



October 2011
Issue 8

Produced by the Pre-school
Learning Alliance

FIGVINE Lewisham Dads Newsletter

THE NEWSLETTER FOR LEWISHAM DADS AND MALE CARERS

Autumn Issue

Welcome to all Dads and Male Carers in Lewisham. I hope you find the information in this newsletter useful. The newsletter provides you with information with activities that you can do with your child. We have an exciting new parenting course that you may wish to attend; cycle rides for families, stay and plays for dads and more.

For more information on anything to do with dads please contact Tim on 07947475064 or email tim@neville.tc

Don't forget you can follow activities for Lewisham Dads on Twitter (see the foot of the page)

Also South East London Dads are a group of dads across Lewisham, Greenwich and Southwark and put on different activities for dads. They have a website showing a variety of activities that they put on regularly.

www.selondondads.weebly.com

DUCK CC Cycle Rides

DUCK CC is a cycle club run by dads for families across Lewisham. It organises a family cycle ride every second Sunday of the month. The next ride is to Surrey Quays on Sunday 13th November. The whole family are welcome to attend. We will be cycling on cycle routes, off road where possible, to visit the farm. After enjoying the animals and a picnic lunch we will cycle home.

The aim of the club is to encourage children to cycle and to provide and model riding safely for fun and exercise.

If you would like to find out more information or get involved and join the club please email Willie at willie@peddie.info

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Free Parenting Course

Are you finding bringing up your young child challenging?

Are you going to be a dad?

Would you like to find out ways in which you can support your child's development?

We are pleased to say that in partnership with Greenwich Council we are running a new Parent Coaching course at Quaggy Children's Centre which is on the border of Lewisham and Greenwich.

The course is run by two Fathers, Marc James and Tim Neville who have a wealth of experience in working with fathers, delivering parenting courses and bringing up their children.

The course covers various topics that will help you in parenting your child. As well as learning new things and some theory of child development you will have fun and meet other dads.

We have arranged the course at a time that we hope more fathers will be able to access. It is going to run between 6.30pm and 8.30pm on the following dates: 10th November, 17th November, 1st December and 8th December.

You will be given all the resources you need to complete the course. Refreshments will also be provided.



Dads Parent Coaching Course
Empowering you as a parent to believe in yourself and reach your own solutions.

If you would like to find out more about the course or ask any questions you may have then contact

Tim on 07947475064
Or you can email him at tim@neville.tc





There are a variety of activities going on for fathers across Lewisham. Ranging from Stay and Play sessions where you can bring your child, meet other dads and enjoy the toys and activities provided to clubs and activities run on a regular basis.

Lee Manor Stay and Play (Term Time)

Children's Centre under 5's Stay and Play

Monday 9.30am to 11.30am Longhurst Rd, Lewisham, SE13 5LS

Hatcham Oak Stay and Play (Term Time)

Children's Centre under 5's Stay and Play

Tuesday 9.30am to 11.30am 6 Wallbutton Rd, Brockley SE4 2NX

Contact Shereine on: 07525 401 260

Bellingham Dads Group (Last Saturday of the month)

Under 5's Saturday Session 10.00 am to 12 noon

Fun, craft activity and play session held on the last Saturday of every month

Randlesdown Rd, Bellingham, Catford SE6.

Contact Lyndsey on: 07525 671 330

Tuesdads Dads Group

Last Tuesday of the month 6.30pm to 8pm

Activities and fun for Dads and children of any age

Limelight Family Learning Centre, Castillon Rd, SE6 1QD

Contact Tim on: 07947 475 064

Quaggy Dads Group

A new **Parenting Course** for dads is starting on Thurs 10th Nov between 6.30pm and 8.30pm at Quaggy Children's Centre, Lewisham SE13 7QZ Contact Tim on: 07947 475 064

Dads Cycling Club (DUCK CC)

Monthly rides for dads and the whole family. For more information contact Willie at willie@peddie.info

Dads Film Club

Come and watch a film with your child at Manor House Library in Lee. The club runs on the first Saturday of the month between 11.30am and 2pm. The sessions are free. For more information contact Tim 07947 475 064



Join our Free Film Club

We are proud to announce a brand new Film Club has started up for Dads and Male Carers and their children. Every month we show a children's film for dads and their children to watch together. So far the films we have shown have been 'Escape to Witch Mountain', 'Fantastic Mr Fox' and 'How to Train Your Dragon'.



The showings run on the first Saturday of the month from 11.30am to 1.30pm so the next showing is on Saturday November 5th from 11.30am. Film starts at 12 noon we are showing Gulliver's Travels.

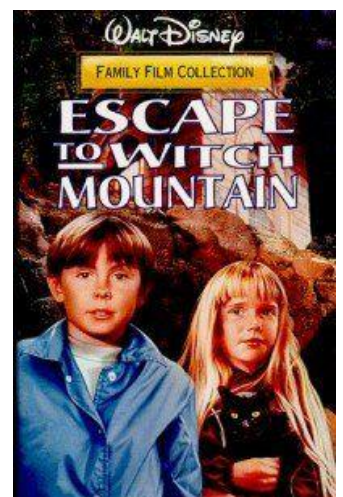


The club is a partnership between Manor House Library, Lewisham Children's Centres and the Pre-school Learning Alliance. When you come along you can watch a film together and then you will be given a book to read over the month before coming back and watching the film of the book together.

The project aims to encourage dads and children to read together and also have fun and enjoy each other's company. You will also have the opportunity to meet other dads and children in a friendly atmosphere. You will also be able to find out what else is going on in Lewisham for dads and children.

You can bring a packed lunch along for you and your child to share whilst the film is on as it is on over the lunch period.

So if you would like to come along or find out anything about the film club please contact Tim on 07947 475 064 or email on the address below.



Dads Parent Coaching

Are you a dad or male carer and would like to improve your relationship with your child?

Are you soon going to be a dad?

Why not come along to our new course

Thursday 10th & 17th November and 1st & 8th December
6.30pm and 8pm

It's Fun, Friendly and Free and you will learn some theory about parenting children and how you can put it into practice

Quaggy Children's Centre
Orchard Hill
London
SE13 7QZ

If you would like to find out more information then you can call Tim on 07947 475 064 or email tim@neville.tc



Lee Manor Dads Stay and Play



Every Monday
(term time only)
9.30 am to 11.30 am

Stay and Play for Dads,
Male Carers and their
children under 5

The Community Space
Entrance Lee Manor School
Longhurst Road
Lewisham SE13

We are a group run by local dads for local dads. Why not pop along to this friendly stay and play with your child and access great resources and meet other dads?



Hatcham Oak Dads Stay and Play



Every Tuesday
9.30 am to 11.30 am

Stay and Play for Dads,
Male Carers and their
children under 5

Hatcham Oak Children's Centre
6 Wallbutton Road
London, SE4 2NX

We are a group run by local dads for local
dads. Why not pop along to this friendly stay
and play with your child and access great
resources and meet other dads?

