

# FAMILY HUBS NEWSLETTER

## Parent Carer Panel

Two parent carer panel sessions have been held since our last newsletter.

On 20 June we held public speaking training for the parent carer panel. It was aimed at parents and carers who wanted to feel more confident when presenting or speaking to an audience.

The training was delivered by Alison Johnson who specialises in Parenting, Behaviour management, emotional wellbeing and resilience building for young people & adults.



On 18 July we held a parent carer panel meeting and invited the Croydon Early Learning Team to come and talk to the parents and carers about getting ready to start school.

They spoke about childcare funding and the changes to funding from September 2024.

Some working parents may be eligible for funded (free) childcare. You can apply for:

- 15 hours per week for children aged 9 months to 4 years
- 30 hours per week for children aged 3 and 4 years old

Apply and receive your code by 31 December to be eligible from 1 January. You can apply early and talk to your childcare provider about their arrangements.



If you have a two year old who is not eligible for the working parent funding and you are in receipt for certain benefits, you may be eligible for funding - for further information please see [Family Space Croydon](#).

To find out more about the upcoming changes please visit: [Homepage](#) | [Childcare Choices](#)

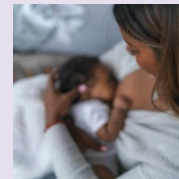
If you are interested in coming to our next parent carer panel, we want to hear from you. Please email: [FamilyHubs@croydon.gov.uk](mailto:FamilyHubs@croydon.gov.uk)

## Infant feeding helpful information

**Croydon Infant Feeding drop-ins every week:**  
**Woodlands Family Hub** – Fri 10am to 11:30am  
**Thornton Heath Library** – Wed 11:30am to 1pm  
**Selhurst Children's Centre** – Wed 2pm to 3:30pm  
**Castle Hill Academy** – Tues 10am to 11:30am  
**Winterbourne Children's Centre** – Mon 9:30 am to 11:30am  
**PAIRS Drop in** – 1:30pm to 3pm

[Find out more - please see additional information section.](#)

**Pelvic Health and Wellbeing Classes:**  
[Pregnancy classes - register](#)  
[Labour, birth and beyond classes - register](#)  
[Pelvic Health YouTube Videos](#)



## NEW Start for Life activities

### Breathe Melodies



[Sign up](#) for our FREE 10-week programme, open to new mothers living in the London Borough of Croydon experiencing low mood, feelings of stress, anxiety and social isolation with babies aged 0 to 9 months.

Sessions will take place at two sites: Samuel Coleridge-Taylor Centre from Monday 7th October and Woodland's Family Hub from Wednesday 9th October. For session information, please see the [Breathe Melodies website](#).

### Department of Work and Pensions

Gemma Edwards will be at the Family Hub on Friday 20<sup>th</sup> September and then on alternate Fridays from 10am to 4pm offering employment and benefit support. Please call **020 8916 0543** to book an appointment.

### Musical Bumps – Saturday Online Session

Join the Musical Bumps Zoom session every Saturday at 1:00pm for a fun, at-home singing class for parents and carers; register through Woodlands Family Hub. Please email [southchildrenscentres@croydon.gov.uk](mailto:southchildrenscentres@croydon.gov.uk).

# SPOTLIGHT

## HENRY in Croydon



At HENRY, they are passionate about giving babies and children the best start in life by supporting families to make positive lifestyle changes and create healthier, happier homes.

Since February 2023, HENRY in Croydon has delivered over 30 free 8 week Healthy Families programmes and Starting Solids workshops, reaching more than 150 parents and carers.

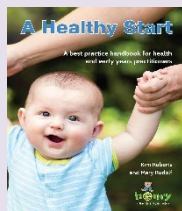
Their Healthy Families, Brighter Future programme is for parents and carers with children under 7 in Croydon, offering face-to-face and online sessions on parenting strategies, nutrition, and balancing family life. Participants receive a full toolkit and a certificate upon completion.



HENRY also offer Starting Solids workshops for parents of babies under 6 months and Eat Well for Less workshops for families with children under 12, focusing on budget-friendly nutrition tips.

All programmes are led by their friendly team of healthy family facilitators. Parents with children under 7 can get in touch [here](#) for more information.

Additionally, the HENRY Core Training is a two-day course for Croydon practitioners, covering essential topics like health inequalities, early nutrition, emotional wellbeing, and parenting strategies to support families in fostering a healthy, happy childhood. Please register interest in the training via [HENRY practitioner training](#).



To find out more please visit [HENRY in Croydon | HENRY](#)

### Key Dates:

**Parent Carer Panel at Croydon Central Library**

Thursday 19 September  
10am to 11:30am

**Family Hubs Open Day**

Monday 16 September  
10am to 2pm

**Family Hubs Open Day**

Wednesday 9 October  
10am to 2pm

**COME AND JOIN US**  
Booking links below

### How can I get involved?

Are you a professional or interested in joining the Family Hubs network, please get in touch. Email us at [FamilyHubs@croydon.gov.uk](mailto:FamilyHubs@croydon.gov.uk)

### Directory of services for children

Use our directory to find council services, local voluntary and community organisations that can help support you and your family in Croydon.

<https://tinyurl.com/4ajrx3ca>

### Family Hub Open Days

Croydon Family Hubs will be holding open days for partners to visit the family hub to have a tour of the building. Dates are listed above in 'Key Dates' section.

Please book your preferred timeslot here:

- [Monday 16 September](#)

- [Wednesday 9 October](#)

**Family Hubs Timetable featuring further activities from Sept to Oct**

[Please see timetable below](#)



Family Hubs Croydon



@familyhubscroydon



FamilyHubs@croydon.gov.uk



## About our Sessions...

### Baby Fun for Under 1 (Non walkers)

Make memories with age appropriate activities along with singing, instruments and nursery rhymes, Nappy painting and Hand & Foot prints.

### Jumping Beans 0-4

A physical play session to encourage movement, balance and coordination. This type of play builds gross and fine motor skills and supports development of fitness skills and enjoyment of physical activity.

### Rocking Rhymes 0-5 years

A music focussed session supports memory, learning sounds and meanings of words. Dancing to music helps children build motor skills while allowing them to practice self-expression.

### Watch Me Grow

Messy and sensory activities for babies under 1 year old. Supporting children to understand how their actions affect what's around them, brain development, memory, complex tasks and problem solving. Includes access to sensory room.

### Messy Play

A session for children aged 0-4 years. Children develop curiosity, initiative, focus and persistence through messy play. Simple activities, like playing with playdough or shredded paper, build fine and gross motor skills, supporting cause and effect, number sense, and other important cognitive skills.

### Stay & Play

A play and learn session for children aged 0-5 years. This is a fun interactive session where children and parents can socialise and children can learn through play.

### Forest School

A child-centred learning process, providing learner inspired, hands-on experiences in the natural environment. Encouraging children to explore the outdoors whilst stimulating curiosity and developing imaginative play.

### Musical Bumps 6 months-2 years

Join us for musical fun and games, learn lots of new songs, play with puppets, dance and musical learning for babies and toddlers with their parents and carers.

### Wriggles & Dribbles

Relax, Chat and Play. A supportive play session with breastfeeding peer support led by trained parents. For families with babies and children aged 0-2 years

### Chatterbox

For children 4 years old and under For Croydon families who have concerns about their child's talking or interaction.

### Now I'm 2

A structured Stay & Play in preparation for nursery/School readiness. Aged 2-4 years

### Breastfeeding Buddies (Breastfeeding Support)

A friendly and supportive breastfeeding group run by trained peer support volunteers.

### Infant Feeding Drop In

Friendly and supportive breastfeeding advice for parents run by NHS Midwife Team

### You're Not Alone

An informal support group for parents/ carers who have children with special needs.

### Ball Pit

Soft play to promote balance, coordination and fine & gross motor skills. years.

### Family Support

If you have something on your mind or would like some support then you can come along to talk to our family support worker or call to make an appointment.

**Bookable sessions / services... (B) Please call Woodlands Family Hub for more information – 0208 916 0543**

### Baby Massage (B) (Under 6 months)

A 5-week course. A touching communication that enhances bonding & trust between parent and baby. Improving sense of wellbeing, increasing confidence in recognising baby's needs, Improved positive interaction with baby, Improved sleep for baby.

### Baby Yoga (B)

A style of yoga that encourages bonding between babies and their parents.

### Babbling Babies (B) 0 - 6 months

A 4 week early language and communication programme. Incorporating crafts, songs, stories and experiences.

### Child Development Checks (B)

All children will be offered a 9-12 month and a 2- 3-year development review. You will be contacted to book this appointment. If you have any concerns about your child's development, then please contact the Health Visitor Duty Line: **0208 274 6006** (Mon-Fri 9.00- 16.30)

### Cooking Cubs (B)

A fun cooking session 2+ years with parent/carer. Please specify any allergies or dietary requirements when booking.

Please note that our programme may be subject to change at any time.

### Additional Family Hub services:

- Job centre adviser - Benefits and employment support (Job searching, Interview prep and CV support).
- Croydon Healthy Homes - Energy advice and support.
- Early Help Keyworker - Intensive support advice for families.
- Sexual health Support - Relationship and Sexual Health Info, advice and guidance.

To find out details of these services -

[Familyhubscroydon](#) | [Instagram](#) | [Facebook](#) | [Linktree](#)



**CROYDON**  
www.croydon.gov.uk

## The South Children's Centres Timetable & Family Hub Services

**Monday 9th September -  
Friday 18th October 2024**



We look forward to welcoming you to our centres. Our sessions are for families with children 4 years and under. Sessions can become very busy therefore please try to arrive on time to avoid any disappointment.

### Site Addresses

#### Woodlands Family Hub:

Quest Academy  
Farnborough Ave  
South Croydon  
CR2 8HD

#### Byron:

Oasis Academy  
St. David's  
Coulston  
Surrey, CR5 2XE

#### Purley Oaks:

Purley Oaks Academy  
Bynes Road,  
South Croydon  
CR2 0PR  
[Access via Gate 5]

#### Castle Hill:

Castle Hill Academy  
Dunley Drive  
CR0 0RJ  
[Junction of Dunley Drive  
& Fieldway]

#### Fairchildes:

Fairchildes Academy  
Community Trust  
Fairchildes Avenue  
New Addington  
Croydon, CR0 0AH  
[Access via Main School  
Reception]

### For all enquiries call:

**Woodlands Family Hub: 0208 916 0543**  
Email: [southchildrenscentres@croydon.gov.uk](mailto:southchildrenscentres@croydon.gov.uk)  
Facebook: [Croydonbeststart](#)

### Family Support

Julie is our Family Support Worker and is here to offer emotional and practical support to parents and their families, in their own homes and in the community.

If you would like support please call:

**Julie— 07356 100837 Mon, Tues & Thurs 9.30 - 4pm  
Wed & Fri 8.30 - 12pm**



# The South Children's Centres Timetable ~ Monday 9th September - Friday 18th October 2024

## CASTLE HILL

### Monday

9.45- 10.45am Jumping Beans

Child Development Checks  
(Booking via HV)

### Tuesday

9.30 - 11am Messy Play  
10 - 11.30am Infant Feeding Drop-In

### Wednesday

1 - 2.15am Baby Fun For Under 1

### Thursday

9 - 2.30 BCG Clinic (NHS Health Team)  
1 - 2.30pm Chatterbox

## FAIRCHILDES School Academy

### Thursday's

10 - 11.15am Forest School  
1 - 2pm Jumping Beans

[We have moved to Fairchildes School.  
Please go to the school reception office to  
sign in]

\*Please note— Baby Fun for Under 1 is now  
being held at Castle Hill on Wednesday's PM.

### Chatterbox (Booking not required!)

With guidance from Speech & Language  
team members.

**Woodlands** - Tuesday's 1pm

**Byron** - Wednesday's 9.30am

**Castle Hill** - Thursday's 1pm

## WOODLANDS Family Hub

### Monday

9.30 - 10.15am Musical Bumps  
(6mths to 2 years)

Child Development Checks  
(Booking via HV)

9 - 4pm BCG Clinic  
(NHS Health Team)

1 - 2.30pm Watch Me Grow  
(Under1's)

1.30 - 2.30pm Cooking Cubs **B**  
(2-4 years. Starts 7th Oct)

### Tuesday

9.15 - 11am Stay & Play

9.30 - 11am You're Never Alone

10 - 12pm Portage Play Group

1 - 2.30pm Chatterbox

### Wednesday

9.15 - 11am Rocking Rhymes

Midwife Clinic  
(Booking via Midwifery Team)

9.30-12pm Stepping Stones Course &  
Creche

Epats Course

12.15 - 3pm Breathe Melodies for Mums  
(10 week pre booked course)  
(Starts 9/10/24)

1.45 - 2.45pm Baby Massage **B**  
(Starts 11th Sept)

### Thursday

9.15 - 11am Now I'm Two

Child Development Checks  
(Booking via HV)

10 - 12pm Being a Parent Course (SLAM)  
**B**

10 - 12pm SCD Course **B**

1.30 - 3pm Babbling Babies **B**  
(From 19th, 26th Sept, 10th, 17th Oct)

### Friday

10 - 11.15am Baby Fun For Under 1

10 - 11.30am Infant Feeding Drop-In

Child Development Checks  
(Booking via HV)

1 - 2.30pm Stay & Play

1.15 - 2.15pm Baby Yoga **B**  
(Up to 6 months. Starts 13th Sept)

## BYRON

### Wednesday

9.30 - 11am Chatterbox

Midwife Clinic  
(Booking via Midwifery Team)

9.30 - 10.15am Musical Bumps  
(6mths to 2 years)

### Friday

9.30 - 11am Stay & Play

10 - 11.30am Breastfeeding Buddies

## PURLEY OAKS

### Wednesday

1 - 2.30am Stay & Play

### Friday

12.30 - 1.30pm Baby Massage **B**

2 - 3.30pm Babbling Babbies **B**

Both Courses run from 20th, 27th Sept, 11th,  
18th Oct

[Please use Gate 5 for access to the  
Children's Centre site]  
Both courses are for 0-6 month old babies  
and need to be pre booked.

**All Centre sites will be CLOSED  
for sessions the afternoon of  
Friday 4th October 2024**

**Contact us on - 0208 916 0543**



**CROYDON**  
www.croydon.gov.uk