

# Best Start Family Hub - Downham

Shroffold Rd, BR1 5PD

Tuesday 1st September to Friday 18th December (HALF TERM WEEK - Monday 26th October - Friday 30th October) 2026

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) via QR Code below or call 07860 342230



| Monday                                                                                                                                                                                                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><b>Baby Stay &amp; Play – Drop In</b><br/>10.00am – 11.30am<br/><b>Age group:</b> 0 - 18 months</p> <p><b>Stay &amp; Play – Drop In</b><br/>1.15pm – 2.45pm<br/><b>Age group:</b> 0-5 years</p> <p><b>Breastfeeding Hub – Drop In</b><br/>1.00pm – 3.00pm<br/>Infant feeding support &amp; advice from the health visiting team.</p>  | <p><b>Child Developmental Reviews</b><br/>9.00am – 3.00pm<br/><b>Contact your Health Visitor to book an appointment.</b></p> <p><b>Melodies for Mums</b><br/>10.00am – 11.20am or 11.40am – 1.00pm<br/><b>13<sup>th</sup> Oct – 15<sup>th</sup> Dec</b><br/>Find out more and register:<br/><a href="https://breatheahr.org/programmes/melodies-for-mums/">https://breatheahr.org/programmes/melodies-for-mums/</a></p> <p><b>Baby Massage</b><br/>10.00am – 11.30am<br/><b>Starts 8<sup>th</sup> Sept</b><br/><b>Age group:</b> under 1's</p> <p><b>Introducing Solids</b><br/>10.00am – 11.30am<br/><b>10<sup>th</sup> Nov</b></p> <p><b>Eat Well for Less</b><br/>10.00am – 11.30am<br/><b>8<sup>th</sup> Dec</b></p> <p><b>Sharing REAL</b><br/>1.00pm – 3.00pm<br/><b>22<sup>nd</sup> Sept – 13<sup>th</sup> Oct</b></p> <p><b>Mindful Mums Extra</b><br/>1.00pm - 2.30pm<br/>Booking is essential<br/>Visit <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p> <p><b>Looking After Yourself Workshop</b><br/>1.00pm – 2.30pm<br/><b>20<sup>th</sup> Oct</b></p> | <p><b>Child Health Clinic</b><br/>9.30am – 11.15am</p> <p><b>SEND Advisor – Drop In</b><br/>9.00am – 10.00am – Drop-in<br/>10.00am – 11.00am – Bookable<br/>Appointments<br/><b>9<sup>th</sup> &amp; 23<sup>rd</sup> Sept, 7<sup>th</sup> &amp; 21<sup>st</sup> Oct, 4<sup>th</sup> &amp; 18<sup>th</sup> Nov, 16<sup>th</sup> Dec</b></p> <p><b>DWP – Drop In</b><br/>9.30am – 4.00pm</p> <p><b>Explorers Plus with Portage – Drop In</b><br/>10.00am - 11.30am<br/><b>Age group:</b> Birth - 5 yrs</p> <p><b>Feel Positive about Parenting</b><br/>9.30am - 11.30am<br/><b>16<sup>th</sup> &amp; 30<sup>th</sup> Sept, 14<sup>th</sup> &amp; 28<sup>th</sup> Oct, 11<sup>th</sup> &amp; 25<sup>th</sup> Nov, 9<sup>th</sup> Dec</b><br/>Parenting 1:1 sessions</p> <p><b>Child Development Checks</b><br/>9.00am-5.00pm<br/><b>Book with Health Visitor</b></p> <p><b>Stay &amp; Play – Drop In</b><br/>1.00pm - 2.30pm<br/><b>Age group:</b> 0-5 years</p> <p><b>Toileting Tips</b><br/>1.00pm – 2.00pm<br/><b>30<sup>th</sup> Sept</b></p> | <p><b>Child Development Reviews</b><br/>9.00am – 3.00pm<br/>Book via your health visitor</p> <p><b>Citizens Advice for Parents &amp; Carers</b><br/>9.30am-1.30pm – bookable slots<br/>2.30pm – 4.00pm – Drop-in</p> <p><b>Rhythm &amp; Rhyme</b><br/>9.30am - 10.30am<br/><b>Age group: 0 to 5 years</b></p> <p><b>Maternal Journaling with the PAIRS Team</b><br/>10.00am – 11.30am<br/><b>3<sup>rd</sup> Sept – 8<sup>th</sup> Oct and 5<sup>th</sup> Nov – 10<sup>th</sup> Dec</b><br/><b>Please contact:</b> Lewisham Parent And Infant Relationship Service (PAIRS) to book a place<br/><a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></p> | <p><b>Child Development Checks</b><br/>9.00am-3.00pm<br/><b>Book with Health Visitor</b></p> <p><b>Black Blossom Alliance</b><br/>9.30am – 1.00pm</p> <p><b>Education Advocacy Drop-In</b><br/>10.00am – 4.00pm<br/><b>Last Friday of the Month</b></p> <p><b>Mindful Mums</b><br/>10.30am – 12noon<br/>Starts 11<sup>th</sup> Sept<br/>Visit <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p> <p><b>Natter with a Nav – Drop In</b><br/>3.15pm – 4.45pm<br/>For questions, support or a chat plus:</p> <ul style="list-style-type: none"> <li><b>Clothing, Toy and Equipment Bank</b></li> </ul> <p><b>Watch our film!</b><br/>Follow the link or scan the QR code<br/><a href="http://tinyurl.com/FHfilm">tinyurl.com/FHfilm</a></p> |

For more details and information about the sessions, workshops and courses on this term please the back page.

[lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)

## More details and information about the sessions, workshops and courses on this term across Lewisham.

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| <p><b>Baby Massage</b><br/>Spend quality time with your baby at this 5 week course.</p> <p><b>Baby Messy Play</b><br/>Sensory, fun &amp; mess play. Bring a change of clothes if possible - it will get messy! If possible, please bring a towel with you.</p> <p><b>Baby Stay &amp; Play</b><br/>A space to share ideas, talk about the challenges of being a parent, support mental and emotional wellbeing.</p> <p><b>Bank of Things</b><br/>Pick up free toiletries and school supplies, to young people living in Lewisham.</p> <p><b>Being a Parent</b><br/>Free 9-week course for parents to build practical everyday skills, including self-care, understanding and managing children's emotions, and using positive parenting strategies.</p> <p><b>Black Blossom Alliance</b><br/>Free, culturally safe maternal support circles for Black and Brown mothers and birthing people.</p> <p><b>Breastfeeding Hub</b><br/>Free, non-judgemental, evidence-based baby feeding information for all Lewisham Families.</p> <p><b>Citizens Advice for Parents &amp; Carers</b><br/>Information on Debt, housing, immigration and more. Bookable slots and Drop-in.</p> <p><b>Child Development Checks</b><br/>In Lewisham every child between 7-12 months is invited in via their parent or carer for a developmental review. Please remember your baby's red book.</p> | <p><b>Children's Bladder &amp; Bowel session</b><br/>NHS drop-in support for children aged 3–16 with constipation, daytime wetting, and other bladder or bowel difficulties.</p> <p><b>Dads and Male Carers Hair Braiding Workshops</b><br/>Come along and learn basic braiding techniques, cornrows and styles, plus tips for healthy hair, you'll also build confidence and creativity.</p> <p><b>Dads Stay &amp; Play</b><br/>Join other Dads and Male Carers for a fun Stay &amp; Play.</p> <p><b>DWP</b><br/>Drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p><b>Eat Well for Less</b><br/>This workshop helps the whole family to eat well for less, including tips for a cheaper shopping basket.</p> <p><b>Education Advocacy Drop-In</b><br/>Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents &amp; carers.</p> <p><b>Explorers Plus with Portage</b><br/>Would you like support with your child's development? Drop-in with your child if you are concerned they are not meeting their milestones.</p> <p><b>Education Advocacy Drop-In</b><br/>Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents &amp; carers.</p> | <p><b>Feel Positive about Parenting</b><br/>Being a parent can be difficult, these 1:1 sessions can help.</p> <p><b>Fussy Eating</b><br/>Come along and get some new ideas to encourage your little one to try and to enjoy new foods, so you can enjoy eating together as a family</p> <p><b>Healthy Families Right from the Start</b><br/>This 8-week programme is designed to support parents and carers of children aged 0-5, helping them build healthier lifestyles and more confident parenting habits. Families receive a free HENRY toolkit full of resources and practical tips to help them along the way and a Healthy Families Right from the Start Handbook</p> <p><b>Incredible Years Autism</b><br/>Evidenced based parenting sessions for parents and carers of children with ASD who display serious behavioural challenges.</p> <p><b>Introducing Solids</b><br/>Designed to provide you with all of the information you need to help make mealtimes enjoyable, help your baby develop healthy eating habits and get them off to a great start in life.</p> <p><b>Lewisham Refugee and Migrant Network</b><br/>A FREE programme for refugees, asylum seekers and migrant communities.</p> <p><b>Looking After Ourselves Workshop</b><br/>Focuses on parental emotional wellbeing, managing family stress, building realistic self-care habits during busy family life.</p> | <p><b>Maternal Journaling with the PAIRS Team</b><br/>This is a 6-week group for Mums, from the antenatal period with children up to aged 3 years, to have space to do something for themselves! Our creative exercises encourage mindfulness, reflection and lots of chatting! Come with or without your child!</p> <p><b>Melodies for Mums</b><br/>Free 10-week singing programme for new mums and babies, supporting wellbeing, confidence, connection and joyful singing together.</p> <p><b>Mindful Mums</b><br/>For pregnant women and new mums to look after themselves during what can be a challenging period.</p> <p><b>Mindful Mums Extra</b><br/>A welcoming, supportive space for you to look after your emotions and mental wellbeing, make new friends and connections.</p> <p><b>Natter with a Nav</b><br/>Whether you've got questions, need a listening ear, or just fancy a natter, we'd love to see you there - just drop-in.</p> <p><b>Non-Violent Resistance Parent Programme</b><br/>9-week Parent Programme offers practical strategies and supportive guidance to help you respond with confidence, strengthen your relationship with your child and reduce family conflict.</p> <p><b>OWL Babies Course</b><br/>Learn how outdoor experiences are vital for baby brain development<br/><b>Age group: under 6 months</b></p> | <p><b>Rhythm &amp; Rhyme</b><br/>Interactive singing, music &amp; stories</p> <p><b>Stay &amp; Play</b><br/>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!</p> <p><b>SEND Advisor</b><br/>If you are concerned your child is finding aspects of school challenging and would like support on what provision is available in mainstream schools our SEND Advisors can offer guidance.</p> <p><b>Sharing Real with Parents</b><br/>Fun 4-week course to boost confidence in supporting early literacy at home, share ideas with other parents, and receive free learning resources weekly.</p> <p><b>Triple P</b><br/>6 - 8-week therapeutic parenting programme offering tips and tools for managing behaviours in children 2-8 years.</p> <p><b>Togetherness - Understanding Your Baby group</b><br/>This group supports the transition to parenthood by discussing common parenting themes, helping parents become more confident in understanding what their babies are communicating and in turn, developing their relationship.</p> <p><b>Togetherness - Understanding Your Child group</b><br/>This group helps parents to think about what their children's behaviours mean, why they might be happening and how they can address them.</p> |
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