

About our Sessions...

Watch Me Grow -Baby Essentials Under 1

Messy & sensory activities to support your babies development. Guidance discussing essential care and safety. E.g. Car seat, changing nappies, sleep sun safety etc. Includes access to sensory room.

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 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.

Now I'm Two 2-4 years

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

Book Start 2+ years

Fun activities including reading, singing and crafting. Supports shared reading and the love of books with your little ones.

Messy Play 0-4 years

Children develop curiosity, initiative, focus and persistence. Build fine and gross motor skills, supporting cause and effect, number sense, and other important cognitive skills. (Please bring a change of clothes).

Jumping Beans 0-4 years

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.

Chatterbox 4 years and under

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

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 0-5 years

A play and learn session with interactive fun where children and parents/carers can socialise and children can learn through play.

You're Never Alone (Adults only)

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

Infant Feeding Team Clinic (Drop In)

Friendly 121 breastfeeding support run by Midwife Team

Sexual Health Support (Drop In)

Relationship and sexual health info, advice and guidance.
(Every 2nd Monday of each month)

Family Hub Navigators (Drop In or book 0208 916 0543)

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.

Parent's Wellbeing (Drop In or book Elena 07849 733952)

Support for parents, partners and carers from pregnancy up until the child is 5 years old, for your wellbeing and current needs.

Citizens Advice Croydon

To help you find a way forward, whatever the problem.
(Every 1st & 3rd Tuesday of each month)

(B) Bookable Services...

Please call Woodlands Family Hub to Book
0208 916 0543

Baby Yoga 6+ months (B)

A 4-week course. A style of yoga that encourages bonding between babies and their parents. Non mobile babies.

Baby Massage Under 6 months (B)

A 4/5-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 0-6 months (B)

A 4/5/week course Interactive group to promote baby learning experiences with crafts and other activities.

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

A 5 week fun interactive singing and signing course to promote early communication.

Cooking Cubs 2+ years (B)

A fun 5 week cooking course with parent/carer. Please specify any allergies or dietary requirements when booking.

Breathe Melodies for Mums (B)

10 week programme 0-9months Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing.

Book via m4m@breatheahr.org or 07511 214069

Child Development Checks (By appointment Only)

2 year and 3 year old development checks carried out by the Health Visitor Team. Health Visitor Booking Line 0208 274 6442

BCG Clinic -NHS Team (By appointment only)

Midwife Clinic (By appointment only)

Well Baby Clinic (Drop In 0 to 10 months)

Includes weighing clinic, breastfeeding and weaning support.

Additional Family Hub Services:

- DWP—Family Communication Work Coach - Benefits and employment support (Job searching, Interview prep and CV support.
- Croydon Healthy Homes - Energy advice and support.
- Early Help Keyworker - Intensive support advice for families.
- Citizens Advice Croydon — Housing, Debt & Money etc.

To find out details of these services -

[Familyhubscroydon](https://www.familyhubscroydon.org.uk) | [Instagram](#) | [Facebook](#) | [Linktree](#)



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Woodlands Family Hub & South Children's Centres Timetable

**Monday 1st September -
Friday 24th October 2025**



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

Purley Oaks:

Purley Oaks Primary School
Bynes Road,
South Croydon
CR2 0PR
[Access via Gate 5]

Fairchildes:

Fairchildes Academy
Community Trust
Fairchildes Avenue
New Addington
Croydon, CR0 0AH
[Access via Main School Reception]

For all enquiries call:
Woodlands Family Hub & South Children's Centres
Telephone: 0208 916 0543
Email: southchildrenscentres@croydon.gov.uk
Facebook: [Croydonbeststart](https://www.facebook.com/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 & South Children's Centres Timetable ~ Monday 1st September - Friday 24th October 2025



CROYDON
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WOODLANDS FAMILY HUB

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*9.30am -10.15am Musical Bumps (6 months -2 years) (No sessions 22/9/25 & 29/9/25)</p> <p>9.30am - 12.30pm Child Development Checks (By appointment)</p> <p>9.30am - 3.30pm DWP Drop In Family Communication Work Coach (Fortnightly—starts 15th Sept, 6th & 20th Oct, 3rd & 17th Nov, 1st & 15th Dec) (Drop In or call to book an appointment)</p> <p>9.45am - 4pm BCG Clinic (NHS Team) (By appointment)</p> <p>10.00am - 11.30pm Cooking Cubs B (5 Week Course starts 8/9/25—6/10/25) (Need to Book)</p> <p>1.00pm - 2.30pm Watch Me Grow - Baby Essentials (Under 1's Drop In)</p> <p>* 1.00pm - 2.30pm Well Baby Clinic (0-10months Drop In) (Starts 29/9/25 TBC)</p> <p>1.00pm - 2.30pm Stay & Play (0-4yrs Drop In)</p>	<p>9.15am - 11.00am Now I'm Two</p> <p>9.30am - 11.30am You're Never Alone (Starts 9/9/25) (Adults only)</p> <p>9.30am - 11am Messy Play (0-4yrs Drop In)</p> <p>10.00am - 2.00pm Citizens Advice Croydon B (1st and 3rd Tuesday of each month— 2nd & 16th Sept, 7th & 21st Oct, 4th & 18th Nov, 2nd & 16th Dec) (Need to Book)</p> <p>10.30am - 12.30pm Parent's Wellbeing (Drop In or Book)</p> <p>-----</p> <p>1.00pm - 2.30pm Chatterbox (Speech, Language and Communication Support) (0-4yrs Please be on time)</p> <p>12.30pm - 3.00pm Stepping Stones/ Creche (9 week Course starts 30/9/25 - 2/12/25) (Not 28/10/25) (Invite Only)</p>	<p>9.15am - 11.00am Rocking Rhymes (0-4yrs Drop In)</p> <p>9.30am - 4.00pm Midwife Clinic (By appointment)</p> <p>10.00am - 11.15am Baby Fun for Under 1 (Drop In for Non Walkers)</p> <p>10.00am - 12.00pm Starting Solids B (1 Session 3/9/25)</p> <p>8.45am - 12.00pm Stepping Up for Autism (8 Week Course starts 1/10/25—26/11/25) (No session 29/10/25) (Invite Only)</p> <p>-----</p> <p>12.00pm - 2.30pm Growing Up (8 weeks Course Starts 1/10/25 — 26/11/25) (Not 29/10/25) (Invite Only)</p> <p>1.00pm - 2.30pm Stay & Play (0-4yrs Drop In)</p> <p>1.00pm - 2.15pm Baby Yoga 6+months B (4 Week Course starts 10/9/25 -1/ 10/25)</p> <p>1.30pm - 2.30pm Breathe Melodies for Mums B (10 week course 8/10/25 - 10/12/25)</p>	<p>9.00am - 4.00pm Child Development Checks (By appointment)</p> <p>9.15am - 11.00am Stay & Play (0-4yrs Drop In)</p> <p>9.30am- 10.30am Baby Massage B (5 Week Course starts 11/9/25—9/10/25) (Need to Book)</p> <p>-----</p> <p>1.00pm - 2.30pm Chatterbox (Speech, Language and Communication Support) (0-4yrs Please be on time)</p> <p>1.30pm - 2.30pm Rhyme & Sign B (5 Week Course 11/9/25—9/10/25 Course) (Need to Book)</p>	<p>9.30am - 3.30pm DWP Drop In Family Communication Work Coach (Fortnightly—starts 5th & 19th Sept) (Drop In or call to Book an appointment)</p> <p>10.00am - 11am Bookstart</p> <p>10.00am - 11.15am Baby Fun for Under 1 (Drop In for Non Walkers)</p> <p>10.00am - 12.00pm Infant Feeding Drop In's (NHS Team)</p> <p>10.00am - 2.00pm FH Navigators (Drop In or call to book an appointment)</p> <p>-----</p> <p>1.00pm - 2.30pm Stay & Play (0-4yrs Drop In)</p>

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

FAIRCHILDES

[In Fairchildes Academy School] -
Please go to the school reception office to sign in.

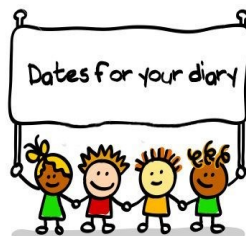
Monday

9.30am - 10.30am Jumping Beans
(0-4yrs Drop In Starts 8/9/25)

11.00am - 12.00pm Baby Fun for Under 1
(Drop In for Non walkers Starts 8/9/25)

Thursday

1.45pm - 3.00pm Homestart Stay & Play
(0-4yrs Drop In Starts 11/9/25)



* Well Baby Clinic 29th September 2025 —
Date To Be Confirmed

*PLEASE NOTE: NO Musical Bumps 22nd & 29th September 2025

Inset Day: Purley Oaks will be Closed 3rd October 2025.

**Half-Term Week: Monday 27 October to Friday 31 October 2025. ~
Separate timetable to follow.**



Contact Us to Book - 0208 9160543

B Requires Booking



PURLEY OAKS

Wednesday

12.30pm - 2.00pm Babbling Babies B
(5 Week Course starts 10/9/25—15/10/25)

2.30pm - 3.30pm Baby Massage B
(5 Week Course starts 10/9/25—15/10/25)

Friday

1.30pm - 3.00pm Stay & Play
(0-4yrs Drop In)
(No Session 3/10/25)