

PACT AUTUMN

Weekly Group Programme

MONDAY/LUNES

BABIES @ MUMSPACE 11-12NOON, CAMBERWELL SALVATION ARMY

A group for parents with under one's, for fun, interactive and wellbeing sessions. Contact Mena 07534 727316 or mena.amnour@citizensuk.org

PARENT UNIVERSITY 1-2.30PM

For more details and to sign up for this course see page 2 of this programme or contact Mena on 07534 727316 or mena.amnour@citizensuk.org.

PACT ALLOTMENT 10-11AM

For more details see page 2 of this programme or contact Layla on layla.meerloo@citizensuk.org or 07376014330

TUESDAY/MARTES

MUMSPACE 10.30-12NOON, ST MICHAELS

Join us for active play as we enjoy the indoors and the outdoors of St Michael's, a drop in for under 4's. We have wellbeing, creative sessions and visits from our fantastic Health professionals. Contact Mena on 07534 727316 or mena.amnour@citizensuk.org.

WEDNESDAY/MIERCOLES

BE WELL WEDNESDAYS 10.00-11.00, ST MICHAELS

Join us for a cup of coffee and chat. It's a chance to meet new people, support your wellbeing and connect with our Be Well Champions. For more information contact Ellie on 07904804695 or elena.demetri@citizensuk.org

ESPACIO MAMA 10.30-12PM, SAN MATEO

Únete a este grupo para madres embarazadas o con niños pequeños, donde tendrán un espacio para conectar y tener información de Health Visitor. Contacta a Mery Calderon al 07399584871 mery.calderon@citizensuk.org

FRIDAY/VIERNES

MUMSPACE 10-11.30AM, SALVATION ARMY

A play session for families with children under 4 including workshops on topics such as wellbeing, Health Visitor advice, family cooking and Mums Take Over! Contact Rose on 07821 447526 or rose.peake@citizensuk.org

ESPACIO MAMA 1-2.30PM, SAN MATEO

Únete a este grupo para madres embarazadas o con niños pequeños, donde tendremos a LAWRS y la oportunidad de divertirte con tu niño(s). Contacta a Mery Calderon al 07399584871



Our venues

St Michaels
Wyndham Road
Camberwell
SE5 0UB
(next to Ark All Saints)

San Mateo/St Matthews Church
Meadow Row
Elephant & Castle
SE1 6RG

Camberwell Salvation Army
105 Lomond Grove
Camberwell
SE5 7HG



New to PACT? ¿Nueva en PACT?

You are welcome to just turn up and register with us or can contact the group organiser. Las invitamos a que vengan y se registren con nosotras o pueden ponerse en contacto con la organizadora de cada grupo.

ARE YOU PREGNANT OR A NEW PARENT?

SIGN UP FOR OUR PARENT UNIVERSITY COURSES ON MONDAYS FROM 1-2.30PM



Parent University is a place to meet new mums, share experiences and make new friends. Fatimah



Antenatal Course

3 sessions

Pregnant women & partners

Postnatal Course

7 sessions

For parents with babies under 8mths.

All sessions will be at Camberwell Salvation Army, 105 Lomond Grove, SE5 7HG. To find out more or sign up, contact Mena Amnour on 07534 727316 or mena.amnour@citizensuk.org

BLACK MATERNAL VOICES



We are a group of black mothers who meet monthly to offer support to each other and make positive change.

When: Every 2nd Thursday of the month

Time: 1.00 - 2.30 PM

Where: United Reformed Church, Love Walk SE5 8AE (almost on the corner with Grove Lane)

Contact:

Munira.Nesredin@citizensuk.org or 07399241320 for more information

Rose VOUCHERS for fruit & veg

Would you like to buy more fruit & vegetables for your family?

Are you a member of PACT/ MumSpace/ Espacio Mama?

We can help you to apply for Rose Vouchers and Healthy Start Vouchers. They support families on low incomes and families who have NRPF to buy fresh fruit and vegetables.

For more information, call Mena 07534 727316 or Munira 07399 241320



PACT ALLOTMENT



Grow fruit and veg at the PACT allotment, Mondays 10 - 11.

Siembra fruta y verdura en la huerta de PACT, lunes de 10- 11.

Contact: layla.meerloo@citizensuk.org or 07376014330

Parents and Communities Together (PACT)

www.pact-citizens.org

07507706460

Instagram: [PACT_Southwark](#)

Facebook: [PACT Southwark](#)

Twitter: [@PACTSouthwark](#)