

## About our Sessions...

### Watch Me Grow Under 1

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

### 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.

### 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.

### Now I'm Two 2-4 years

A structured Stay & Play in preparation for nursery/School readiness.

### Book Start Activities 2+ years

Fun activities including reading, singing and crafting. Supports shared reading and the love of books with your little ones.

### Messy Play 0-4 years

Children develop curiosity, initiative, focus and persistence. Build fine and gross motor skills, supporting cause and effect, number sense, and other important cognitive skills. (Please bring a change of clothes).

### Jumping Beans 0-4 years

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.

### Chatterbox 4 years and under

Targeted groups to promote, support and encourage your child's speech, language and communication development.

### 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.

### Stay & Play 0-5 years

A play and learn session with interactive fun where children and parents/carers can socialise and children can learn through play.

### You're Never Alone (Adults only)

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

### Breastfeeding Buddies (Breastfeeding Support)

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

### Infant Feeding Team Clinic (Drop In)

Friendly 121 breastfeeding support run by Midwife Team

### Sexual Health Support (Drop In)

Relationship and sexual health info, advice and guidance.

(Every 2nd Monday of each month)

### Family Hub Navigators (Drop In or book 0208 916 0543)

Every Friday 10am - 2pm at Woodlands Family Hub

Find out more information about the family hub offer, signposting for all services and activities for children 0-19 (25 SEND) or how to access extra support.

### Parent's Wellbeing (Drop In or book Elena 07849 733952)

Support for parents, partners and carers from pregnancy up until the child is 2 years old, for your wellbeing and current needs.

### Citizens Advice Croydon

To help you find a way forward, whatever the problem.  
(Every 1st & 3rd Tuesday of each month)

## (B) Bookable Services...

Please call Woodlands Family Hub to Book  
0208 916 0543

### Baby Yoga 6+ months (B)

A 4-week course. A style of yoga that encourages bonding between babies and their parents. Non mobile babies.

### Baby Massage Under 6 months (B)

A 4/5-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.

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

A 4/5/week course Interactive group to promote baby learning experiences with crafts and other activities.

### Rhyme & Sign for Baby & Me 4 months - 1 year (B)

A 5 week fun interactive singing and signing course to promote early communication.

### Cooking Cubs 2+ years (B)

A fun 5 week cooking course with parent/carer. Please specify any allergies or dietary requirements when booking.

### Child Development Checks (By appointment Only)

2 year and 3 year old development checks carried out by the Health Visitor Team. Health Visitor Booking Line 0208 274 6442

### BCG Clinic -NHS Team (By appointment only)

Midwife Clinic (Drop In) (By appointment only)

## Additional Family Hub Services:

- DWP—Family Communication Work Coach - 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.
- Citizens Advice Croydon — Housing, Debt & Money etc.

To find out details of these services -

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



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



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## Woodlands Family Hub & South Children's Centres

**Tuesday 22nd April -  
Friday 18th July 2025**

**Monday 5th & 26th May Closed Bank Holiday**



**We look forward to welcoming you to our centres.**  
**Our sessions are for families with children ages 0-5.**  
**Sessions can become very busy therefore please try to arrive on time to avoid any disappointment.**

### Site Addresses

#### Woodlands Family Hub:

Quest Primary School  
Farnborough Ave  
South Croydon  
CR2 8HD

#### Byron:

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

#### Fairchildes:

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

#### Purley Oaks:

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

**For all enquiries call:**  
**Woodlands Family Hub & South Children's Centres**  
**Telephone: 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 contact:**

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

# Woodlands Family Hub Children's Centres Timetable ~ Tuesday 22nd April - Friday 18th July 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.15am - 10.45am Now I'm Two</p> <p>11.00am - 11.30am Bookstart Activities</p> <p>9.30am - 10.30am Musical Bumps</p> <p>9.30am - 12.30pm Child Development Checks (By appointment)</p> <p>9.45am - 3.15pm BCG Clinic (NHS Team) (By appointment)</p> <p>1.00pm - 2.30pm Watch Me Grow (Under1's)</p> <p>1.00pm - 2.30pm Cooking Cubs B 5 Week Course (28/4/25-9/6/25 Course 1) (16/6/25-14/7/25 Course 2)</p>	<p>9.15am - 11.00am Stay &amp; Play</p> <p>9.30am - 11.30am You're Never Alone</p> <p>9.45am - 11.30am Messy Play (New Session for Woodlands)</p> <p>10.00am - 2.00pm Citizens Advice Croydon B (1st and 3rd Tuesday of each month- 6th &amp; 20th May, 3rd &amp; 17th June, 1st &amp; 15th July)</p> <p>10.30am - 12.30pm Parent's Wellbeing (Drop In or book)</p> <p>1.00pm - 2.00pm Triple P Baby (Starts 22/4/25-Pre-Booked course)</p> <p>1.00pm - 2.30pm Chatterbox (Speech, Language and Communication Support)</p> <p>1.30pm- 2.30pm Baby Massage B Bookable 5 Week Course (29/4/25-3/6/25 Course 1) (10/6/25-8/7/25 Course 2)</p>	<p>9.15am - 11.00am Rocking Rhymes</p> <p>9.30am - 4.00pm Midwife Clinic (By appointment)</p> <p>9.30am - 11.30am SCD Course/Creche (Starts 30/4/25 - 25/6/25) (Invite Only)</p> <p>12.30pm - 2.30pm SCD Course/Creche (Starts 30/4/25 - 25/6/25) (Invite Only)</p> <p>1.00pm - 2.00pm Baby Yoga 6+months B 4 Week Course (30/4/25-21/5/25 Course)</p>	<p>9.30am - 12.00pm Perinatal Breastfeeding Support (24/4/25 SLAM - Invite Only)</p> <p>9.00am - 4.00pm Child Development Checks (By appointment)</p> <p>9.15am - 11.00am Stay &amp; Play</p> <p>10.00am- 11.00am Baby Massage B 5 Week Course (1/5/25-5/6/25 Course 1) (12/6/25-10/7/25 Course 2)</p> <p>1.00pm - 2.30pm Chatterbox (Speech, Language and Communication Support)</p> <p>1.00pm - 2.00pm Rhyme &amp; Sign B Bookable 5 Week Course (1/5/25-5/6/25 Course 1) (12/6/25-10/7/25 Course 2)</p>	<p>10.00am - 11.15am Baby Fun for Under 1</p> <p>10.00am - 11.30am Infant Feeding Drop In's (NHS Team)</p> <p>10.00am - 2.00pm FH Navigators (Drop In)</p> <p>9.30am - 3.30pm DWP Drop In - Family Communication Work Coach (Fortnightly-start 16th May)</p> <p>1.00pm - 2.30pm Stay &amp; Play</p>

## FAIRCHILDES

[New location is in Fairchildes Academy School] -  
Please go to the school reception office to sign in.

### Monday

10.00am - 11.00am Jumping Beans

### Thursday

1.30pm - 2.45pm Homestart Stay & Play (0-4yrs)

## BYRON

### Wednesday

9.45am - 11.15am Chatterbox (Speech, Language and Communication Support)

Midwife Clinic B  
(By appointment)

### Friday

9.30am - 11.00am Stay & Play

10.00am - 11.30am Breastfeeding Buddies

## PURLEY OAKS

### Wednesday

1.00pm - 2.30pm Stay & Play with Storytime

### Friday

12.45pm - 1.45pm Baby Massage B  
5 Week Course (9/5/25-13/6/25 Course 1)  
4 Week Course (20/6/25-11/7/25 Course 2)

2.30pm - 4.00pm Babbling Babies B  
4 Week Course (16/5/25-13/6/25 Course 1)  
4 Week Course (20/6/25-11/7/25 Course 2)

Contact Us to Book - 0208 9160543

B Requires Booking



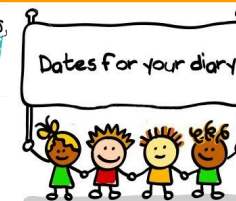
**WE ARE CLOSED ~ Bank Holidays:**  
Monday 21st April, Monday 5th & 26th May 2025.

**Half-Term Week: 26th-30th May 2025 ~**  
Separate timetable to follow.

### BYRON CHILDREN'S CENTRE:

From 23rd May Children's Centre services will no longer be running at Byron, until further notice. Other services affected - Midwife Clinic, Breastfeeding Buddies, Chatterbox - (Speech & Language).

**We apologise to all our families. We will keep you updated!**



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