

What's on! Introducing Solid Food for babies around 6 months old / Nutrition advice for 1-5 years

Community Children's Nutrition & Dietetics Service – Southwark

October 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
2 09:30 Introducing Solid Foods The Grove Children's Centre	3	4	5 10:00 Introducing Solid Foods Victory Children's Centre	6 13:00 Nutrition Advice 1 st Place Children's Centre
9 14:30 Nutrition Advice Riverside Parents and Carers	10	11 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	12 13:00 Introducing Solid Foods Ellen Brown Play Centre	13 10:00 Introducing Solid Foods Coin Street Children's Centre 10:00 Nutrition Advice Leyton Square Children's Centre
16 10:00 Nutrition Advice Crawford Children's Centre 14:00 Introducing Solid Foods Albrighton Community Centre	17 10:00 Nutrition Advice Rye Oak Children's Centre	18 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	19 10:00 Introducing Solid Foods Surrey Docks Health Centre	20 10:00 Nutrition Advice Pilgrim's Way Children's Centre
23	24 13:30 Introducing Solid Foods Rotherhithe Children's Centre	25	26	27
30 10:00 Introducing Solid Foods Dulwich Wood Children's Centre	31			

NB: 'Nutrition advice for 1-5's' sessions include introducing solid foods, breastfeeding promotion, general healthy eating (reducing salt, sugar and unhealthy fats), fussy eating, food labelling, cooking tips and recipes. Introducing Solid Food Sessions are for under 1s only

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November 2017				
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6 09:30 Introducing Solid Foods The Grove Children's Centre	7	8	9 13:00 Introducing Solid Foods Aylesbury Health Centre	10 10:00 Nutrition Advice Leyton Square Children's Centre
13 10:00 Nutrition Advice Crawford Children's Centre 14:00 Introducing Solid Foods Albrighton Community Centre	14 10:00 Nutrition Advice Rye Oak Children's Centre	15 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	16 10:00 Introducing Solid Foods Victory Children's Centre	17 10:00 Introducing Solid Foods Coin Street Children's Centre
20	21 10:00 Nutrition Advice Riverside Parents and Carers	22 10:00 Nutrition Advice Victory Children's Centre 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	23 10:00 Introducing Solid Foods Surrey Docks Health Centre 13:00 Introducing Solid Foods Ellen Brown Play Centre	24
27	28 10:00 Introducing Solid Foods Dulwich Wood Children's Centre 13:30 Introducing Solid Foods Rotherhithe Children's Centre	29 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	30	

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December 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
4 14:30 Nutrition Advice Riverside Parents and Carers	5 10:00 Introducing Solid Foods Crawford Children's Centre 10:00 Nutrition Advice Pilgrim's Way Children's Centre	6 13:00 Introducing Solid Foods Ivydale Children's Centre	7 10:00 Introducing Solid Foods Victory Children's Centre	8 10:00 Introducing Solid Foods Coin Street Children's Centre
11 14:00 Introducing Solid Foods Albrighton Community Centre	12 10:00 Nutrition Advice Rye Oak Children's Centre	13 10:00 Introducing Solid Foods Ann Bernadt Children's Centre	14 10:00 Introducing Solid Foods Surrey Docks Health Centre 13:00 Introducing Solid Foods Ellen Brown Play Centre	15 10:00 Nutrition Advice Leyton Square Children's Centre
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Contact details for Children's Centres in Southwark

Peckham, Nunhead & Peckham Rye

- Ann Bernadt Children's Centre (t: 0207 525 0252), 29 Chandler Way, SE15 6DT
- Ivydale Children's Centre (t: 0207 639 2702), Bellwood Road, SE15 3DE
- Leyton Square Children's Centre (t: 0207 525 0252), Leyton Square Gardens, Maismore Street, SE15 6TP
- Rye Oak Children's Centre (t: 07932 622 563 Whorlton Road, SE15 3PD)

Camberwell & Dulwich

- South Camberwell Children's Centre (t: 0207 274 1829) @ Allbrighton Community Centre, Allbrighton Road, Dulwich SE22 8AH
- Crawford Children's Centre (t:020 7274 8543), Crawford Road SE5 9NF
- The Grove Children's Centre (t:020 7701 6629), Tower Mill Road SE15 6BP
- Dulwich Wood Children's Centre (t:020 7525 1192) Lyall Avenue SE21 8QS

Walworth, Borough & Bankside

- 1st Place Children's Centre (t: 0207 740 8070), Chumleigh Street, Burgess Park, Walworth SE5 0RN
- Aylesbury Health Centre (t: 0203 049 8700), Taplow House, Thurlow Street, SE17 2UN
- Victory Primary School and Children's Centre (t: 0207 252 7548), Elba Place, off Rodney Road, Walworth SE17 1PT
- Coin Street Children's Centre (t: 0207 021 1600), 108 Stanford Street SE1 9NH

Bermondsey & Rotherhithe

- Ellen Brown Play Centre @Kintore Way Children's Centre (t: 0207 525 1196), 97-102 Grange Road SE1 3BW
- Pilgrim's Way Children's Centre (t: 0207 358 2870) Tustin Estate, Manor Grove SE15 1EF
- South Bermondsey Children and Parent Centre (t: 0207 525 3901) Tenda Road, Bermondsey SE16 3PN
- Rotherhithe Primary School and Children's Centre (t: 0207 231 3755), Rotherhithe New Road, Rotherhithe SE16 2PL
- Surrey Docks Health Centre (t: 020 3049 7444) 12-13 Blondin Way, off Downton Road SE16 6AE
- Riverside Parents & Carers (t: 07538 726 555) The Salmon Youth Centre, 43 Old Jamaica Road, London SE16 4TE

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Fran Carty, Service Administrator

Tel: 0203 049 5051 for more information