



# The essential tool kit for Greenwich dads



# A Guide to Our Services

This pack has been compiled to recognise the fact that dads have a significant and increasing role to play in their children's learning, development and well-being. Inside you will find useful information to aid you in your search for suitable activities for you to enjoy together.

Greenwich Council has a large network of Children's Centres that provide a variety of services demonstrating the way we are working to improve the education, health and family services available to children aged under five. We provide the space and activities for you to have fun with your family. Our work with key partners and the local community is playing a crucial role in creating a wide range of services and facilities for local people.

When you visit our Centres, you will receive a friendly welcome and the opportunity to meet other dads in the area. You can participate in the mainstream activities on offer each week, and also register for any of the activities specifically structured for dads to have fun with their children. The Centres also offer advice and support around employment and training – just ask!

This pack includes contact details for our Children's Centres, but if you wish to speak with one of our helpline staff, please call the Families Information Service on **020 8921 6921**, or email: **[fis@greenwich.gov.uk](mailto:fis@greenwich.gov.uk)**

You can also see a range of services available for families in the borough by visiting our website: **[www.greenwich.gov.uk/csd](http://www.greenwich.gov.uk/csd)**

# Dad Facts

- Fatherhood is tough and challenging, but your positive involvement with your children promotes rewards. Fathers are becoming more involved. UK dads actively involved in the care of babies and young children has increased by 8 times in the last 30 years.
- UK fathers now carry out a quarter of childcare during the week and more at weekends.
- One third of new UK dads have worked flexitime to spend more time with their babies.
- A European Commission survey showed that 82% of UK dads would like to spend more time with their children.
- As a father of a young child you have a legal right to have your request for family friendly working hours to be taken seriously.
- Separated from your child's mother? Keep in contact with your children, it's important to them. These days there are lots of ways to help you stay in contact with your children and many Children's Centres act as contact centres where dads can meet with their children. Check out the websites we've listed.
- A father's influence on their children's health is strong: make sure they eat healthily and get enough exercise (they will copy you), after all, you are their role model.

# The Benefits of Positive Involvement

Research\* shows that when fathers are positively involved in their child's early years, the child is far more likely to:

- ✓ **Do better at school and attain higher educational achievement**
- ✓ **Have fewer behavioural problems**
- ✓ **Be more able to form successful friendships and become more socially adjusted**
- ✓ **Be less likely to get into trouble with the police during adolescence**
- ✓ **Be less likely to engage in using drugs in adolescence**
- ✓ **Have higher self esteem and life satisfaction**

\*Flouri (2005) Fathering Outcomes



## Activities Specifically for Dads

You can access Children's Centres during weekday opening times. Activities usually run between 9.30am and 3.00pm, but the following Centres offer Saturday morning events for dads and their under 5's. This list is not fully inclusive as new activity sessions are being developed all the time. Please contact the Centre to find out more.

<b>Children's Centres</b>		
<b>Organisation</b>	<b>Description</b>	<b>Contact</b>
Abbey Wood Children's Centre, Dhalia Road, Abbey Wood, SE2 0SX	Saturday events for dads and children. Contact for details.	Tel: 020 8311 0619 Ext 4
Brookhill Children's Centre, Brookhill Road, Woolwich, SE18 6UZ	Saturday events for dads and children Contact for details.	Tel: 020 8319 5320
Discovery Children's Centre, Battery Road, Thamesmead SE28 0JN	Weekday and Saturday activities (check for schedule of dates)	Tel: 020 8855 4320
Eglinton Children's Centre, Eglinton Primary School, Paget Rise, SE18 3PY	Saturday morning Fathers Group (contact for dates)	Tel: 020 8854 6917
Invicta Children's Centre, Invicta Road, Charlton, SE7 1HA	Saturday Dads Brunch with fun activities and play themes. (once a term, check for dates)	Tel: 020 8293 5037

Mulberry Park Children's Centre, Boxgrove Road, Abbey Wood, SE2 9JP	Saturday events for dads and children. Contact for details.	Tel: 020 8310 0040 Ext 2
Mulgrave Primary School and Children's Centre, Rectory Place, Woolwich, SE18 5DA	Focussed dads day each term.	Tel: 020 8319 5727
Pound Park Children's Centre, Pound Park Road, Charlton, SE7 8AF	Saturday Dads Brunch with play themes. (once a term, check for dates)	Tel: 020 8858 1791
Rachel McMillan Children's Centre, McMillan Street, Deptford, SE8 3EH	Saturday events for dads and children, each term. Contact for details.	Tel: 020 8691 6973
Robert Owen Children's Centre, 43 Commerell Street, Greenwich, SE10 0EA	Saturday Dads Brunch with fun activities and play themes. (once a term, check for dates)	Tel: 020 8858 0529
Sherington Children's Centre, Sherington Rd, Charlton SE7 7JW	Dads stay and play. Every Wednesday 9.30am - 11.30am	Tel: 020 8853 0900
Storkway Children's Centre, Ridgebrook Road, Kidbrooke, SE3 9QX	Saturday 'Dads Lads 'n' Lasses' events and Tiny Ballers soccer. (check for dates)	Tel: 020 8331 1970
Vista Field Children's Centre, Middle Park Avenue, Eltham, SE9 5SD	Dads and children fun activities on the 1st Saturday of every month.	Tel: 020 8859 1110

# Greenwich Early Years - Dads Advisory Group

Fathers with children under 5 years are welcome to join our Advisory Group, which give dads a voice in designing and advising on services for dads in the borough. For more information, contact **Marc James** (Fathers Engagement Officer) on **020 8921 2768**, or **07940 734486**, or email: **dads@greenwich.gov.uk**

## The Myths about Dads ([www.dad.info](http://www.dad.info))

- Dads are less sensitive to babies than mums
- Women have a special 'talent' with children that men lack
- Men are naturally clumsier with babies than women
- Men can't multi-task as well as women



## Additional Services for Dads

<b>Employment/Training</b>		
<b>Organisation</b>	<b>Description</b>	<b>Contact</b>
Connexions (Offices in Woolwich and Eltham)	Employment and training advice for those under 19 years.	Tel: 020 8921 8224 www.connexions-direct.com
Greenwich Local Labour and Business	GLLab – Job search, training courses, CV courses, interviews skills.	Tel: 020 8312 7960 info@gllab.org.uk www.greenwich.gov.uk/gllab
Greenwich Community College – (various locations)	Provide a variety of vocational courses and courses of general interest.	Tel: 020 8488 4800 www.gcc.ac.uk info@gcc.ac.uk
Jobcentre Plus	Jobcentre Plus – New Deal for Lone Parents (18 – 24yrs) – financial support for training and work search.	Tel: 0800 868 868 www.jobcentreplus.gov.uk
Volunteer Centre Greenwich, The Forum @ Greenwich, Trafalgar Road, Greenwich SE10 9EQ	Volunteering opportunities in Greenwich which provide experience that can lead to employment opportunities.	Tel: 020 8853 1331 www.volunteerscentregreenwich.co.uk info@volunteersgreenwich.co.uk

## Childcare costs, advice and tax credits

Organisation	Description	Contact
Welfare Rights Service	Benefits or Tax Credits Advice	Advice Line: 020 8317 4872 or Textphone: 020 8921 5690 <a href="http://www.greenwich.gov.uk">www.greenwich.gov.uk</a>
Greenwich Families Information Service	Childcare advice – find the most suitable childcare options, tax credits advice, early learning opportunities and locate parent and toddler groups. Advice and information for parents with disabled children or children with special educational needs.	Tel: 020 8921 6921 <a href="mailto:fis@greenwich.gov.uk">fis@greenwich.gov.uk</a>
HM Revenues	Tax Credits Helpline	Tax Credits help Line: 0845 300 3900 <a href="http://www.hmrc.gov.uk/taxcredits">www.hmrc.gov.uk/taxcredits</a>

## Health Services

Organisation	Description	Contact
CAMHS (Child and Adolescent Mental Health Services) Plumstead Health Centre, Tewson Road, Plumstead, SE18 1BH	Child and Adolescent Mental Health service. Therapeutic service for children and young people up to 18 years where there are worries about behaviour. Family Therapy & ADHD clinic.	Tel: 020 331 7100 www.oxleas.nhs.uk
BAGRA (Bexley & Greenwich Resource for Alcohol) 108 Bellgrove Road, Welling, Kent, DA16 3QD	Drug & Alcohol Advice	Tel: 020 8304 6588 services@dasl.org.uk www.dasl.org.uk
The Beresford Project, 36-42 Hare Street, Woolwich, SE18 6LZ	Drug & Alcohol Advice	Tel: 020 3228 1700 roy.ramburuth@slam.nhs.uk www.slam.nhs.uk
Adult Mental Health Services	Mental Health Services Behavioural Psychotherapy for difficulties and crisis.	Tel: 01322 625700 www.oxleas.nhs.uk
Bluebell Centre, Eglinton Primary School, Paget Rise, SE18 3PY	Pregnancy support and ante-natal advice (Young Dads)	Tel: 020 8854 7678 sa01.eglinton.greenwich@lgfl.net

## Parenting Advice and Support

Organisation	Description	Contact
Parentlineplus	24 parents helpline, provides parenting advice and guidance on a wide range of parenting issues.	Tel: 0808 800 2222 (Free Call) parentsupport@parentingplus.org.uk www.parentline.org.uk
Citizens Advice Bureau	(Eltham & Woolwich) Advice/information on a wide range of matters including benefits, debt, tax, employment rights, housing.	Tel: 0845 1202 931 greenwichcab@btopenworld.com www.adviceguide.org.uk
Domestic Violence	Men's Advice Line. Intervention Programme for men who are violent/abusive. Male Victims Support.	www.mensadvice.org.uk Tel: 020 8855 7564 www.tryangle.org.uk
MIND parenting counselling	Counselling support for parents around the stress and anxieties of parenting.	Tel: 020 8853 1735 www.greenwichmind.co.uk
Families Information Service (FIS)	Information on childcare services and activities as well as other services for families with children ages 0-19.	020 8921 6921 fis@greenwich.gov.uk www.greenwich.gov.uk/fis

The Metro Centre	Counselling Support, Mentoring, Sexual Health & Youth Services for gay, bisexual and transgender men/fathers.	Tel: 020 8305 5000 www.metrocentreonline.org
Expert Parents Programme	Parenting courses for parents with children who have long term health conditions or disabilities.	Tel: 020 8312 6070 www.greenwichsplash.nhs.uk
Welcare Parent/Carer Support, 248-266 Nightingale Vale, SE18 4HN	Parenting skills training, developing existing skills, confidence building.	Tel: 020 8854 3865 seval.tahsin@welcare.org
Practical Positive Parenting, Greenwich Connections, 22 Greenwich South Street, SE10 8TY	Free six week parenting skills course, includes first aid, keeping safe, importance of play, emotional security, setting boundaries.	Tel: 020 8853 1021 office@gconnections.freereserve.co.uk www.greenwichc.org.uk
One Parent Families – advice and information	Parent Helpline	Tel: 0800 018 5026

Families Need Fathers	Helpline for fathers experiencing relationship difficulties and or loss of child contact. Local branch meetings and forums for fathers, plus fact sheets.	Tel: 08707 607496 www.fnf.org.uk
Dads Advisory Group	Dads Advisory Group (for fathers with children under 5 years who wish to volunteer to help shape Early Years services).	Marc James (Fathers Engagement Officer) 020 8921 2768 marc.james@greenwich.gov.uk
Stay-at-Home Dads Group	Meet other dads for social events and activities with your children.	020 8318 6143 nctdadslewgreen@googlemail.com www.selondondads.org.uk
Early Home Learning	Advice around supporting your child to learn and develop.	Tel: 020 7424 3460 ehln@familyandparenting.org www.earlyhomelearning.org.uk
Support for Working Parents	Support around a range of parenting issues for working parents.	Tel: 07956 269716 info@parentsmatter.co.uk www.parentsmatter.co.uk

## Useful Websites

### Description

#### **Greenwich Children's Services Directory**

Online listing of services, organisations and events related to children and young people.

[www.greenwich.gov.uk/csd](http://www.greenwich.gov.uk/csd)

**Greenwich Council Website** Includes comprehensive details of a full range council services, key local contacts, and information on activities, facilities and events for local residents.

[www.greenwich.gov.uk](http://www.greenwich.gov.uk)

**Fatherhood Institute** Government think tank on issues around fatherhood, plus information around positive fathering and learning materials available for dads, plus useful advice.

[www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

**Families Need Fathers** is a website providing support and advice for fathers with relationship breakdowns and anxieties around child contact. Local branch meetings and forums, plus fact sheets.

[www.fnf.org.uk](http://www.fnf.org.uk)

**Dads Space** is a website specifically for fathers who are separated from their children and provides a contact facility and forum for separated dads to share experiences.

[www.dads-space.com](http://www.dads-space.com)

**Stay at Home Dads** Information, advice, news, dads views, gadgets & money matters.

[www.stayathomedads.co.uk](http://www.stayathomedads.co.uk)

**Child Development Information**, legal issues, articles and regular updates on issues affecting fathers.

[www.dadtalk.co.uk](http://www.dadtalk.co.uk)

**Benefits Information**, frequently asked questions about fatherhood, pregnancy and birth.

[www.youngdads.co.uk](http://www.youngdads.co.uk)

**Parentng Support** Access the help you need to raise your children well. Top tips and advice.

[www.parentingacademy.org](http://www.parentingacademy.org)

**Dad Info** Provides information to give your child the best start in life. Find local services in your area and get advice on health, money, legal issues and work.

[www.dad.info](http://www.dad.info)

**Disabled Children** Information about support groups for parents of disabled children, including those run by local councils, parenting organisations and charities who offer support.

[www.direct.gov.uk](http://www.direct.gov.uk)



<b>Your Local Children's Centre</b>		
<b>Children's Centre</b>	<b>Address</b>	<b>Telephone No:</b>
Abbey Wood Nursery School and Children's Centre	Dahlia Road, Abbey Wood, SE2 0SX	Tel: 020 8311 0619 Ext 4
Alderwood Primary School and Children's Centre	Rainham Close, Eltham, SE9 2JH	Tel: 020 8850 5927
Brookhill Children's Centre	Brookhill Road, Woolwich, SE18 6UZ	Tel: 020 8319 5320
Cardwell Children's Centre	Frances Street, Woolwich, SE18 5LP	Tel: 020 8854 7342
Discovery Primary School and Children's Centre	Battery Road, West Thamesmead, SE28 0JN	Tel: 020 8855 4320 Ext 3
Eglinton Primary School, Early Years and Children's Centre	Paget Rise, Plumstead, SE18 3PY	Tel: 020 8854 6917
Children's Centre services at Eltham Centre	2 Archery Rd, Eltham, SE9 1HA	Tel: 07904 917409
Greenacres Primary School and Children's Centre	Witherston Way, Eltham, SE9 1QG	Tel: 020 8860 0186
Invicta Primary School and Children's Centre	Invicta Road, Charlton, SE3 7HE	Tel: 020 8293 5037
Children's Centre services at Glyndon	75 Raglan Road, Plumstead, SE18 7JD	Tel: 020 8836 9252

Mulberry Park Children's Centre	Boxgrove Road, Abbey Wood, SE2 9JP	Tel: 020 8310 0040 Ext 2
Mulgrave Primary School and Children's Centre	Rectory Place, Woolwich, SE18 5DA	Tel: 020 8319 5727
Children's Centre services at The Slade & Plumstead Common	Pendrell Street, Plumstead, SE18 2PJ	Tel: 020 8836 9252
Plumstead Children's Centre	6 Purrett Road, Plumstead, SE18 1JW	Tel: 020 8836 9252
Pound Park Nursery School and Children's Centre	Pound Park Road, Charlton, SE7 8AF	Tel: 020 8858 1791
Quaggy Children's Centre	Lewisham Road, SE13 7QP	Tel: 020 8465 9785
Rachel McMillan Nursery School and Children's Centre	McMillan Street, Deptford, London SE8 3EH	Tel: 020 8691 6973
Robert Owen Early Years Centre	43 Commerell Street, Greenwich, London SE10 0EA	Tel: 020 8858 0529
Sherington Primary School and Children's Centre	Sherington Road, Charlton, London SE7 7JW	Tel: 020 8853 0900
Shooters Hill Children's Centre	398A Shooters Hill Road, London SE18 4LP	Tel: 020 8856 9388
Storkway Children's Centre	Ridgebrook Road, Kidbrooke, London SE3 9QX	Tel: 020 8331 1970
Vista Field Children's Centre	Middle Park Avenue, Eltham, SE9 5SD	Tel: 020 8859 1110
Waterways Community Children's Centre	Harrow Manor Way, Abbey Wood, SE2 9XH	Tel: 020 8311 5491



For further copies of the Greenwich Children's Service  
Dads Information pack, please email: [dads@greenwich.gov.uk](mailto:dads@greenwich.gov.uk)



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**SureStart**