

Online activities for mums, dads and carers, pregnancy to age 5



For support and advice contact Camden Children's Centres, we can help with benefits, parenting and a range of free services. Tel: 020 7974 8961

Integrated Early Years Service

18/02/2021

Monday AM		Tuesday AM		Wednesday AM		Thursday AM		Friday AM	
10.00	Gentle Yoga for mums & babies (on Zoom with The Winch)	10.00-10.30	Rhyme time with Abbey Community Centre Suitable 0-5 years (term time only)	10.00-11.30	Starting Solids 6 months (Check monthly dates)	10.00-10.30	Story Time with Abbey Community Centre (term time only)	10.30-12.00	Starting Solids 6 months Check monthly dates
10.30-11.00	Stay and Play Suitable 0-5 years	10.30-11.00	Stay and Play Suitable 0-5 years	10.30-11.00	Stay and Play Suitable 0-5 years	10.00-11.00	Parent to Parent Group (on Zoom with The Winch)	11.00-11.30	Stay and Play Suitable 0-5 years
10.30-11.30	Camden Baby Feeding Support with breastfeeding, mixed feeding & bottle-feeding	11.00	Yoga for women and children with Camden Blossoms	10.30-11.30	Rhyme Time with ACL (term time only)	10.30-11.00	Stay and Play Suitable 0-5 years	11.00-12.00	Healthy Mind and Body Coffee Morning with The Winch
10.30-11.30	Story Time (on Zoom with ACL)	11.00-12.00	Family Learning Supporting your child's development For parents of 2 & 3 year olds	10.30-12.00	Bump to Baby For parents to be	10.30-11.30	Camden Baby Feeding Support with breastfeeding, mixed feeding & bottle-feeding		
11.00-11.30	Stay and Play Suitable 0-5 years			11.00-12.30	Starting Solids Next Steps Under 1 year (Check monthly dates)	11.00-12.30	Starting Solids 6 months (Check monthly dates)		
Monday PM		Tuesday PM		Wednesday PM		Thursday PM		Friday PM	
1.00-2.00	Little Explorers Creative activities for ages 0-2 (on Zoom with The Winch)	1.00-2.00	Weekly Catch-up or parents and babies (on Zoom with The Winch)	1.00-2.00	Health Visiting Virtual Clinic Under 1 year	1.30-3.00	Bump to Baby For parents to be	2.30-3.00	Stay and Play Suitable 0-5 years
2.00-3.30	Starting Solids / Next Steps 6 months / Under 1 year (Check monthly dates)	1.00-2.30	Starting Solids 6 months Check monthly dates	3.30-4.00	Stay and Play Suitable 0-5 years	2.00	Family Yoga with Camden Blossoms		
2.00	Zumba (fortnightly) with Camden Blossoms	2.00-3.30	Stay and Play Suitable 0-5 years			3.30	Baby Massage (on Zoom with The Winch)		
		3.00-3.30	Stay and Play Suitable 0-5 years						
					Saturday	10.30am-12.00pm: Storytelling for over 3s with ACL. Please text Alison on 07876 651 950 to join the session.			

Please note timetable is subject to change.
If you would like to join, please see details on the following page.

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Bump to Baby for parents to be

Web: <https://uk.bookingbug.com/home/45750-Camden-Sure-Start>
Email: p4p@camden.gov.uk

Camden Baby Feeding online groups

Web: www.cnwl.nhs.uk/services/community-services/camden-baby-feeding-team

Run by the Camden Baby Feeding Team to support with breastfeeding, mixed feeding and bottle-feeding.

Health Visiting Virtual Clinic

Explore a key theme, including caring for yourself as parents, feeding your baby, settling and sleep, and your baby's development. Please email camden.dutyhv@nhs.net or call 02033173032.

Stay and Play with Camden Children's Centres

To book a place, please call 02079748961.

Starting Solids and Starting Solids Next Steps

To book a place, please email healthandwellbeingteam@camden.gov.uk or call 02079746736.

Activities from The Winch

To book a place or for more information, please email page@thewinch.org or alina@thewinch.org

Family Learning for parents with children aged 2-3 years

To book a place, please email jane.mcgrath@camden.gov.uk or call 02079746542.

Rhyme time and story time with ACL

To book a place, please contact Mouna on 07768647608.

Activities with Abbey Community Centre

To book a place or for more information, please email tissy@abbeycc-kilburn.org.uk

Activities with Camden Blossoms

Peer support and mentoring for families with children aged under one year. Please email blossoms@manorgardenscentre.org or call Lilliana on 07484066890.

Useful contacts for parents and carers

To access food and other essential support during Covid-19

Web: www.camden.gov.uk/access-food and <https://findfood.camden.gov.uk/> Phone: 02079744444, ext. 9

Dental Health advice for parents and carers

Please email nicola.ramnarine@nhs.net or call 07920236977 (available Mon/Tue/Fri)

First Aid for babies and young children

(delivered by St Johns Ambulance Service)

Web: www.sja.org.uk/get-advice/first-aid-advice/choking/

Parent Champions Volunteer Programme

To find out about becoming a volunteer Parent Champion with the Early Years Service, please email sophie.jobbing@camden.gov.uk

Cocoon - London Perinatal Mental Health Support Group

(Zoom support group) On Tuesdays and Thursdays 10am to 11am. A safe space to discuss anything related to pregnancy, new parenthood and mental health. Join the Group: <https://zoom.us/j/263329262>

Other websites:

BBC Tiny Happy People:

<https://r1.dmrk.net/3YNL-14W68-F72M4VLP9C/cr.aspx>

Hungry Little Minds:

<https://hungrylittleminds.campaign.gov.uk/>

Words for Life:

<https://wordsforlife.org.uk/>

Anna Freud Centre:

www.annafreud.org/early-years/early-years-in-mind/

Find out more:
camden.gov.uk/camdensurestart