

PACT APR-JUL 23

Weekly Group Programme

MONDAY/LUNES

BABIES @ MUMSPACE 11-12NOON, 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

BE WELL WEDNESDAY 9.30-11.00, ST MICHAELS

Join us for a hot drink and a different workshop every week. A chance to meet new people and support your wellbeing. Contact Ellie on 07904 804 695

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

THURSDAY/ JUEVES

GARDENING 10-11AM, CASPIAN ST ALLOTMENT

For more details contact Ellie, elena.demetri@citizensuk.org or 07904 804 695

FRIDAY/VIERNES

MUMSPACE 10.30-12PM, 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 Deshni on 07930 958764 or deshni.chetty@citizensuk.org

ESPACIO MAMA 1-2.30PM, SALVATION ARMY

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

Camberwell Salvation Army

105 Lomond Grove
Camberwell
SE5 7HG

St. Michael's

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

San Mateo

Meadow Row
London
SE1 6RC



New to PACT? ¿Nueva en PACT?

You are welcome to just turn up and register with us or you 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? PARENT UNIVERSITY



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

SIGN UP FOR OUR ANTENATAL AND POSTNATAL COURSES

**ON MONDAYS 1-2.30PM. Contact Mena on:
mena.amnour@citizensuk.org or
07534 727316**

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 07399 241320

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.



BE WELL WEDNESDAYS



Join us every Wednesday 9:30-11am to chat over a hot drink and take part in a range of activities and workshops. A great opportunity to meet new people, learn new things, support your wellbeing and connect with PACT's Be Well Champions.

Contact Ellie:

**elena.demetri@citizensuk.org
07904 804 695.**

Parents and Communities Together (PACT)

PACT@citizensuk.org / 07507706460

www.pact-citizens.org

Instagram: PACT_Southwark

Facebook: PACT Southwark

Twitter: @PACTSouthwark