

PACT SUMMER

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 back of this programme

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

WELLBEING WEDNESDAY 10.15-11.00, ST MICHAELS

Join us for a short fun activity on Wednesdays 10.15-11.00, to spoil yourself and support your wellbeing. Contact Mena on 07534 727316 or Munira on 07399 241320

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



FREE COURSE FOR PREGNANT WOMEN AND NEW PARENTS

Antenatal Course

Tuesday 3rd, Monday 9th and Monday 16th May
(3 sessions)
Pregnant women & partners

Postnatal Course

Mon 23rd May - 4th June
(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 Kathryn Beatham on 07504 002138 or parent.university@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: layla.meerloo@citizensuk.org or 07376 014330

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, Thursdays 1.00 - 2.30, **please book** with Layla.

Siembra fruta y verdura en la huerta de PACT, jueves de 1.00 - 2.30, **favor de reservar** con Layla

Contact: layla.meerloo@citizensuk.org or 07376014330.



Parents and Communities Together (PACT)

www.pact-citizens.org

07495 032 811

Instagram: [PACT_Southwark](https://www.instagram.com/PACT_Southwark)

Facebook: [PACT Southwark](https://www.facebook.com/PACT_Southwark)

Twitter: [@PACTSouthwark](https://twitter.com/PACTSouthwark)