

South Locality Children and Family Centre

January - March 2018 Programme

*Welcoming you to Danson Children & Family Centre,
North Cray Neighbourhood Centre, Falcolnwood Community Centre, Oval Clinic*



Providing services, activities
and support for local families



Bexley's Children and Family Centres

There are three Children and Family Centres in Bexley, located in the north, south and centre of the borough.

Each centre co-ordinates local activities and supports services for families. Danson Children and Family Centre covers the south of the borough.

This programme includes details of activities that are held here and at other venues in this area.

Make sure you check the venue and any booking details before setting out. Check the back page for contact details and addresses.

You can attend activities at any of our centres visit www.bexley.gov.uk/childrenfamilies to see the other centre programmes and find out more.

Find Danson Children's Centre on www.facebook.com



South Locality Children & Family Centre

January to March 2018 - Term Time Programme

MONDAY

Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	9.30-10.15am	TOTNASTICS Age: 18mths – 2½yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	9.30am-12.30pm	ADHD SUPPORT GROUP (ADHD & Me, 07576 884579)	FREE	Monthly Drop in, 8 th Jan / 5 th Feb / 5 th Mar
DANSON Children's Centre	10-11.15am	BABY YOGA Age: 6 weeks to Pre Crawling	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	10-10.45am	FUNKY FEET DANCE Age: 18mths – 4yrs	£3.50 per week	Drop in, Pay on arrival
DANSON Children's Centre	10-11.30am	MOTHERS EMBRACE with a play session for children Antenatal / Postnatal.	FREE	Weekly Drop in, focused on the Health & Wellbeing of parents. Dads welcome. Regular visits by Bexley MIND
DANSON Children's Centre	10.15-11am	TOTNASTICS Age: 2½yrs - 4yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	11.30am-12.30pm	BABY MASSAGE Age: 6 weeks to Pre-Crawling	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	12-2pm	BABY BREASTFEEDING Antenatal / Postnatal group	FREE	Drop in, Register on arrival
DANSON Children's Centre	1.00-2.30pm	LITTLE NUMBERS 8 Jan LITTLE SCIENTISTS 19 Feb	FREE	5 week Family Learning course Bookable at Danson
DANSON Children's Centre	6.30-8pm	BABY BASICS Antenatal group	FREE	8 th Jan, 12 th Feb, 12 th March Call 0203 910 7303 to book
NORTH CRAY Neighbourhood Centre	10-10.45am	HOP, SKIP & JUMP Age: 1- 4yrs	£3.00 per week	Drop in, Pay on arrival
NORTH CRAY Neighbourhood Centre	11-11.45am	ZUMBINI Age: Under 5's	£3 Per week	Drop in, Pay on arrival
FALCONWOOD Community Centre	1.15-2pm	TODDLER FOOTBALL (Improvers) Age: 2 – 5yrs	£3 per week	Bookable at Danson Courses are in ½ termly blocks
FALCONWOOD Community Centre	2-2.45pm	TODDLER FOOTBALL (Beginners) Age: 2 – 5yrs	£3 per week	Bookable at Danson Courses are in ½ termly blocks
SIDCUP Barnard Health Centre	9.30-11.30am	CHILD HEALTH CLINIC Age: Under 5's	FREE	Drop in, Register on arrival to see the Health Visitor www.bexley0to19.co.uk
SIDCUP New Generation Church	9.30-11am	LITTLE NUMBERS 8 Jan LITTLE SCIENTISTS 19 Feb	FREE	5 week Family Learning course Bookable at Danson

Other dates for your diary

Baby Bootsale

21st February 2018

Nappuccino (Real Nappies)

31 Jan, 28 Feb, 28 Mar

Check-out our half term programme from 12 – 16 February. Don't miss out on all the fun at our Easter parties, egg hunt and the popular **Meet the Lambs Event.**

Coming throughout this term are our parent support workshops and courses. Themes include Sleep, Managing Challenging Behaviour, Potty Training, Weaning, First Aid and much more!

South Locality Children & Family Centre

January to March 2018 - Term Time Programme

TUESDAY

Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	9.30-10.15am	TOTNASTICS Age: 18mths – 2½yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	9.30-10.30am	PARENT & CHILD PLAY GROUP Age: 0 – 4yrs	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	9.45-10.45am	BABY MASSAGE Age: 6 weeks to pre-Crawling	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	10.15-11am	TOTNASTICS Age: 18mths – 2½yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	11-11.45am	TOTNASTICS Age: 2½ – 4yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	11am-12.30pm	CARE OF A NEW BORN Antenatal	FREE Monthly	Bookable at Danson. 16 Jan, 20 Feb, 20 Mar
DANSON Children's Centre	11.00am-12.15pm	BABY YOGA Age: 6 weeks to pre-Crawling	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	1-2.30pm	GROOVY GRANDPARENTS Age: 0 – 4yrs	£2 per week	Drop in, Pay on arrival 9, 23 Jan / 6, 27 Feb / 13, 27 Mar
DANSON Children's Centre	1.15-3pm	ASIAN WOMAN'S GROUP Age: 0 – 4yrs	£2 per week	Drop in, Pay on arrival 16, 30 Jan / 20 Feb / 6, 20 Mar
DANSON Children's Centre	7-9pm	Your Boy Behaviour, Boundaries & Bonding for parents of boys	£5 per week	Bookable at Danson. Courses are in 4 week blocks Next course Starts 6 th March 18
NORTH CRAY Neighbourhood Centre	11-11.45am	JO JINGLES Age: Under 5's	£ p.o.a	Bookable via Jo Jingles www.jojingles.com
NORTH CRAY Neighbourhood Centre	1.30-2pm	TODDLER FOOTBALL Age: 1- 2½yrs	£2.50 per week	Bookable at Danson Courses are in ½ termly blocks
NORTH CRAY Neighbourhood Centre	2-2.30pm	TODDLER FOOTBALL Age: 2½ - 3½yrs	£2.50 per week	Bookable at Danson Courses are in ½ termly blocks
NORTH CRAY Neighbourhood Centre	2.30-3pm	TODDLER FOOTBALL Age: 3½ - 5yrs	£2.50 per week	Bookable at Danson Courses are in ½ termly blocks
FALCONWOOD Community Centre	9.30 -10.30am	BABY YOGA Age: 3mths –pre-crawling	£ p.o.a.	Bookable Via 07967663257 www.bexleybabymassage.co.uk
FALCONWOOD Community Centre	9.30-11am	STAY & PLAY Age: Under 5's	£2.50 per week	Drop in, pay on arrival www.purplemonkeysoftplay.co.uk
FALCONWOOD Community Centre	12.45-2.15pm	STAY & PLAY Age: Under 5's	£2.50 per week	Drop in, pay on arrival www.purplemonkeysoftplay.co.uk
SIDCUP Oval Health Clinic	10-11.30am	STAY & PLAY Age: Under 5's	£2 per week	Drop in, Pay on arrival

Up to 30 hours free childcare

To view the eligibility criteria for 30 hours and find out more please visit www.childcarechoices.gov.uk

Childcare
Choices

South Locality Children & Family Centre

January to March 2018 - Term Time Programme

WEDNESDAY				
Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	9.30-11.30am (opens 9.15am)	CHILD HEALTH CLINIC Age: Under 5yrs	FREE	Drop in, Register on arrival to see the Health Visitor www.bexley0to19.co.uk
DANSON Children's Centre	9.30-11am	SPEECH & LANGUAGE CLINIC Age: Under 5yrs	FREE	Monthly Drop in: 3 rd Jan / 7 th Feb / 7 Mar
DANSON Children's Centre	10-11.30am	BABY IMPRESSIONS & SENSORY Pre-crawlers	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	10-11am	PARENT & CHILD SOFT PLAY Age: 18mth – 5yrs	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	9.45-10.45am	BABY MASSAGE Age: 6 weeks to Pre-Crawling	£3.50 per week	Bookable at Danson Courses are in ½ termly blocks
DANSON Children's Centre	11am-12pm	PARENT & CHILD SOFT PLAY Age: Under 18mths	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	11-12.15pm	BABY YOGA Age: 6 weeks to Pre-Crawling	£4 per week	Bookable at Danson Courses are in ½ termly blocks
DANSON Children's Centre	1.15-1.45pm	BABY BALLET FREE Taster Age: 3 – 4yrs	£3.50 per week	Bookable at Danson Courses are in ½ termly blocks
DANSON Children's Centre	1.30-2.45pm	TOUCH OF SENSORY Age: Over 12mths	£4 per week	Bookable at Danson Courses are in ½ termly blocks
DANSON Children's Centre	1.45-2.15pm	DISNEY POP TOTS FREE Taster Age: 3 – 5yrs	£3.50 per week	Bookable at Danson Courses are in ½ termly blocks
DANSON Children's Centre	5-5.45pm	MINI JUDO Age: 4 – 5yrs <i>Danson Youth Centre offer</i>	Taster £5.00	Bookable at Danson. Courses are run over a term
DANSON Children's Centre	6.30-8.30pm	BIRTH, BABY & YOU Antenatal	FREE	3 rd Jan, 7 th Feb, 7 th March Call 0203 910 7303 to book
NORTH CRAY Neighbourhood Centre	1.30-3.15pm	BABY CAFÉ Breastfeeding support Term time only at North Cray	FREE Donations welcome	Drop in, Register on arrival Antenatal / Postnatal (holiday time runs from Danson)
NORTH CRAY Neighbourhood Centre	1.30-3.30pm	CHILD HEALTH CLINIC Age: Under 5yrs Term time only	FREE	Drop in, Register on arrival to see the Health Visitor www.bexley0to19.co.uk
SIDCUP New Community Church	10-11.30am	OASIS STAY & PLAY Age: 1yrs – 4yrs	FREE	Drop in, Register on arrival Starts back 10 January 18
SIDCUP New Community Church	1-2.30pm	OASIS BABY GROUP Age: Under 12mths	FREE	Drop in, Register on arrival Starts back 10 January 18

Free childcare for two year olds

www.bexley.gov.uk/childcare

The Two year offer enables eligible families to access up to

15 hours free, inclusive and flexible childcare for 38 weeks per year

Childcare
Choices

South Locality Children & Family Centre

January to March 2018 - Term Time Programme

THURSDAY

Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	9.30-10.15am	SMART CLUB Stretch, Move & Relax Together Age: 10mths – 3yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	9.30-10.15am	TOT TRAMPOLINING Age: 3 – 5yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	9.30-11.00am	PARENT & CHILD PLAY GROUP Age: 0 – 4yrs	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	9.30-10.15am	TODDLER FOOTBALL Age: 2 – 5yrs (Beginners)	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	10.30-11.15am	TODDLER FOOTBALL Age: 2 – 5yrs (Improvers)	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	10.15-11.00am	TOT TRAMPOLINING Age: 3 – 5yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	10.30-11.15am	SMART CLUB Stretch, Move & Relax Together Age: 10mths – 3yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	11.30am-12pm	PLAY, SING & SIGN Age: 6mths – 18mths	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	12.15-1.30pm	BABY YOGA Age: 6 weeks to Pre-Crawling	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	1.15 -1.45pm	Mini SCOOTER SESSION Age: 2½yrs – 4yrs	£3 per week	Pay on arrival, if space available Bookable 1 week in advance
DANSON Children's Centre	1.30-2.45pm	TOUCH OF SENSORY Age: Under 12mths	£4 per week	Bookable at Danson. Courses are in ½ termly blocks
DANSON Children's Centre	2-2.45pm	TOTNASTICS Age: 3yrs – 4yrs	£3.50 per week	Bookable at Danson. Courses are in ½ termly blocks
FALCONWOOD Community Centre	9.45-10.45am 11am-12pm	BABY MASSAGE Age: Under 9mths	£ p.o.a.	Bookable Via 07967663257 www.bexleybabymassage.co.uk
FALCONWOOD Community Centre	12.30-2.30pm	TWINS CLUB Age: Under 5's	£2.50 members	Drop in, Pay on arrival www.bexleyheathandsidcupwinsclub.co.uk
SIDCUP Barnard Health Centre	9.30-11.30am	CHILD HEALTH CLINIC Age: Under 5's	FREE	Drop in, Register on arrival to see the Health Visitor www.bexley0to19.co.uk
SIDCUP OVAL Health Centre	1-2.30pm	BABY GROUP Age: Under 12mths	£2 per week	Drop in, Pay on arrival

South Locality Children & Family Centre

January to March 2018 - Term Time Programme

FRIDAY

Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	9.30-11.30am (opens 9:15am)	CHILD HEALTH CLINIC Age: Under 5yrs	FREE	Drop in, Register on arrival to see the Health Visitor www.bexley0to19.co.uk
DANSON Children's Centre	9.30-11.30	Time out for Parents Early Years	FREE	Bookable at Danson. 5 week course 12 Jan-9 Feb
DANSON Children's Centre	10-11am	BABY MASSAGE Age: 6 weeks to pre-Crawling	£3.50 per week	Bookable at Danson. Courses are in ½ termly
DANSON Children's Centre	10-11am	BABY IMPRESSIONS & SENSORY Age: Under 12mths	£2 per week	Drop in, Pay on arrival
DANSON Children's Centre	11.15-12.15pm	BABY MASSAGE Age: 6 weeks to pre-Crawling	£3.50 per week	Bookable at Danson. Courses are in ½ termly
DANSON Children's Centre	12.30-1.45pm	BABY YOGA Age: 6 weeks to pre-Crawling	£4 per week	Bookable at Danson. Courses are in ½ termly
DANSON Children's Centre	5-6pm	FOOTBALL Age: 4 – 6yrs <i>Danson Youth Centre offer</i>	£5.00 Taster	Bookable at Danson. Courses run over a term
NORTH CRAY Neighbourhood Centre	9.30-11am	FRIDAY FUN Stay & Play Age: Under 5yrs	£2 per week	Drop in, Pay on arrival
FALCONWOOD Community Centre	9.30-10.15am	ZUMBINI Age: Under 5yrs	£4 per week	Drop in, Pay on arrival

SATURDAY

Venue	Times	Activity	Cost	Booking Details
DANSON Children's Centre	10 – 12pm	PARENT & CHILD SOFT PLAY Age: Under 5yrs	£2 per week	Drop in, Pay on arrival. Baby corner available.
DANSON Children's Centre	11am-12pm	GYMNASTICS Age: 4 – 7yrs <i>Danson Youth Trust offer</i>	£5 Taster	Bookable at Danson. Courses run over a term
DANSON Children's Centre	9.30 – 10am	BABY BALLET Age: 3 – 6yrs <i>Danson Youth Trust offer</i>	£4 Per week	Bookable at Danson. Courses run over a term
DANSON Children's Centre	10-12pm	INTRODUCING SOLID FOODS; WORKSHOP	£12 per family	Bookable at Danson 20 Jan/ 17 Feb/ 3, 17 March
DANSON Children's Centre	9am-4pm	EMERGENCY PAEDIATRIC FIRST AID	£32	Bookable at Danson. 10 and 24 March 18
SIDCUP Barnard Health Centre	Alternate Saturday am	BABY SENSORY Age: Under 13mths	£ p.o.a.	Bookable Via bexleyadmin@babysensory.co.uk www.babysensory.com
SIDCUP Barnard Health Centre	Alternate Saturday am	READING FAIRY Age: 1 – 4yrs	£ p.o.a.	Bookable Via bexley@readingfairy.com www.babysensory.com

Danson Children & Family Centre

Brampton Rd, Bexleyheath,
Kent, DA7 4EZ
020 8303 6052

South Locality Children and Family Centre
Manager: Philippa Norris

Email: u5.dansonyc@btconnect.com

By Bus

486-89-96-B14-B16-N89 Servicing the
Crook Log Leisure Centre bus stop

422-B11-B12-B15 Servicing the
Upton Road bus stop

By Train

Our local station is Bexleyheath.
It is an 8min walk to the centre.

South Locality Children Centre Venues

New Generation Church
Birkbeck Road, Sidcup, Kent DA14 4DJ

Falcolnwood Community Centre
31-39 Falconwood Parade,
Welling DA16 2PG

New Community Church
24 Station Road, Sidcup DA15 7DU

North Cray Neighbourhood Centre
1 Davis Way, Sidcup, DA14 5JR

Oval Clinic
Sherwood Park Avenue,
Sidcup, Kent, DA15 9HW

Barnard Health Centre
43 Granville Road, Sidcup, DA14 4TA

Family Wellbeing Services

Bexley's new Family Wellbeing services provides help for families where there is known family violence, parental mental ill-health, parental substance abuse or children at risk of exclusion or have already been excluded from school.

The service operates from across the borough from the three Children and Family Centres – North, South and Central

If you would like to find out more about the service call **020 8303 7777** and ask for Family Wellbeing, or visit www.bexley.gov.uk/earlyhelpandprevention

Follow us



If you would like the information in this document in a different format, please call **020 8303 7777** and ask for Communications/Graphics. The reference to quote is: 606509/12.17