

Deptford Family Hub



Alverton Street, SE8 5NH

Monday 3rd March - Thursday 17th April 2025

For enquiries please call 020 8692 3653

Check out our new website lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Natter with a Nav 3.15pm– 4.30pm Whether you've got questions, need a listening ear, or just fancy a natter, we'd love to see you there! All families welcome, and there's always a cuppa and warm smile waiting for you, just drop-in.</p> <p>The following services are available Monday –Friday A FREE clothing bank for ages 0 -10 years, including clothes, shoes, nappies, wipes, toiletries, home safety resources and much more!</p> <p>Vitamin D Supplements are available free for children under the age of four and pregnant people.</p> <p>A FREE pack of books for ages 0- 5 years in a range of languages and for children with SEND.</p> <p>Food Bank Vouchers for anyone in crisis for reasons such as: late benefits, financial hardship, loss of employment, unexpected bill or low income.</p> <p>Domestic Violence/Abuse & Substance Abuse Support We have partnerships to provide support for anyone facing domestic violence/abuse or substance abuse.</p> <p>To access these services speak to a member of the team, call 020 8692 3653 or email Deptford.Family.Hub@lewisham.gov.uk</p>	<p>Stay & Play 9.00am-11.00am Help your child learn through play and experience messy play, craft activities, singing and much more! Bring a change of clothes if possible - it might get messy! Age group: 0 - 5 years</p> <p>Employment and Benefits Advice 9.00am-3.00pm A FREE drop-in session offering employment and benefits advice, delivered by the DWP. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p>Citizens Advice 9.00am-2.00pm A FREE Drop-in advice and information clinic on: debt, housing, immigration and more! For info call 0800 231 5453</p> <p>Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Contact your Health Visitor to book.</p> <p>Bank of Things 3.30pm-5.00pm A FREE drop-in to our Bank of Things that offers free toiletries and school supplies, to young people living in Lewisham. Age group: 11-25 years</p>	<p>Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Contact your Health Visitor to book.</p> <p>Stay & Play 9.00am-11.00am Help your child learn through play and experience messy play, craft activities, singing and much more! Bring a change of clothes if possible - it might get messy! Age group: 0 - 5 years</p> <p>Lewisham Refugee and Migrant Network 10.30am-12.30pm A FREE programme for refugees, asylum seekers and migrant communities. To book your place, or to find out more, please call 020 8694 0323.</p> <p>Feel Positive about Parenting 1.00pm-2.30pm 9th April Being a parent can be difficult, these 1:1 sessions can help. Age Group: 18mths - 10yrs See details above to book.</p>	<p>Benefits and Housing Advice 10.00am-12.00pm A FREE drop-in delivered by BENCH, providing specialist housing and benefits advice and information. Term-time only.</p>  <p>Family Navigators Family Navigators are based within Family Hubs and offer free, confidential, and non-judgmental support by connecting you with on site and local support services, led by you. Sign up via this form, the QR code, call or speak to someone at the Family Hub.</p> 	<p>Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Contact your Health Visitor to book.</p> <p>Explorers Plus run with Portage 10.00am - 11.30am Would you like support with your child's development? Come along to our drop-in session with your child if you are concerned that your child is not meeting their milestones. Age group: Birth - 5 years</p> <p>Health Visitor Baby Hub 10.00am- 12.30pm A FREE baby weighing clinic. Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.</p> <p>Women's Self-Defence 11am-12pm Women's Yoga 12:30pm-1:30pm LRMN delivers FREE Drop-in self-defence and yoga sessions for women to socialise, exercise and learn easy practical moves for protection.</p> 