

Helping you to give your child the best start in life, with support during pregnancy to the age of 5.









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We all know the immense joy that the arrival of a new baby can bring. However, we also know the challenges this new responsibility brings. These are common experiences, and all families need a little help sometimes to give their babies a **good start in life**.

Southwark's Start for Life offer provides information in one place that you can use to navigate a wide range of local support and services - specifically for babies from conception to five years of age.

You'll discover helpful advice and support from pregnancy care, infant feeding, through to parenting support and childcare. Southwark's Start for Life offer provides a wealth of everyday-friendly information to support you and your little one's journey.

Through Southwark's Start for Life offer we hope that you can access the support you need when you need it.

# About our Children & Family Hubs

Our Children & Family Hubs are a 'one-stop shop' for face-to-face support, information, advice, and guidance on a range of needs and services.

They are places in the heart of the community, where all families with children of all ages aged 0 to 19 or up to 25 for those with special education needs and disabilities (SEND) can get support.

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In Southwark, our Children & Family Hubs and other community buildings, virtual and outreach services form our Children & Family Hub Network.

You can access various support including:

- health services (antenatal, maternity, health visiting, school nurses)
- infant feeding support
- early years education and childcare
- parenting and relationship support
- emotional wellbeing support
- youth services
- and much, much more!

Our Children & Family Hub network work with your local library, leisure centre, youth clubs, faith and community groups and places in your area. They make sure that wherever you go there's a wide offer local to you. Whoever you speak to there's always someone who knows how to help.

# Children & Family Hub locations

Best start in life activities take place in all our Children & Family Hubs and community spaces across the borough.

Our Children & Family Hubs are made up of a main site and neighbourhood sites across the local areas.

Drop in or contact any of our Children & Family Hubs to find out about the range of services for Southwark families including early education, play and learning sessions, parenting programmes and one-to-one support.



# 1st Place Children & Family Hub

#### **Neighbourhood sites:**

- Coin Street Neighbourhood Centre
- 3 Victory School

See page 4 for details

# South Bermondsey Children & Family Hub

#### **Neighbourhood sites:**

- 5 Ellen Brown Children Centre
- 6 Rotherhithe Children & Family Centre
- 7 Pilgrims Way Primary School

See page 5 for details

# 8 Ann Bernadt Children & Family Hub

See page 6 for details

# Rye Oak Children & Family Hub

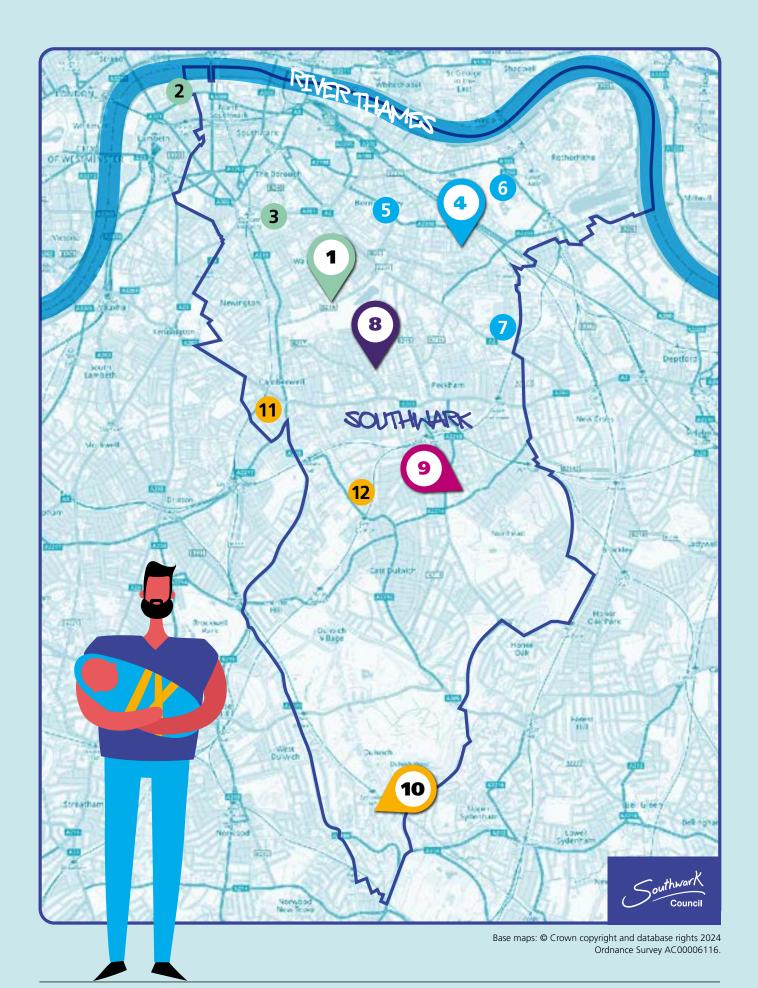
See page 7 for details

# Dulwich Wood Children & Family Hub

#### **Neighbourhood sites:**

- 11 Crawford School
- **12** Albrighton Community Centre

See page 8 for details



#### 1st Place Children & **Family Hub Network**

To find out more about the information, advice, and support services within this **Children & Family Hub Network contact:** 

Tel: 020 7740 8070 or email: BBWCFC@1stplace.uk.com

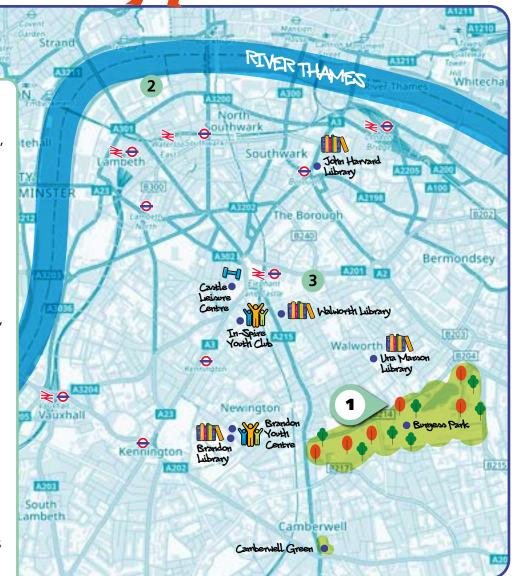


12 Chumleigh Street, SE5 ORN

#### **Neighbourhood sites:**

2 Coin Street Neighbourhood Centre 108 Stamford Street, SE1 9NH

3 Victory School Elba Place, SE17 1PT



#### **Libraries**

#### **John Harvard Library**

211 Borough High Street, SE1 1JA

#### **Una Marson Library**

62 Thurlow Street, SE17 2GN

#### **Brandon Library**

Maddock Way, Cooks Road, SE17 3NH

#### **Walworth Library**

145-147 Walworth Road. **SE17 1RW** 

#### **⊯** Leisure Centres

#### **Castle Leisure Centre** 2 St Gabriel Walk.

SE1 6FG



#### , Youth/Play Centres

#### **Brandon Youth Centre**

19 Maddock Way, Cooks Road, SE17 3NH

#### **In-Spire Youth Club**

Newington Tenants Hall, 77 Canterbury Place **SE17 3AD** 

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#### **South Bermondsey Children & Family Hub** Network

To find out more about the information. advice, and support services within this **Children & Family Hub Network contact:** 

Tel: 0207 358 2878 or email: ccadmin@pilgrimsway.southwark.sch.uk



Tenda Road, SE16 3PN

#### **Neighbourhood sites:**

- 5 Ellen Brown Children Centre 145 Grange Road, Spa Park, SE1 3EU
- 6 Rotherhithe Children & Family **Centre** Southwark Park (Hawkstone Road Entrance), SE16 2PF
- 7 Pilgrims Way Primary School Pilgrims' Way Centre, Tustin Estate, Manor Grove, SE15 1EF



#### **Libraries**

**SE16 7AR** 

SE16 3UQ

**Canada Water Library** 21 Surrey Quays Road,

**Blue Anchor Library** Market Place, Southwark Park Road.

#### Leisure Centres

**Southwark Park** Sports and **Athletics Centre** 

Hawkstone Road, SE16 2PE

Canada Water Leisure **Centre** – coming soon Spring 2025

#### Centres

**Downside Fisher** Youth Club

Coxson Place, Druid Street, Southwark, SE1 2EZ

Salmon Youth Centre 43 Old Jamaica Road, **SE16 4TE** 

The Blue Youth Club 190 - 192 Southwark Park Road, SE16 3RP

The OBC Youth Club 3 Webb Street, SE1 4RP



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#### Ann Bernadt Children & **Family Hub Network**

To find out more about the information, advice, and support services within this **Children & Family Hub Network contact:** 

Tel: 020 3848 5780 or email: childrenscentre@ivydale.southwark.sch.uk







#### **III** Libraries

#### **Peckham Library**

122 Peckham Hill Street, SE15 5JR

#### **►** Leisure Centres

**Peckham Pulse Leisure Centre** 10 Melon Road, SE15 5QN



#### **⋘** Youth∕Play Centres

#### **Damilola Taylor Youth Centre**

1 East Surrey Grove, Peckham, SE15 6DR

#### **New Venture Youth Centre**

Success House, 45 Coopers Road, SE1 5ZT

#### The Bradfield Club

5-13 Commercial Way, **SE15 6DQ** 



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#### Rye Oak Children & **Family Hub Network**

To find out more about the information, advice, and support services within this **Children & Family Hub Network contact:** 

Tel: 020 3848 5780 or email: childrenscentre@ivydale.southwark.sch.uk

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#### **Libraries**

**Nunhead Library** 

Gordon Road, SE15 3RW

**Peckham Library** 

122 Peckham Hill Street, SE15 5JR

#### **⋈** Leisure Centres

**Peckham Pulse Leisure Centre** 

10 Melon Road, SE15 5QN



#### Youth/Play Centres

**Damilola Taylor Youth Centre** 

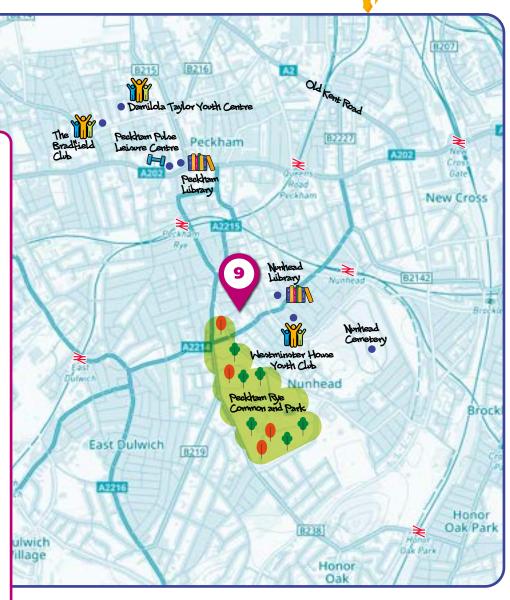
1 East Surrey Grove, Peckham, SE15 6DR

The Bradfield Club

5-13 Commercial Way, **SE15 6DQ** 

**Westminster House Youth Club** 

29 Nunhead Grove, SE15 3LZ



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# Dulwich Wood Children & Family Hub Network

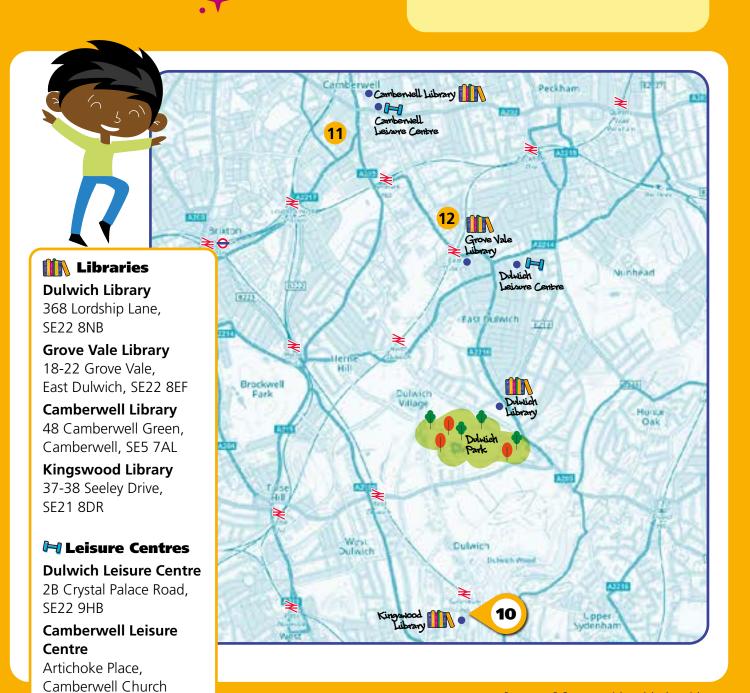
To find out more about the information, advice, and support services within this Children & Family Hub Network contact:

**Tel:** 020 7525 2017 or **email:** cdcfcoffices@dulwichwood.com



#### **Neighbourhood sites:**

- 11 Crawford School
  Crawford Rd, Camberwell,
  London, SE5 9NF
- **Albrighton Community Centre** 37 Albrighton Rd, SE22 8AH



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Street, SE5 8TS



# What's available for under 5's across the Children & Family Hub Network

The Start for Life offer is at the heart of Children & Family Hubs, offering extra support to families to improve children's lives from conception to the age of five. Information, advice and support is available across the Children & Family Hub network. Here is a summary of some of the activities across Southwark.

# How to register to access Children & Family Hub Services

If you live in Southwark and would like to register to access Children & Family Hub services for you and your family, please complete the following online registration form (privacy data notice)

Visit: Southwark.gov.uk/form/join-a-children-and-family-hub



Scan QR code for form and more info



# Help with Parenting

Being a parent can be very rewarding. However, we know that starting a family and bringing up young children can be difficult.

Help is available to parents and carers in Southwark. There's a range of free programmes and activities to support you with everyday parenting challenges.

# Parenting Support Programmes

Free courses to support different parenting needs. The programmes are led by other parents from our Southwark communities.

#### **Being a Parent**

This 9-week course is part of the Empowering Parents Empowering Communities (EPEC) programme.

#### It covers:

- the positives and challenges faced by parents
- the importance of parents having time for themselves
- supporting child-parent attachment
- promoting positive behaviours in children
- improved communication and family interactions

Contact Family Early Help parenting team, email earlyhelp@southwark.gov.uk or call 020 7525 2714



#### **Baby and Us**

This 9 week course is part of the Empowering Parents Empowering Communities (EPEC) programme.

#### It covers:

- understanding baby cues
- coping with challenges
- positive interactions between parent and baby
- supporting child parent attachment
- managing parental stress

Contact Family Early Help parenting team, email earlyhelp@southwark.gov.uk or call 020 7525 2714

#### Request a place

You can request a place on one of our parenting programmes by scanning the QR code and completing the online registration form.



If you would like to find out more about our parenting programmes visit **southwark.gov.uk/help-parenting** or contact Family Early Help parenting team, email **earlyhelp@southwark.gov.uk** or call **020 7525 2714** 

#### **Reducing Parental Conflict**

We know some level of arguing between parents is a normal part of life.

However when it is frequent, intense and poorly resolved, it can have a negative impact on children.

Southwark parents can access free online learning from OnePlusOne.

These courses can help support relationships and help you understand the potential impact on children.

Register online.

For more information, email earlyhelp@southwark.gov.uk or call 020 7525 2714

# Fathers and male carers

Specific help is available for new fathers and male caregivers in Southwark.



#### Father's Group

This 10-week programme is for any man with caring responsibility for a child. It's a safe, confidential space to discuss parenting challenges.

#### It covers:

- the important role of a Father
- communication and positive discipline
- boundary setting
- managing difficult behaviours
- fathers and the law

For more information, email earlyhelp@southwark.gov.uk or call 020 7525 2714

#### **Future Dads**

One-day course for new and expectant dads, covering a range of topics including practical and emotional approaches to taking care of themselves, their partner and their baby.

For more information or to register, email **futuredads@futuremen.org** or call **020 7237 5353** 

#### **Future Men**

Future men provides 1:1 informal support, help and advice out in the community. The project engages fathers, recognising the importance of their care and responsibilities in raising children.

For more information, email **futuredads@futuremen.org** or call **020 7237 5353** 

#### **Parent Champions**

Peer support from local parents providing practical advice, support and signposting to appropriate services.

#### Family Early Help drop ins

Our Family Early Help service provides 1:1 support to families facing difficult periods and challenges in their lives. They work in partnership with families, schools and a range of services. Their aim is to help keep families strong.

To find out more, email earlyhelp@southwark.gov.uk or call 020 7525 1922

#### **Children & Family Hubs**

Southwark Children & Family Hubs are here to support you with the everyday challenges of parenting.

Contact your local Children & Family Hub to see what services are offered at all centres see timetables.

#### Child Health & Wellbeing

Peer support from local parents providing practical advice, support and signposting to appropriate services.

# HENRY (Health, Exercise and Nutrition for the Really Young)

The HENRY programme supports the whole family to make positive lifestyle changes. You can take part in individual workshops or an 8-week programme.

The workshops include:

- starting solids
- fussy eating
- let's get active
- healthy teeth
- healthy drinks for young children
- eating well for less

Contact your local
Children & Family
Hub to find out
more about the
course and book a place.





## Breathe Melodies for Mums

Free singing sessions for mothers and babies available at Children & Family Hubs in Peckham Rye and Bermondsey & Rotherhithe. Experience the joy of group singing to help alleviate feeling of low mood and anxiety. Open to new mothers with babies aged 0 to 9 months in Southwark.

Visit: **breatheahr.org** 

Or contact by email:

m4m@breatheahr.org Phone: 07511 214069 or

020 3290 2013



Scan QR code to visit the website

#### **Baby Massage**

Baby massage promotes bonding and attachment. It helps to boost a baby's immune system reduce stress, relieve colic and encourage sleep.

Contact your local Children & Family Hub to find out more about the course and book a place.



# 50 Things to do before you're 5

50 Things to Do is a helpful set of ideas for play and learning, featured in an app and website. Sharing inspiration for fun, affordable early learning to help every child reach their potential.

Visit:

southwark.50thingstodo.org



Scan QR code to visit the website and download the app

## Infant Feeding Support

Feeding time with your baby can be one of the most precious moments and bonding time. However, it isn't always straight-forward and simple. It doesn't matter which route you take, as long as you are feeding your baby then you are doing a great job.

#### **Breastfeeding Drop-ins**

Safe and comfortable spaces to discuss your breastfeeding needs with peer counsellors, health visitors and midwives. UNICEF stage 2 accredited as baby friendly, a nationally recognised mark of quality for the support that is provided. Drop in sessions are available every week day across the Children & Family Hub network locations.

Visit: **southwark.gov.uk/ breast-feeding** 



Scan the QR code for details on locations and times





The Breastfeeding Network's team of peer supporters are here to support you throughout your feeding journey. Email southwark@ breastfeedingnetwork.

**org.uk** for more information.

#### **Baby Buddy App**

Trusted information to help navigate your choices through pregnancy and birth and support your baby's development.
We have a Southwark

section bringing local groups and services to one place.

The Baby Buddy app bestbeginnings.org.uk/baby-buddy



Scan QR code to visit the website







# Mental health and wellbeing support

Having a baby can be one of the most exciting experiences any person can go through, but it can also come with fear, concerns and worry. This is normal, and we are dedicated to providing support.

# Healthy Minds Thrive (0-2)

Support for parents and carers with their emotional wellbeing and developing healthy relationships with their babies.

For more information, email healthymindsthrive@ southwark.gov.uk or call 07405 761 161

# Community Wellbeing Champions

Wellbeing Champions are based across the Children & Family Hubs and are available to offer practical help and support through the emotional ups and downs of parenting.

#### Parental Mental Health Team

Early intervention nurse led service supporting parents who have children aged 0 to 5 and are experiencing emotional distress.

Call: 020 3228 9800 Email:parental\_mental\_ health\_team\_southwark@ slam.nhs.uk

# CAMHS Service (referrals only)

Early intervention service working with parents to support the social development and wellbeing of their babies and young children.

Call: **020 3228 7777**Crisis line (out of hours):

020 3228 5980

Email: CAMHS.Southwark Referrals@slam.nhs.uk

# Home Learning and Early Language

During pregnancy and the early days of your babies life, chatting, playing, and reading together builds the foundation for their social, emotional, and language development.

At Southwark, we've teamed up with incredible service providers to ensure you have access to the support you need.

# Bookstart Sessions (ages 0 to 4)

Southwark's libraries and Children & Family Hubs offer a range of free Bookstart sessions around the borough. Bookstart gives a free book pack to every baby born in England and Wales. At Bookstart sessions you can take part in singing, educational play, and storytelling with your child.

Visit: **Southwark.gov.uk/ Library-activities** 





Scan QR code to find a Bookstart session near you

#### **Early Words Together**

A programme for families with children aged three to four to support their early communication and language development. You can access this programme at these Children & Family Centres:

- Rye Oak
- Dulwich Wood
- Ann Bernadt
- Crawford
- Victory

It is also available at some Southwark day nurseries and nursery classes attached to schools. To find out more about Early Words Together contact your local Children & Family Hub



Making It REAL
(Raising Early
Achievement
in Literacy) is an
award-winning home
learning programme. It is delivered
in partnership with Home-Start
Southwark offering support to
families with children aged two
to four in creating a learning
environment at home.

Sign up online or call Home-Start Southwark on: **020 7737 7720** 

Visit: homestartsouthwark.org. uk/real-programme



Scan QR code to sign up online

# Dolly Parton's Imagination Library (ages 0 to 5)

All children in Southwark can join this free book gifting programme. Each month the Imagination Library post a high quality, age-appropriate book to children from birth to age five. The books are specially wrapped and addressed to the child. They are delivered at no cost to the family.

Email: childrenscentre@ivydale.southwark.sch.uk.

Visit: imaginationlibrary.com/uk



Scan QR code to sign up online

#### **Parenting Workshops**

Parental workshop sessions are delivered across the Children and Family Hub networks. A variety of sessions are available that explore child development and learn how children's repeated patterns of play help them to explore the world around them.



# Free Childcare Entitlements

If you have a child aged between 9 months to 4 years old you may be entitled to free childcare and early learning for your child.

If you require assistance:

Visit: southwark.gov.uk/free-early-education-entitlement

Call: 0800 013 0639

Email: earlylearninginfo@southwark.gov.uk



Scan the QR code to find out if you are eligible and for more information about Free Early Education Entitlement

If you don't have access to the internet or you need help completing your online application, contact the HMRC Childcare Service Customer Interaction Centre on **0300 123 4097.** 

There are three entitlements available to children aged 9 months to 4 year olds and working families

#### Free Childcare for some 2-year-olds

Get up to 15 hours per week for your two-year-old child. Starts from the term after your child turns two. Eligibility criteria applies.

#### Free childcare for all 3 to 4-year olds

Free for ALL three- and four-year-olds. No eligibility criteria. Available from the term after your child turns three. Simply register directly with an approved provider. Approved providers include childminders, private day care nurseries, pre-schools as well as school nurseries.

#### Free childcare if you're working

If you are a working parent you may be able to get 15 or 30 hours of Free childcare per week for your child aged 9 months to 4 years. Eligibility criteria applies.

From September 2025 eligible working parents will be entitled to 30 hours of free childcare. Eligibility criteria applies.

# Sessions to support children with learning and development delay and/or SEND



# **SENsational Stay & Play**

Fun groups for children with additional needs or disabilities and their parents and carers. Have fun with your child, meet other families, and get advice and support from a range of specialists.



The programme runs twice a year and offers strategies for promoting children's language skills, school readiness, emotional regulation and social skills for parents/carers with children experiencing Autism, both with or without formal diagnosis.

For more information contact Rye Oak Children & Family Hub if you need further information

Call: **020 3848 5780** 

Email: childrenscentre@ ivydale.southwark.sch.uk



#### **Southwark Libraries**

Go to your library for a range of baby and toddler sessions:

- Free books
- Bookstart sessions
- Bookstart baby packs
- Story, music and play sessions

southwark.gov.uk/child-library-activities

#### **Southwark Leisure Centres**

Bond with your little one in the water and enjoy fun songs and games to help them learn at Southwark Splash swim School.

Fun swimming lessons available across Southwark Leisure Centres.

southwarkleisure.co.uk/ swimming/swimming-lessons

#### Your notes:

#### Your pathway to a great start in life



#### Help with Infant feeding



Infant feeding workshops – available from 36 weeks pregnant. Delivered jointly by Southwark Breastfeeding Network Peer Support Team and Health Visitors.

See page 15

#### Your Midwife

**Appointments** 

by 10 weeks start routine appointments

**Ultrasound Scans** 

- 11 to 14 weeks
- 18 to 21 weeks

**Blood Screening** 

- before 10 weeks (infectious diseases/ sickle cell and thalassaemia)
- 10 to 14 weeks (fetal anomaly part of the 11 to 14 week scan)

#### Your Midwife or GP



Between 6 to 36 weeks pregnant – Vaccinations:

- Whooping cough
- RSV
- Flu
- Covid

#### Your Health Visitor



28 week pre-natal check

#### **Your Parenting Support**

- Antenatal classes Understanding pregnancy, labour, birth and your newborn
- Antenatal group for fathers

See page 10

#### **Nutrition and Healthy Lifestyle**



**FREE** Vitamin D available for every woman who is pregnant, breastfeeding, or have recently had a baby. Available at local pharmacies. Access healthy weight services and information on importance of folic acid during pregnancy **southwark.gov.uk/pregnancy-healthy-eating** 

Get the support you're entitled to in Southwark - through pregnancy and the first few years of your child's life.

#### O to 1 years



#### Help with Play and Learning

Play sessions including father groups

Get your BookStart baby pack

See page 17

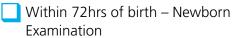
#### Help with Infant feeding



Drop-In groups & peer support – available at any Children & Family Hub for ages 0 to 3.

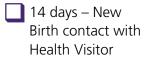
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#### Your Midwife



- By day 5 Newborn blood test screening
- Between birth and 5 weeks Newborn hearing screening
- Info and resources when discharged

#### Your Health Visitor



6 to 8 weeks –
health reviews
that include
immunisations
and breastfeeding
support

#### Your GP



- 6 to 8 weeks
  Newborn
  Examination
- 8 weeks vaccinations
- 12 weeks vaccinations
- 16 weeks vaccinations

## Nutrition and Healthy Lifestyle

**FREE** Vitamin D available for every woman who is pregnant, breastfeeding, or has recently had a baby and for all children under 4. Available at local pharmacies.

HENRY
Workshops
(Health, Exercise
and Nutrition for the
Really Young)
Access anytime
from 0 to 3 years

See page 13

#### **Your Parenting Support**

- EPEC Baby & Us parenting programme
- 0 to 1 fathers' groups
- Safer sleeping support
- Baby massage classes
- Understanding child mental health and wellbeing
- Parent Infant Relationships

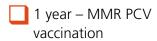
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Contact
or visit any
Children &
Family Hub
for help accessing
services, support
and advice.



#### Your GP



18 months – MMR vaccination

#### 1 to 2 years



#### Your Health Visitor

12 to 15 monthsHealth reviewand developmentcheck



Drop-In groups & peer support – available at any Family Hub for ages 0 to 3.

See page 15

#### Nutrition and Healthy Lifestyle

**FREE** Vitamin D available for all children under 4. Available at local pharmacies.

## Help with Play and Learning

- Play sessions including father groups
- BookStart
   educational play
   sessions at libraries
   and children's centres
- Check out the Dolly Parton Library

See page 17





#### **Your Parenting Support**

- Empowering Parents Empowering Communities (EPEC) programme Baby and Us parenting programme
- EPEC Being a Parent 1 to 3 parenting programme
- Courses for Fathers and male carers
- Aged 1 to 2 Fathers' groups
- Parent Infant Relationships

See page 10



#### Your GP



Flu Vaccine

#### 2 to 3 years



#### **Nutrition and Healthy Lifestyle**

FREE Vitamin D available for all children under 4. Available at local pharmacies.

#### **Your Health Visitor**

24 to 30 months health review at a Children & Family Hub. Check on your child's development, growth, and overall health. Using the ages and stages questionnaire. Ideally, both parents should be there.

#### Help with **Infant feeding**

Drop-In groups & peer support – available at any Family Hub and across 0 to 3.

See page 15

#### Help with Play and Learning

- Play sessions including father groups
- Book Start packs for ages 2 to 3
- Dolly Parton Imagination Library – Rye Oak
- Fun Days

See page 17



- Free Childcare and Early Learning place for 2-year olds (more info on page 19)
- Triple P / Positive Parenting Programme
- 2 to 3 Fathers' groups
- Parent Infant Relationships

See page 10



# Your Start for Life offer directory

During pregnancy and the first 3 years of a child's life, lots of FREE support and services are available to families. This directory contains details of all those services and how to access them.

**Remember**, the easiest way to get support and arrange services is to contact or visit ANY Children & Family Hub in Southwark. (See map on page 3)



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Childhood development and SEND	Page 36
Parent and carer support	Page 38
Financial and other support	Page 45

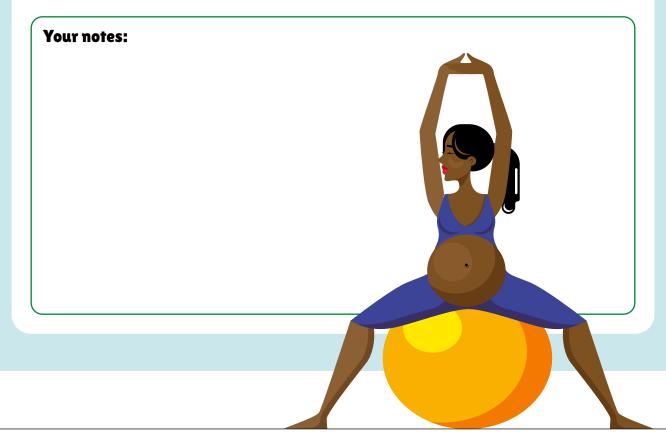


## Pre-birth and pregnancy

Service	Description	How to access the service
amily Planning	Free and confidential advice and support on all	Sexual Health Clinics (Guy's and St Thomas')
and Pre- conception	aspects of family planning and sexual health.	<b>Website:</b> guysandstthomas.nhs.uk/ our-services/sexual-health
(NHS)		<b>Tel:</b> 020 7188 6666
		• Walworth Road - 159-167 Walworth Road, North Southwark, SE17 1RY
		<ul> <li>Minnie Kidd House - 1st floor,</li> <li>51C Hazelbourne Road,</li> <li>Clapham South, SW12 9NU</li> </ul>
		• Burrell Street - 4-5 Burrell Street, SE1 OUN
		Sexual Health Clinic (King's College Hospital)
		<b>Website:</b> kch.nhs.uk/services/services-a-to-z/camberwell-sexual-health-centre
		<b>Tel:</b> 020 3299 5091
		<ul> <li>Camberwell Sexual Health Clinic - Ground floor, Camberwell Building, 100 Denmark Hill, SE5 9RS</li> </ul>
Maternity	Range of care covering	Guy's and St Thomas'
Services (NHS)	perinatal, antenatal, and postnatal support.	Westminster Bridge Road, SE1 7EH
( <b>RH3</b> ) po	postriatai support.	<b>Tel:</b> 020 7188 2300 <b>Website:</b> guysandstthomas.nhs.uk/ourservices/maternity-care-during-pregnancy
		King's College Hospital Denmark Hill, SE5 9RS
		Website: kch.nhs.uk/maternity
		Tel: 020 3299 3246

Service	Description	How to access the service
Health Visiting - Antenatal Check	Supporting families with a new baby or child under five-years-old by offering advice and guidance.	Guy's and St Thomas' Westminster Bridge Road, SE1 7EH Website: evelinalondon.nhs.uk/ our-services/community/health-visiting- service/overview.aspx Southwark health visiting service Tel: 020 3049 8166 Email: gsttr.spahealthvisitingservicesouthwark
Birth Preparation and Antenatal classes	A range of live and online classes to help mothers and partners prepare for their baby's birth.	@nhs.net  St Thomas' Hospital  Antenatal clinic, 8th floor, North Wing, St Thomas' Hospital, Westminster  Bridge Road, SE1 7EH
 Antenatal	Classes are available in Spanish and Portuguese.  Antenatal breastfeeding	<b>Website:</b> guysandstthomas.nhs.uk/our-services/maternity-care-during-pregnancy/antenatal-classes
Infant feeding workshops	workshops aim to help mothers be more confident about breastfeeding.	Tel: 020 7188 2300 Email: antenataleducation@gstt.nhs.uk
Future Dads Antenatal course	A course for new and expectant dads that demonstrates practical and emotional approaches to taking care of themselves, their partner and their baby.	King's College Hospital Denmark Hill, SE5 9RS Website: futuremen.org/fatherhood/future-dads Tel: 020 7237 5353 Email: info@futuremen.org
Birth registration	Birth registration services allow parents to officially register the birth of their child.	Register Office address: 34 Peckham Road, SE5 8QA  Website: southwark.gov.uk/register-birth  Tel: 020 7525 7669  Email: registrars@southwark.gov.uk

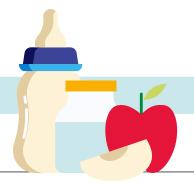
Service	Description	How to access the service
Help Acces	sing Support	
Maternity Services	Support services for parents to contact regarding maternity at either Guy's and St Thomas' or	Guy's and St Thomas' Westminster Bridge Road, SE1 7EH Tel: 020 7188 2300
King's College Hospital.	<b>Email:</b> antenatalbookingappointments @gstt.nhs.uk	
		<b>King's College Hospital</b> Denmark Hill, SE5 9RS
		<b>Tel:</b> 020 3299 8389
		Email for referrals: kch-tr.antenatalreferral@nhs.net
Baby Buddy	Supports you throughout	Best Beginnings
your pregnancy and parenting journey, day by day.	Website: bestbeginnings.org.uk/baby-buddy	
		<b>Tel:</b> 020 7443 7895
		Best Beginnings is also available as a free app and can be downloaded from the Google Play Store or App Store.



#### New-born & infant health

Service	Description	How to access the service
Infant Feed	ing	
Breast and Infant Feeding Service	The service helps to provide support, guidance, information on breast and infant feeding.	St Thomas' Hospital Westminster Bridge Road, SE1 7EH Website: guysandstthomas.nhs.uk/ our-services/maternity-after-your-baby-born/ feeding-your-baby Tel: 020 7188 2300
		Email for Infant feeding team (postnatal ward): breastfeedingteam@gstt.nhs.uk
/_		Email for Breastfeeding support in Southwark: breastfeedingservice@gstt.nhs.uk
		Southwark health visiting service
		<b>Tel:</b> 020 3049 8166
		<b>Email:</b> gsttr.spahealthvisitingservicesouthwark @nhs.net
Infant Feeding Support Drop ins	A free, welcoming space for pregnant and breastfeeding individuals to receive	Multiple locations available  Southwark breastfeeding support cafes
	support in starting and continuing breastfeeding.  No referral or appointment	<b>Website:</b> evelinalondon.nhs.uk/ our-services/community/breastfeeding/ overview.aspx
	is needed.	Tel: 07766 307 521 or 07342 095 114
		Breastfeeding Support Drop-ins Website: southwark.gov.uk/breast-feeding
Breastfeeding Network Peer Supporters	, , ,	Multiple locations available.  Website: southwark.gov.uk/breast-feeding  Email: southwark@breastfeedingnetwork.org.uk

Service	Description	How to access the service
lealth Visiting		
Health Visiting	Health visitors provide support at home and in child health clinics, offering guidance on various aspects of child and family health, including nutrition, parenting, safety and wellbeing.	Website: evelinalondon.nhs.uk/our-services/community/health-visiting-service/overview.aspx Tel: 020 3049 8166 Email: gst-tr.spahealthvisitingservicesouthwark @nhs.net
eRedbook	The eRedbook is a digital version of the NHS red book, used to track a child's health and development from birth to age 5.	<b>Website:</b> eredbook.org.uk The eRedbook is also available as a free app and can be downloaded from the Google Play Store or App Store.
Infant Healt	h Services	
Childhood Immunisation	This NHS vaccination schedule includes essential immunisations starting from 8 weeks for babies and continuing throughout life, with booster shots for children, teens and adults.	Contact through your GP  Website: selondonics.org/childrenshealth
New-born Hearing Screening	Hearing screen tests allow babies who have hearing loss to be identified early, so that intervention, support and information to families is provided at a very early stage.	Website: evelinalondon.nhs.uk/ our-services/hospital/newborn-hearing- screening/overview.aspx Tel: 020 3049 8582
Community Nutrition and Dietetics Service	Provides advice on healthy eating for all age groups, accessing free and low-cost food, and support for eating disorders.	Healthy Eating and free Vitamin D for parents and babies Website: southwark.gov.uk/healthy-eating



Service	Description	How to access the service
Bliss	Information for parents with babies in the neonatal unit about what to expect, finding your feet, and how to get more support.	Website: bliss.org.uk/parents/ in-hospital/about-neonatal-care Tel: 020 7378 1122 Email: ask@bliss.org.uk
The Lullaby Trust	Provides expert advice on safer sleep for babies and offers emotional support for bereaved families.	Website:  ullabytrust.org.uk/safer-sleep-advice Tel: 0808 802 6869 Email: support@lullabytrust.org.uk
<b>Help Accessi</b>	ng Support	
Southwark Health Visitor Advice Line	An advice line for parents accessing Health Visiting Services	Website: evelinalondon.nhs.uk/ our-services/community/health-visiting- service/team-contacts.aspx Tel: 020 3049 8166 Email: gst-tr.spahealthvisitingservicesouthwark @nhs.net
National Breastfeeding Helpline	Independent advice and support, by phone or online chat 24 hours a day, every day of the year.  The National Breastfeeding Helpline is also available in Bengali, Sylheti & Polish.	Website: nationalbreastfeedinghelpline.org.uk  Tel: 0300 100 0212
NCT Infant Feeding Helpline	Information and support on feeding your baby from trained Breastfeeding Counsellors, available daily from 8am to midnight, including bank holidays.	Website: nct.org.uk/local-activities-meet- ups/feeding-support Tel: 0300 330 0700 Email: enquiries@nct.org.uk

#### **Emotional wellbeing**

Service	Description	How to access the service
Peer Support		
Southwark Wellbeing Hub Peer Support	Peer Supporters use their own experiences of mental distress to support others towards better wellbeing, either one-to-one or as part of a group.	Website: together-uk.org/southwark-wellbeing-hub Tel: 020 3751 9684 Email: southwarkhub@together-uk.org
South East London Mind - Mindful Mums group	Free wellbeing groups that help pregnant women and new parents look after their mental and emotional wellbeing during pregnancy and their baby's first year.	<b>Website:</b> selmind.org.uk/mindful-mums <b>Tel:</b> 020 8159 8355 <b>Email:</b> mindfulmums@selmind.org.uk
South East London Mind - Being Dad group	In-person and Zoom groups open to new or expectant dads and men who care for children under two years old.  The groups are led by men with their own personal experience of looking after themselves as dads or male caregivers.	Website: selmind.org.uk/being-dad Tel: 07707 274391 Email: beingdad@selmind.org.uk
Therapeutic :	Support	
Healthy Minds Thrive	Support for parents and carers, during pregnancy up until their child turns 2 years old, with their emotional wellbeing and to strengthen relationships with their babies.	Website: southwark.gov.uk/parent-emotional-support Tel: 07405 761 161 Email: healthymindsthrive@southwark.gov.uk
Southwark Parental Mental Health Team	Early intervention nurse led service supporting parents who have children aged 0 to 5 and are experiencing emotional distress.  Referrals only	Website: slam.nhs.uk/service-detail/service/southwark-parental-mental-health-team-47 Email: parental_mental_health_team_southwark@slam.nhs.uk Tel: 020 3228 9800

Service	Description	How to access the service
Talking Therapies	Talking Therapies offer help with common problems like stress, anxiety and depression.	Website: talkingtherapiessouthwark.nhs.uk Tel: 020 3228 2194 Email: slm-tr.SPTS@nhs.net
Helix	Provides specialist support and treatment to women and pregnant people who have experienced baby loss.  Referrals only	Website: slam.nhs.uk/service-detail/service/healing-experience-of-loss-and-trauma-service-295 Email: helixreferrals@slam.nhs.uk
Drop in sess	sions	
Community Wellbeing	Wellbeing Champions based across the Children & Family	<b>Website:</b> southwark.gov.uk/parent- emotional-support
Champions	Hubs Networks are available to offer practical help and support through the emotional ups and downs of parenting.	Find your nearest Children & Family Centre: Website: southwark.gov.uk/children-and-families-new/early-years-and-childcare/southwark-family-centres/find-centre-near-you
The Nest (VCS)	The Nest in Southwark provides free mental health and wellbeing support for	Unit 4 Co-Operative House, Rye Lane Peckham, SE15 4UP  Website: thenestsouthwark.org.uk
	young people aged 11 to 25.  This service provides support for Young Parents (Under 18).	Tel: 020 8138 1805 Email: thenest@groundwork.org.uk

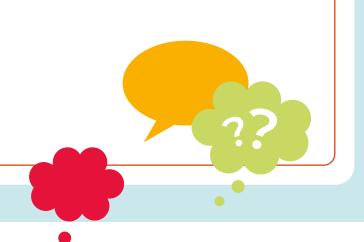
Service	Description	How to access the service
Digital		
Good Thinking	Good Thinking is an online service that helps Londoners look after their mental health and wellbeing in a way that works for them.	Website: good-thinking.uk
Kooth	Kooth is a digital mental health support platform that can be accessed 24 hours a day. It is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.	Website: kooth.com
Shout	Shout is a free, confidential, 24/7 text messaging service for anyone who is struggling to cope.	<b>Website:</b> giveusashout.org
Southwark Mental Health Support webpage	Overview of mental health support and resources available in Southwark, including crisis support information.	<b>Website:</b> southwark.gov.uk/mental-health
Help Accessi	ng Support	
Southwark Wellbeing Hub	Provides information and support to anyone in Southwark who would like to improve their mental health and wellbeing. The Hub's services are free and open to anyone who lives in Southwark or is registered with a Southwark GP.	Southwark Resource Centre Hitard Court, 10 Bradenham Close, SE17 2QB Website: together-uk.org/southwark-wellbeing-hub Email: southwarkhub@together-uk.org Tel: 020 3751 9684
Hub of Hope	A mental health directory to locate services and the support they provide in your area.	<b>Website:</b> hubofhope.co.uk

### Childhood development and SEND

Service	Description	How to access the service
Special Educ	ational Needs and Disability	
Early Years SEN Team	Southwark's Local Offer supports early years education (ages 0 to 5) with guidance for parents and providers, focusing on SEND support, inclusion, and collaboration.	Website: southwark.gov.uk/send-local-offer Email: sen@southwark.gov.uk Email: localoffer@southwark.gov.uk
Portage	Portage is a home-visiting education service for pre-school children with SEND and their families.  Referrals only	Website: kids.org.uk/services/southwark-portage-home-based-learning/ Email: southwark@kids.org.uk Tel: 020 7635 9080
Southwark Independent Voice	A group of Southwark-based parents, carers and young people (aged 0 to 25) with special educational needs and disabilities (SEND).	Website: southwarkiv.co.uk Email: info@southwarkiv.co.uk Tel: 07543 39568
Contact Helpline	An advice helpline for parents and carers with disabled children.	<b>Website:</b> contact.org.uk/help-for-families/ information-advice-services/other-ways-to- get-advice/our-helpline <b>Tel:</b> 0808 808 3555
Speech and I	Language Therapy	
Community & Early Years Speech & Language therapy teams	Provide support services through community clinics for children under five who have difficulties with any area of speech, language or communication.	Multiple locations available  Website: evelinalondon.nhs.uk/our-services/ community/community-speech-and- language-therapy/team.aspx  Tel: 020 3049 8181  Email: sharon.brown@gstt.nhs.uk
Chattertime	A place where you can meet a speech and language therapist to practice general communication strategies with your child.	Multiple locations available  Website: evelinalondon.nhs.uk/our-services/ community/community-speech-and- language-therapy/chattertime.aspx  Email: gst-tr.ContactSLT@nhs.net  Tel: 020 3049 8181

Service	Description	How to access the service
Help Accessi	ng Support	
Southwark Independent Advice Service (SIAS)	Provides impartial, confidential advice and support about special educational needs and disabilities (SEND) to parents, carers and young people.	Website: localoffer.southwark.gov.uk/sias Email: sias@southwark.gov.uk Tel: 020 7525 3104
Local Offer (LBS)	Southwark's Local Offer shows what's available in the borough for children, young people and adults (aged 0 to 25) who have Special Educational Needs and Disabilities.	<b>Website:</b> localoffer.southwark.gov.uk <b>Email:</b> localoffer@southwark.gov.uk <b>Tel:</b> 020 7525 3104

#### Your notes:



# Parent and carers support

Service	Description	How to access the service
Parenting S	upport	
Home-Start Southwark	Home-Start supports families with children under 5 facing challenges such as mental health issues, postnatal depression, isolation, domestic abuse, disability, illness, or developmental delays.	Website: homestartsouthwark.org.uk Self-Referrals: homestartsouthwark.org.uk/self-referrals Email: info@homestartsouthwark.org.uk Tel: 020 7737 7720
Parenting Programmes	The Family Early Help Parenting Team provides evidence-based parenting groups to meet diverse needs, including EPEC programmes like Baby & Us, Being a Parent, and Reducing Parental Conflict.	<b>Website:</b> southwark.gov.uk/help-parenting <b>Email:</b> earlyhelp@southwark.gov.uk
Family Early Help service	The Family Early Help service offers 1:1 support to families facing challenges, working with families and professionals to provide focused support and strengthen the whole family.	Website: southwark.gov.uk/children-and-families/childrens-social-care/early-help/extra-early-help Email: earlyhelp@southwark.gov.uk Tel: 020 7525 1922
Safe Families (referrals only)	Provides support to families within their own community through trained volunteers.	Families can self-refer.  Website: safefamilies.uk  Tel: 033 3414 1488
Parent Champions	Parent Champions are parents who work with Family Early Help and Children Centres, to provide practical advice and support to parents as well as signposting to	Website: southwark.gov.uk/help-parenting Email: earlyhelp@southwark.gov.uk Tel: 020 7525 1922
Parent Action Southwark	appropriate services.  From wanting support with your mental health, to making new friends, to taking action on poor housing, Parent Action Southwark offer practical and emotional support for parents.	Website: parentaction.org.uk/about-us/ where-we-are/southwark Email: PACT@citizensuk.org Tel: 07507 706460



Service	Description	How to access the service
Future Men	Future men provide 1:1 informal support, help and advice out in the community. The project engages fathers, recognising the importance of their care and responsibilities in raising children.	Website: futuremen.org Email: info@futuremen.org Tel: 020 7237 5353
Childcare, p	laygroups and activities	
Childcare	Information on childcare in Southwark.	Website: southwark.gov.uk/childcare
Pre-schools	Pre-schools offer early years care and education, mostly during the term time, for children aged from two to four years old and are registered with and inspected by Ofsted.	<b>Website:</b> southwark.gov.uk/pre-schools
Day Nurseries	Nurseries in Southwark provide care, play and education for children aged under 5 years of age. All nurseries must be registered with the Ofsted and are subject to regular inspections.	<b>Website:</b> southwark.gov.uk/childcare-types
Breakfast and Afterschool Clubs (Wraparound Childcare)	Provides childcare for primary aged children at the beginning and end of the school day, usually from 8am and up to 6pm during term time, for children aged 4 to 11 years.	<b>Website:</b> southwark.gov.uk/out-school-care
Child Minders	Childminders mostly look after children in their own homes, providing a flexible service, caring for children from birth to eleven years old, offering a service that is unique to each family's needs.	Website: southwark.gov.uk/childminders

Service	Description	How to access the service
Digital		
50 things to do before you're 5 in Southwark	50 simple, low-cost or free activities for you and your child to enjoy at home or outdoors supporting your child's development.	Website (available in 130 languages): southwark.50thingstodo.org/app/os#!/ welcome  Download the mobile app: southwark.50thingstodo.org/app/os#!/ before-youre-five/mobile-app-2
One Hub	An activity and information hub for young people in Southwark.	Website: onehubsouthwark.co.uk Email: youthserviceinfo@southwark.gov.uk
The Parenting Space	An online platform for parents providing advice and tips to support family emotional wellbeing.	Find The Parenting Space on Facebook: facebook.com/TheParentingSpaceOfficial/ Find The Parenting Space on Instagram: @theparentingspace_official
Language Su	pport and Improving access t	for re-settled communities
Refugee Council	Support and information for refugees, including accessing primary and maternity care.	Website: refugeecouncil.org.uk/ Email: info@refugeecouncil.org.uk Tel: 020 7346 6700
Language support	The Language support service provides communication and language support to help with your care. This includes support in other languages and interpreting support for visual	Website: guysandstthomas.nhs.uk/visiting- us/language-support Email: languagesupport@gstt.nhs.uk Tel: 020 7188 8815
ESOL Classes	or hearing impairments. There are lots of different types ESOL (English for speakers of other languages) classes in Southwark from beginners to advanced.	ESOL Classes are delivered through various settings across Southwark including our Children & Family Hubs  Website: southwark.gov.uk/esol
	Southwark from beginners	

Service	Description	How to access the service
Community	Support	
Southwark Health Roadshows	Attend a health roadshow for free advice and services, including blood pressure and weight checks, plus information on vaccines, diabetes, smoking, alcohol, mental health, cancer screening, and more.	<b>Website:</b> southwark.gov.uk/health-roadshow
Spring Community Hub	The Spring Community Hub is a support service offering debt advice, welfare support, housing and immigration help, training courses, business advice, food banks, women's groups, and more. We also provide translation services to support our guests.	Spring Community Hub The Hub, 86-88 Vestry Road, Camberwell, SE5 8PQ Website: springcommunityhub.org.uk Email: office@springcommunityhub.org.uk Tel: 07901 617189
Millwall Community Trust	Millwall FC Community Trust offers a range of projects to support the local community on empowering young people, health, education and employment.	Millwall Community Trust The Lions Centre, Bolina Road, SE16 3LD Website: millwallcommunity.org.uk Email: enquiries@millwallcommunity.org.uk Tel: 020 7740 0503
Parent Peer Advocates	Parent-to-parent peer advocacy is for parents with experience of children's services. They use their knowledge to support other parents and carers.	<b>Website:</b> southwark.gov.uk/peer-advocate
Pembroke House	A community support service in Walworth that works with the local community, providing space for people to connect, share meals, take part in activities and take collective action on local issues.	Website: pembrokehouse.org.uk Email: info@pembrokehouse.org.uk Tel: 020 7703 3803

Service	Description	How to access the service
Substance M	lisuse	
Change, Grow, Live	Change, Grow, Live provides a free and confidential drug and alcohol service.	Website: changegrowlive.org/ drug-alcohol-service-southwark Email: CGL.Southwark@cgl.org.uk Tel: 020 3404 7699
Southwark Stop Smoking Service	Southwark Stop Smoking Service provides free, confidential one-to-one Stop-smoking support which is available in-person or via the telephone service.	Website: southwark.gov.uk/stopsmoking Email: eh.southwarkreferrals@nhs.net Tel: 0300 123 1044
Drinkaware	Drinkaware is an independent charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking.	<b>Website:</b> drinkaware.co.uk/about-us
Domestic Vic	olence and Sexual Abuse	
Southwark Domestic Abuse Service by Refuge  Solace Women's Aid	Domestic and sexual violence community-based services to those living in Southwark who have experienced, or are at risk of, gender-based violence.  Solace Women's Aid exists to bring to an end the harm done through domestic and sexual violence to all survivors and in particular women and children. Their work is holistic and empowering, working alongside survivors to achieve independent lives free from abuse.	Website: refuge.org.uk/i-need-help-now/one-stop-shop-services  Email: sdas@refuge.org.uk  Tel: 011 8214 7150  Website: selmind.org.uk/directory/domestic-violence-floating-support-service-solace-womens-aid  Email: advice@solacewomensaid.org  Tel: 0808 802 5565
Rape Crisis South London	Support female survivors of sexual violence across South London with counselling, advocacy and a 24/7 helpline.	Website: rasasc.org.uk 24/7 support line Tel: 0808 500 2222

Service	Description	How to access the service
Bede Starfish Domestic Abuse Project	Provides practical and emotional support for victims of Domestic Violence and LGBT hate crime.	51 Southwark Park Road, SE16 2JW  Website: bedehouse.org.uk/programmes/ the-bede-starfish-project/  Email: bedereferrals@bedehouse.org  Tel: 020 7237 9162
Safeguardin	g and Child Protection	
Children's Social Care – Child Protection	If you think that a child or young person is at risk from abuse or neglect, contact us immediately.  If you feel urgent action is needed contact the police on 999.	Website: southwark.gov.uk/report-child-risk Email: MASH@southwark.gov.uk Tel: 020 7525 1921
Housing & Ho	omelessness	
Housing Solutions Service	Assessment of entitlement to housing for people who are homeless or threatened with homelessness. General housing advice and information for private and council tenants and homeless people.	Website: southwark.gov.uk/contact-housing Email: housing.options@southwark.gov.uk Tel: During office hours: 020 7525 4140 (option 1) Out of hours: 020 7525 5000
Homelessness Prevention	If you're homeless or at risk, Homelessness Prevention offer support with finances, tenancy issues, relationship breakdowns, private housing, and domestic abuse, including a sanctuary scheme.	Website: southwark.gov.uk/contact-housing Email: housing.options@southwark.gov.uk Tel: During office hours: 020 7525 4140 (option 1) Out of hours: 020 7525 5000

Service	Description	How to access the service
Employment		
Southwark Works	Free employment support service that offers a range of professional services including:  • Employment advice  • Help with CV's, applications & interview techniques  • Online resources  • Access to training courses	Southwark Works 376 Walworth Road, SE17 2NG Website: southwarkworks.com Email: info@southwarkworks.org.uk Tel: 0800 052 0540
Help Accessi	ng Support	
Southwark Health Advice and Support	Southwark Health Advice and Support signposts where to access general health advice and support.	Website: southwark.gov.uk/health-advice
Southwark Healthy Lifestyle Hub	Health and wellbeing services delivered by specialist trained practitioners for residents of Southwark.	<b>Website:</b> southwark.everyonehealth.co.uk
Family Information Directory	Find out about parenting support, activities and childcare for your child, education, health and other useful services.	<b>Website:</b> cypdirectory.southwark.gov.uk

#### Your notes:



# Financial and other support

Service	Description	How to access the service
Cost of Livin	g, Financial Grants and Scher	nes
Healthy Start Scheme	If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Please check if you are eligible by visiting the Healthy Start website.	Website: healthystart.nhs.uk
Rose Vouchers	The Rose Vouchers for Fruit & Veg Project is for pregnant women and families on low incomes to buy fresh fruit and vegetables, and supports them to give their children the healthiest possible start.	<b>Website:</b> 1stplace.uk.com/rosevouchers
Childcare Funding	Financial support is available to help parents with free and funded childcare for 2, 3, and 4 year olds. A full breakdown of entitlements can be found on the website link provided.	Check entitlements via the link  Website: southwark.gov.uk/free-childcare- and-help-costs  Email: earlylearninginfo@southwark.go.uk  Tel: 0800 0130639
Government Financial Support towards the costs of childcare	<ul> <li>Tax Free Childcare is a government scheme to help working families with their childcare costs</li> <li>Universal Credit childcare for low-income families</li> <li>Childcare support for students</li> </ul>	<b>Website:</b> childcarechoices.gov.uk
Benefits and financial support for families	Information on benefits and financial support families can receive.	Website: gov.uk/browse
••••••		5

Service	Description	How to access the service
Universal credit/ benefits page for families	Further information for families on Universal Credit entitlement.	<b>Website:</b> Universal Credit: further information for families - GOV.UK (www.gov.uk)
Southwark Cost of Living Support	Provides information about a wide range of services, organisations and grants that may be able to help if you are struggling financially due to the cost of living crisis.	<b>Website:</b> southwark.gov.uk/here-to-help
Family Supp	ort	
Food banks Citizens Advice Southwark	Free, confidential, independent and impartial advice to help people resolve their problems with money, housing, employment, legal issues,	Website: southwark.foodbank.org.uk Email: foodbank.support@pecan.org.uk Tel: 020 7732 0007 Website: southwarkfoodactionalliance. co.uk/food-map Email: sfaa@pecan.org.uk Website: lovenorthsouthwark.co.uk/ bermondsey-pantry Tel: 07730 465 160 Website: citizensadvicesouthwark.org.uk Tel: 0808 278 7849
The Southwark	and much more. Support residents with food,	Website: southwark.gov.uk/southwark-
Southwark Community Support Alliance	mental and physical wellbeing, financial support and help translate information.	community-support-alliance  Email: communitysupportalliance@ southwark.gov.uk  Tel: 020 7525 5000 opt 3
Pregnancy and Birth	Working, time off and financial support when you have a baby, registering a birth.	<b>Website:</b> gov.uk/browse/childcare-parenting pregnancy-birth

n initiative from dedicated supporting families by oviding free clothes and essential equipment r babies. Delivered by Parent	Website: parentaction.org.uk/ whats-on-offer-parent-action/baby-bank Email: parentaction@citizensuk.org
supporting families by oviding free clothes descential equipment r babies. Delivered by Parent	whats-on-offer-parent-action/baby-bank <b>Email:</b> parentaction@citizensuk.org
ction in partnership with amberwell Salvation army.	<b>Tel:</b> 07506 602254
ovides good quality cond-hand clothing, beds id bedding, as well as appies and toiletries, for ildren under 5 who are ing in poverty.	<b>Website:</b> littlevillagehq.org/get-involved
rpporting Southwark families need with baby and toddler sentials from birth up to five.	<b>Website:</b> lovenorthsouthwark.co.uk/bettys-baby-bank <b>Tel:</b> 07730 465 160
re	
for independent guidance not legal rights and sponsibilities, including with benefits, housing, apployment, and debt.	<b>Website:</b> southwark.gov.uk/here-to-help
Chi ni i i i i i i i i i i i i i i i i i	cond-hand clothing, beds d bedding, as well as ppies and toiletries, for ldren under 5 who are ng in poverty.  pporting Southwark families need with baby and toddler sentials from birth up to five.  Te  uthwark Advice Centres fer independent guidance legal rights and sponsibilities, including lp with benefits, housing,

### **Useful resources**



Healthier Together (NHS): swlondon-healthiertogether. nhs.uk



Baby Buddy App: bestbeginnings.org.uk/ baby-buddy



50 Things App: southwark.50thingstodo. org/app/os#!/welcome



Start for Life Southwark: southwark.gov.uk/start-for-life



Southwark Family Information Directory: **cypdirectory.southwark. gov.uk** 



Children & Family Hubs: southwark.gov.uk/childrenfamily-centres



SEND Local Offer: localoffer.southwark.gov.uk



Southwark Financial Support and Advice:

southwark.gov.uk/here-tohelp



Southwark Council Website: **southwark.gov.uk** 

For more information

**Email:** familyhubs@southwark.gov.uk

Your notes:







Complete our survey

Tell us what you think of Southwark Start for Life brochure, you could win £500 worth of early years goodies.

Scan the QR code to complete our short survey





Version: Spring – Summer 2025





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