

**Welcome to the Family Hub Bulletin!**

This provides details of Family Hubs services and training opportunities for professionals. For any further information please contact [familyhubs@croydon.gov.uk](mailto:familyhubs@croydon.gov.uk) .

Services for Families	Training for Professionals
<p><b>0 to 5 services</b></p> <p><b>The South Children’s Centre Timetable</b> <a href="#">the-south-childrens-centres-timetable-november-to-december-2024.pdf</a></p> <p><b>North and Central Locality Children’s Centre Timetable</b> <a href="#">Oct - Dec 2024.pdf</a></p>	<p><b>Lunch and Learn sessions</b> Tuesday 10 December 12pm to 2pm Tuesday 21 January 12pm to 2pm</p> <p><b>Email to book:</b> <a href="mailto:FamilyHubs@croydon.gov.uk">FamilyHubs@croydon.gov.uk</a></p>
<p><b>Infant feeding advice and support</b> <b>Free drop-in sessions at:</b> Woodlands Family Hub - Fridays 10am to 11:30am</p> <p>Thornton Heath Library - Wednesdays 11:30am to 1:00pm</p>	<p><b>Perinatal Mental Health and Parent-Infant Relationship Training</b> Tuesday 4, Wednesday 5, Monday 10 and Monday 17 February 9:30am to 4:30pm</p>

<p>Winterborne Children centre - Mondays 9:30am to 11:30am</p> <p>Castle Hill Academy - Tuesdays 10am to 11:30am</p> <p>Selhurst Children’s Centre – Wednesdays 2pm to 3:30pm</p> <p>Parent and Infant Relationship Service (PAIRS) - Fridays 1:30pm to 3:30pm</p> <p><b>Find out more:</b> <a href="https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information">https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information</a></p>	<p><b>Booking link:</b> <a href="#">Reserve tickets – Croydon Family Hubs Supporting Perinatal Mental Health &amp; Parent-Infant Relationship Training Course – Croydon Town Hall, Room F9</a></p>
<p><b>Antenatal Classes</b></p> <p><b>Antenatal education classes</b> - Thornton Heath Library, Brigstock Road, CR7 7JB (Wednesday 11:45am to 1:15pm)</p> <p><b>Find out more:</b> <a href="https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information">https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information</a></p> <p><b>Now I’m expecting</b> – Parenthood brings a range of emotions, and whether it's your first or third baby, join Selhurst Children’s Centre to explore topics like infant first aid, breastfeeding, baby care, and essential services for new parents.</p>	<p><b>Attending to Culturally Sensitive Practice – Supporting Direct Work with Families.</b></p> <p>The next cohort of training takes place Thursdays 14, 21, 28 November 9:30am to 4:30pm with follow up dates in the new year.</p> <p><b>Booking link:</b> <a href="#">Select tickets – Croydon Family Hubs - Attending to Culturally Sensitive Practice – Supporting Direct Work with Families – TBXH Sunley House, 4 Bedford Park, Croydon, Surrey</a></p>

<p><b>For more information on how to book your place please call Selhurst on 0208 684 3777</b></p>	
<p><b>Perinatal mental Health / Parent infant relationship</b>  <b>Breathe Melodies</b> – a singing programme for new mothers and their babies to support and boost emotional and mental wellbeing.          Starting 7 October 2024 (10-week course) at two sites:</p> <p><b>Woodlands Family Hub</b> - Wednesdays 1:00pm to 2:00pm  <b>Samuel Coleridge Taylor Centre</b> - Mondays 10.30am to 11.30am</p> <p><b>Register here:</b> <a href="#">Registration Form - Breathe Melodies for Mums Croydon - Breathe</a></p>	<p><b>HENRY Project</b>          Parenting Programme Practitioner Training.</p> <p><b>Referral link:</b> <a href="#">Support for Practitioners   HENRY</a></p>
<p><b>Parenting</b>          Future Dads programme for new and expectant fathers – details to follow</p> <p><b>Find out more:</b> <a href="#">Future Dads - Future Men</a></p> <p><b>Family Transitions Triple P Online</b>          Family Transitions Triple P Online is a positive parenting programme especially for parents and carers going through separation or divorce.</p>	<p><b>Introduction to Trauma Informed Practice – offered by J3MS.</b></p> <p><b>Click here:</b> <a href="#">Trauma Informed Croydon Training: Empowering Recovery</a></p>

**Register here:** [Triple P Parenting in Croydon | Triple P](#)

**Triple P Babies Online**

Supporting parents with babies aged 0-2 years.

**Self – referral link:** [Triple P Parenting in Croydon | Triple P](#)

**Musical Bumps**

New Musical Bumps session for babies and toddlers (0 to 2 years) **starts on Thursday, November 14th at 2.30pm at the Ark Start Community Room.** Join us for 45 minutes of singing fun, familiar rhymes, and new songs. Led by Maree, with 17 years of experience, parents will leave with songs and games to try at home. Free, fun, and school-run friendly!

Please visit [www.musicalbumps.com/teachers/classes-for-babies-and-pre-school-children-in-croydon/](http://www.musicalbumps.com/teachers/classes-for-babies-and-pre-school-children-in-croydon/) to find out more.

Maree also offers online sessions! Join a fun 40-minute singing class with your child from home every Saturday at 1pm via Zoom.

**Please contact Woodlands Family Hub by emailing [southchildrenscentres@croydon.gov.uk](mailto:southchildrenscentres@croydon.gov.uk) to register your interest.**

<p><b>Home Learning Environment</b> Join us for a FREE Communication, Language and Literacy series designed for children aged 2.5 to 4 years.</p> <p>This is a fantastic opportunity to support your child's early language skills and connect with our Croydon Family Hubs Home Learning team for valuable home learning tips.</p> <ul style="list-style-type: none"><li>• Woodlands Family Hub, Farnborough Avenue, CR2 8HD Tuesdays: Nov 12, 19, 26 &amp; Dec 3 11:30am to 1pm</li></ul> <p><b>Woodlands Family Hub</b> <a href="https://buytickets.at/croydonfamilyhub/1451955">https://buytickets.at/croydonfamilyhub/1451955</a></p>	<p><b>Family Hubs Open Days</b> Croydon Family Hubs will be holding open days for partners to visit the family hub to have a tour of the building.</p> <p><b>Please book your preferred timeslot here:</b> <a href="#">Wednesday 4 December</a></p>
<p><b>DWP Employment and Benefits Service. Every alternative Friday between two sites.</b> Call to book a 1 to 1 appointment. Sessions run from 9:30 am to 2pm.</p> <p><b>Woodlands Family Hub - <a href="tel:02089160543">020 8916 0543</a> – Next session on Friday 15 November</b></p> <p><b>Selhurst Children's Centre - <a href="tel:02086843777">020 8684 3777</a> – Next session on Friday 21 November</b></p>	

<p><b>SEND support</b> <b>Portage</b> <b>Link:</b> <a href="#">Croydon Early Years SEND Service   National Portage Association</a></p> <p><b>You're Never Alone</b> <b>Link:</b> <a href="#">YOUR'E NEVER ALONE CIC</a> <b>SENDiass workshop arranged for parents and carers</b> <b>Link:</b> <a href="#">Croydon SENDIASS - Kids</a></p> <p><b>SEN Play and Learn 0-5's (Special Educational Needs)</b> This <b>drop-in session</b> offers a calm, nurturing space for children who may be sensitive to noise, have additional needs, or experience sensory challenges and developmental delays.</p> <p>Aerodrome Children's Centre, Violet Lane, Waddon, CR0 4HN Wednesday's 1pm to 2.30pm.</p>	
<p><b>Nutrition and weight management</b> Henry workshop - <a href="#">Parents   HENRY</a> NHS HealthyStart - <a href="#">Get help to buy food and milk (Healthy Start)</a></p>	