uk or call 1st Place Reception on 020 7740 8070.

Turn over for more services, including telephone advice and information about the Southwark Parent and Carer Panel.

