

Free!
Services at

Upper Norwood SureStart Children's Centre

Heshima Family Support Centre (Barnardo's)

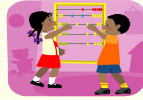
Believe in children
Barnardo's
London, East and South East



2 Coxwell Road, off Westow Street, Upper Norwood
London SE19 3BG

SureStart

Stay & Play



Monday 10am- 12pm
Wednesday (Croydon families only) 10am-12pm
Friday 1pm-3pm

Baby Only Session

(babies 0-18 months)



STARTING SOON!

Weekly Stay and Play Session for parents with babies 0-18 months only.

"This Session Is Not Available For Older Siblings Over 18 Months"

Child Health Clinic



Thursday 9.30am-11.30am

Little Gee Gees

(Invitation Only)



Wednesday 12.30-1.30pm
Parents group for babies up to 8 months.

Toy Library



Monday , Wednesday 10.30am – 11.30 am

"Parent/carers are require to pay a small fee for any borrowed items"

Musical Stories

(Children 2-4 Years)



Wednesday 10.30am – 11.30am
Every second Wednesday of the month.
(For new dates please speak to a member of staff)

Antenatal & Postnatal Clinic

(Appointment only)

Friday 9.30am – 3.30pm (appointment only)

12-2pm Group



Tuesday & Thursday groups for families referred through Croydon Health visitors. Thursday group for families with child/ren with a disability.

Job Centre Plus



We provide weekly updates on New jobs and opportunities which are displayed on our notice board. We also provide information on returning back to work and various benefits.

All above services are **Free!** apart from those specified- based at Barnardo's Heshima Family Support Centre, Tel: 020 8771 0907 Fax: 020 8771 8783 E-mail: heshima@barnardos.org.uk. To talk to someone about our services please call Dorretta on the above number.