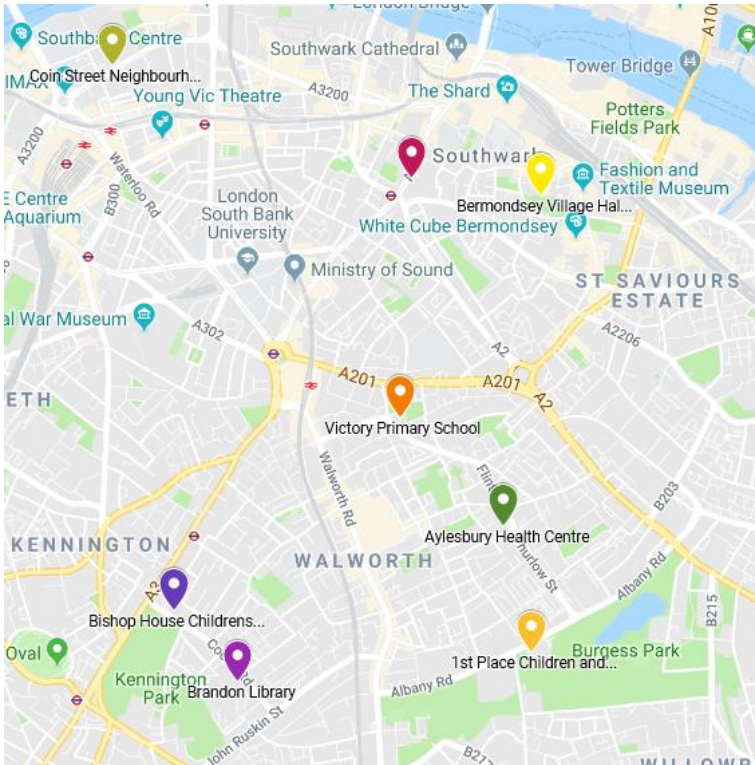


## Contact us

Find out more about how we can support you:

1st Place Children and Parents' Centre  
12 Chumleigh Street, Burgess Park  
London SE5 0RN  
020 77408070  
[childrencentres@1stplace.uk.com](mailto:childrencentres@1stplace.uk.com)



**Southwark Children and Family Centres**  
**Borough Bankside and Walworth**



**A Guide to Family  
Support in Children**

## Sometimes coping with the pressures of family life can be challenging.

Our Community Family Workers offer support, information and guidance to local families with children aged 0-5 years living in Borough, Bankside and Walworth locality, providing:

- One to one support to help you with your child`s learning and development.
- Support for you and your child to be school ready.
- Parenting programmes and one to one support offering strategies to manage routines, boundaries and behavior.
- Support to access employment, volunteering or further education.
- Help to access other services if you require further support, for example, housing, money advice or immigration advice.
- Help build self-esteem and confidence.



## We are here to help

There are times in life when you may need a little extra help. Being a parent can be difficult at times and trying to manage challenging behavior, going into work, applying for schools and nurseries, or any number of other things may mean you need assistance.

Our Community Family Workers can provide the emotional and practical support that may be needed, and have a friendly approach that will help you find the right solutions.

You can also access our children`s centre drop-in sessions and courses where advice can be received around your child`s development from our team and other professionals.

### What to do if you need our support:

- You can pop in and speak to a member of staff at the 1<sup>st</sup> Place Children and Parents` Centre.
- You can telephone us.
- You can email us.

Please see our details at the back of this leaflet.

We look forward to hearing from you and our team will be happy to help.