

About our Sessions...

Messy Play

A session for children aged 0-4 years.

Children develop curiosity, initiative, focus and persistence through messy play. Simple activities, like playing with playdough or shredded paper, build fine and gross motor skills, supporting cause and effect, number sense, and other important cognitive skills.

Jumping Beans 0-4

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.

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

A play and learn session for children aged 0-5 years. This is a fun interactive session where children and parents can socialise and children can learn through play.

Watch Me Grow

Messy and sensory activities for babies under 1 year old. Supporting children to understand how their actions affect what's around them, brain development, memory, complex tasks and problem solving. Includes access to sensory room.

Now I'm Two Age 2-4 years

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

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 Age 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.

Breastfeeding Buddies (Breastfeeding Support)

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

Infant Feeding Team Clinic

A friendly and supportive breastfeeding run by Midwife Team

Chatterbox 4 years and under

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

You're Never Alone

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

(B) Bookable Services...

Please call Woodlands Family Hub for more information.

Cooking Cubs (B)

A fun cooking session 2+ years with parent/carer. Please specify any allergies or dietary requirements when booking.

Baby Yoga (B)

A 3-week course. A style of yoga that encourages bonding between babies and their parents. Non mobile babies.

Baby Massage (B) (Under 6 months)

A 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 (B) 0-6 Months

A 5 week course.

Interactive group to promote baby learning experiences—with crafts & other activities.

Child Development Checks (B)

2 year and 3 year old development checks carried out by the Health Visitor Team. Book with Health Team

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

A 6 week fun interactive singing and signing course to promote early communication.

Book Start with Activities (B) 2+ years

5 weeks of fun creating and making activities around the course book. Receive the book at the end of the course. Supports shared reading and the love of books with your little ones.

Family Hub Navigators Drop in — 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.
You can either drop in or book via Woodlands Family hub.

Additional Family Hub Services:

- Job centre adviser - Benefits and employment support (Job search-ing, 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.

To find out details of these services -

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



CROYDON
www.croydon.gov.uk

Woodlands Family Hub & South Children's Centres

**Monday 24th February -
Friday 4th April 2025**



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**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
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:

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
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 ~ Monday 24th February - Friday 4th April 2025



CROYDON
www.croydon.gov.uk

Contact Us to Book - 0208 9160543

B Requires Booking

WOODLANDS

Monday

9.15am - 11.00am Now I'm Two
9.30am - 10.30am Musical Bumps
9.30am - 12.30pm Child Development Checks
(By appointment)
9.45am - 3.15pm BCG Clinic
(By appointment)
1.00pm - 4.00pm Sexual Health Clinic
(Every 2nd Monday of each month) Drop In
1.00pm - 2.30pm Watch Me Grow (Under1's)
1.00pm - 2.30pm Cooking Cubs **B**
(Starts 3/3/25 a 5 week Course)

Thursday

9.30am - 12.00pm Stepping Stones Course & Creche (Started 16/1/25 to 13/3/25)
9.00am - 4.00pm Child Development Checks
(By appointment)
9.30am - 4.30pm Natural Thinkers
(20/3/25 one session)
1.00pm - 2.30pm Chatterbox
(Starts 27/2/25)
(Speech, Language and Communication Support)

Tuesday

9.15am - 11.00am Stay & Play
9.30am - 11.30am You're Never Alone
10.00am - 2.00pm Citizens Advice Croydon **B**
(1st and 3rd Tuesday of each month— 4th & 18th March, 1st & 15th April, 6th & 20th May)
10.30am - 11.30am Baby Massage **B**
(Starts 4/3/25 a 5 week course)
10.30am - 12.30pm Parent's Wellbeing
(Drop In)
12.30pm - 2.00pm Infant Feeding Workshop
(25/2/25 one session)
1.00pm - 2.30pm Chatterbox
(Speech, Language and Communication Support)
1.30pm - 2.30pm Baby Massage **B**
(Starts 4/3/25 a 5 week course)

Wednesday

9.15am - 11.00am Rocking Rhymes
9.30am - 12.30pm Baby & Us **B**
(Starts 22/1/25 a 5 week course)
9.30am - 4.00pm Midwife Clinic
(By appointment)
10.00am - 11.00am Bookstart Activities **B**
(Starts 5/3/25 a 5 week course)
1.00pm - 2.00pm Breathe Melodies **B**
(Starts 29/1/25 a 10 week course)
1.00pm - 2.30pm Stay & Play
1.00pm - 2.00pm Baby Yoga 6+months **B**
(Starts 5/3/25 a 5 week course)

Friday

10.00am - 11.15am Baby Fun for Under 1
10.00am - 11.30am Infant Feeding Drop In's
10.00am - 2.00pm FH Navigators Drop In
1.00pm - 2.30pm Stay & Play

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

12.30pm - 1.30pm Baby Massage **B**
(Starts 5/3/25 for 5 weeks)
2.30pm - 3.30pm Babbling Babies **B**
(Starts 5/3/25 for 5 weeks)

Friday

1.30pm - 3.00pm Stay & Play

Chatterbox
(Booking not required!)

With guidance from Speech & Language team members.

Woodlands - Tuesday's / Thursday's 1.00pm

Byron - Wednesday's 9.45am

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