

## Family Advice and Guidance

Free confidential advice and support for you and your family over the phone. To book a slot, please call Nadene on 07776 990 819.

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

## Referrals

Family Support referrals must be completed by an Early Help professional, email [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

To discuss the referral process, please email Elena Salazar:  
[Elena.Salazare@1stplace.uk.com](mailto:Elena.Salazare@1stplace.uk.com)

Rose  VOUCHERS  
for  
**fruit&veg**

The Rose Vouchers for Fruit & Veg Project gives vouchers to buy fruit and veg locally to families on low incomes or with no recourse to public funds (NRPF), who have children under 5 years old. to find out more go to [www.1stplace.uk.com/rosevouchers](http://www.1stplace.uk.com/rosevouchers)



Find 50 low or no cost family activities in the free 50 Things app.

Download from Google Play or Apple Store.



# Free Courses for Parents and Carers



## 1st Place Autumn Timetable

September - December 2023

**Courses include ESOL, parenting, fathers group and more.**

### 1st Place Children & Parents' Centre

12 Chumleigh St  
Burgess Park  
SE5 0RN

### Victory Children & Family Centre

Elba Place  
SE17 1PT

E-mail: [BBWCFC@1stplace.uk.com](mailto:BBWCFC@1stplace.uk.com) Phone: 020 7740 8070

[www.1stplace.uk.com](http://www.1stplace.uk.com)

 @1stPlaceCentre



Southwark Children and Family Centres  
Borough Bankside and Walworth



## MONDAY

### **Under Five Hearing Support Group** 1st Place Children & Parents' Centre

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

**10:30 am - 12 pm 11th September | 9th October | 6th November | 11th December**

**To book a place, please contact**

**Emma Ford (07395 372 558) [emma.ford@southwark.gov.uk](mailto:emma.ford@southwark.gov.uk)  
or Arthur Cefai (07540 152 935) [arthur.cefai@southwark.gov.uk](mailto:arthur.cefai@southwark.gov.uk)**

### **ESOL - English Classes** Victory Children & Family Centre

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

**10 am - 12 pm 11th, 18th, 25th September | 2nd, 9th, 16th, 30th October  
6th, 13th, 20th, 27th November | 4th, 11th December**

**For more information, please contact Nadene Engwell on 07776 990 819.**

Ripe Learning staff will contact you to confirm your place on the ESOL course and what centre to attend.

## WEDNESDAY

### **HENRY** 1st Place Children & Parents' Centre

Healthy Families: Right From The Start is an 8 week course which helps parents with children under 5 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. The course focuses on supporting good nutrition, physical activity, emotional well-being and parenting skills.

**10am - 12.30pm 4th, 11th, 18th October | 1st, 8th, 15th, 22nd, 29th November**

To book a place, please email [gst-tr.HVsupportanddevelopmentworker@nhs.net](mailto:gst-tr.HVsupportanddevelopmentworker@nhs.net)

### **ESOL - English Classes** 1st Place Children & Parents' Centre

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

**1pm - 3pm 13th, 20th, 27th September | 4th, 11th, 18th October  
1st, 8th, 15th, 22nd, 29th November | 6th, 13th, 20th December**

**For more information, please contact Nadene Engwell on 07776 990 819.**

Ripe Learning staff will contact you to confirm your place on the ESOL course and what centre to attend.

## TUESDAY

### **EPEC Being a Parent** 1st Place Children & Parents' Centre

This 9 week course helps parents with children aged 2 - 11 years learn practical skills for everyday life. This includes looking after yourself as a parent, recognising and managing your children's emotions and positive parenting strategies and supporting your children's resilience.

**10am - 12pm 3rd, 10th, 17th, 31st October | 7th, 14th, 21st, 28th November  
5th December**

**To book a place please contact**

**Claire Gager (07547 659 646) [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)  
or call 1st Place Reception on 020 7740 8070.**

## FRIDAY

### **Fathers' Group** 1st Place Children & Parents' Centre

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

**10am - 12pm & 12pm - 2 pm 29th September | 6th, 13th, 20th October  
3rd, 10th, 17th, 24th November | 1st, 8th December**

**To book a place, please contact**

**Ben Campbell (07738 860 768) [ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk)  
or call 1st Place reception on 020 7740 8070.**