



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Children's Bladder and Bowel NHS session 9.30am - 11.30am 12th Jan This drop-in service supports children and young people aged 3-16 who are experiencing constipation, daytime wetting and other bladder and bowel difficulties.</p> <p>Stay & Play 9.30am-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>Feel Positive about Parenting 9.30am - 11.30am 16th March Being a parent can be difficult, these 1:1 sessions can help. See details above to book.</p> <p>Baby Stay & Play 1.15pm - 2.45pm Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths</p> <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>Citizens Advice FREE Drop-in 9.00am-2.00pm Advice & information on debt, housing, immigration and more. For info call 0800 231 5453</p> <p>DWP Employment and Benefits Advice 9.30am-4.00pm FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p>Child Development Checks 9.00am-5.00pm Book with Health Visitor Maternal Journaling with the Start for Life Team 10.00am - 11.30am Starts 6th Jan For Mums, antenatal and up to 2 years postnatal, come together to think about being a parent in a creative way! All art supplies provided! To book please email lg.pairslewisham@nhs.net</p> <p>Introducing Solids 1.00pm - 2.30pm 10th Feb Get your baby off to a great start when starting solids. See details above to book</p> <p>Fussy Eating Workshop 1.00pm - 2.30pm 10th March Help with techniques to make mealtimes less stressful & encourage balanced diets See details above to book.</p> <p>Bank of Things FREE Drop-in 3.30pm-5.00pm Bank of Things offers free toiletries and school supplies, to young people living in Lewisham. Age group: 11-25 years</p>	<p>SEND Advisor 9.00am - 12noon Drop-in sessions on: 14th & 28th Jan 11th & 25th Feb 11th & 25th March If you are concerned your child is finding aspects of school challenging and you would like support on what provision is available in mainstream schools our SEND Advisors can offer guidance.</p> <p>Rhythm & Rhyme 9.30am - 10.30am Starts back 21st Jan Join us for a fun, interactive singing, music & story session Age group: 0 to 5 years See details above to book.</p> <p>Child Development Checks 9.00am-5.00pm Book with your Health Visitor</p> <p>Baby Stay & Play 1.00pm - 2.30pm Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths</p> <p>Lewisham Refugee and Migrant Network 10.00am-1.00pm 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>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>  <div> <p>Family Navigators</p> <p>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.</p> <p>Sign up via this form, the QR code, call or speak to someone at the Family Hub.</p>  </div>	<p>Development Checks 9.00am-5.00pm Book with Health Visitor</p> <p>Explorers Plus 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 yrs</p> <p>Health Visitor Baby Hub 10.00am- 12.00pm A FREE baby weighing clinic. Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.</p> <div> <p>Dads Stay & Play</p> <p>all Dads and Male Carers Welcome!</p> <p>Saturdays 10.00am - 12.00pm 17th January 21st March 16th May 18th July 19th Sept</p> <p>Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children.</p> <p>Refreshments Provided</p> </div>

Monday



Tuesday

Stay & Play

10.00am - 11.30am

Starts back 20th Jan

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

**Lunch Break - Reception Closed
12.00pm - 1.00pm**

Baby Messy Play

1.15pm - 2.45pm

Starts back 20th Jan

Sensory, fun & mess play. **Bring a change of clothes if possible - it will get messy!**
Age group: Birth to 18 mths
See details above to book

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.

Wednesday

Feel Positive about Parenting

9.30am - 11.30am

7th Jan

Being a parent can be difficult, these 1:1 sessions can help.
See details above to book.

Introducing Solids

10.00am - 11.30am

21st Jan

Get your baby off to a great start when starting solids.
See details above to book.

Fussy Eating Workshop

10.00am - 11.30am

18th Feb

Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

**Lunch Break - Reception Closed
12.00pm - 1.00pm**

OWL Babies Course

1.00pm - 2.00pm

7th Jan - 4th Feb

Outdoor experiences are vital for brain development. The changing nature of outdoors is so important for babies as they learn and gain experience through their senses.
Age group: under 6 months
See details above to book.

Sharing REAL with Parents

1.00pm - 3.00pm

18th Feb - 11th March

This fun 4 week course aims to build your confidence in how you can support early literacy within your home and help your children's learning and development in communication and language.
Age Group: under 5s
See details above to book.

Thursday

Breastfeeding Hub Drop - In

10.00am - 12.00noon

Get support and discuss any breastfeeding issues that you may be having.

Developmental Reviews

Contact your Health Visitor for an appointment.

**Lunch Break - Reception Closed
12.00pm - 1.00pm**



**FREE
Vitamin D**

Come and register and collect your free Vitamin D at the Family Hubs

**What is
Vitamin D?**
Find out more by searching 'Vitamin D' on our website

Friday



FLU CLINIC

**Missed your Flu vaccine?
Live or attend
school in
Lewisham?
Aged 4 - 16?**

Come down to a flu catch-up clinic and protect yourself!

**10.00am - 2.00pm
Saturday
14th February**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Stay & Play 10.00am - 11.30am Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths</p> <p>Feel Positive about Parenting 9.30am - 11.30am 16th Feb Being a parent can be difficult, these 1:1 sessions can help. See details above to book.</p> <p>DWP Employment and Benefits Advice 10.30am - 2.30pm FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more</p> <p>DWP Coffee Morning 10.00am - 12noon 9th Feb Employment and benefits advice.</p> <p>Baby Massage 1.00pm - 2.30pm 12th Jan Spend quality time with your baby at this 5 week in person course. Age group: under 1's See details above to book.</p> <p>Introducing Solids 1.00pm - 2.30pm 23rd Feb Get your baby off to a great start when starting solids. See details above to book.</p> <p>Eat Well For Less 1.00pm - 2.30pm 2nd March Make healthier choices through practical tips, meal planning, and low-cost recipes for children and parents. See details above to book.</p>	<p>Introducing Solids - Online Workshop 1.00pm - 2.30pm 28th Jan & 24th Feb Get your baby off to a great start when starting solids at this online workshop. See details above to book.</p>   	 <p>Honor Oak Youth Club has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p>3.15pm-5.45pm For ages 8-12, or up to 13 for children and young people with special educational needs and disabilities)</p> <p>6.15pm-8.45pm For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</p>		<p>Honor Oak Youth Club has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p>6.15pm-8.45pm For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</p> 
 <p>Follow us online!</p> <p>Scan QR code for website</p> <p>@lewishamfamilyhubs</p> <p>@lewishamfamilyhubs</p> <p>lewishamfamilyhubs.org.uk</p>				

Monday

Child Development Checks

9.00am-4.00pm
Health Visitors run regular health and development reviews for your child by appointment only.
Contact your Health Visitor to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Mindful Mums Extra

A welcoming, supportive space for you to look after your emotions and mental wellbeing, make new friends and connections.
Booking is essential
Visit blgmind.org.uk/lewisham/mindful-mums/



FREE Vitamin D

Come and register and collect your free Vitamin D at the Family Hubs

What is Vitamin D?
Find out more by searching 'Vitamin D' on our website
lewishamfamilyhubs.org.uk

Tuesday

Baby Stay & Play

10.00am - 11.30am
Based on Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk**
Age group: Birth to 18 mths

Triple P for Baby Course

10.00am - 12.00pm
3rd - 24th Feb
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 9 months.
Email
lg.pairslewisham@nhs.net

Lunch Break - Reception Closed
12.00pm - 1.00pm

Feel Positive about Parenting

1.00pm - 3.00pm
3rd Feb
Being a parent can be difficult, these 1:1 sessions can help.
Age Group: 18mths - 10yrs
See details above to book.

Stay & Play

1.15pm - 2.45pm
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

Wednesday

Fussy Eating Workshop

10.30am - 12.00noon
28th Jan
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

Introducing Solids

10.30am - 12.00noon
11th March
Get your baby off to a great start when starting solids.
See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Triple P for Baby Course

1.00pm - 3.00pm
4th - 25th March
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.
Email
lg.pairslewisham@nhs.net



Thursday

Baby Messy Play

10.00am - 11.30am
Starts back 22nd Jan
Sensory, fun & mess play.
Bring a change of clothes if possible - it will get messy!
Age group: Birth - 18mths
See details above to book

Triple P Parenting Course

10.00am - 12 noon
Starts 22nd Jan
6 - 8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour.
To book email
family.hub.bookings@lewisham.gov.uk
or call 07720 152902

Lunch Break - Reception Closed
12.00pm - 1.00pm

Children's Bladder and Bowel NHS session

9.30am - 11.30am
5th March
This service support children and young people aged 3-16 who are experiencing constipation, daytime wetting and other bladder and bowel difficulties.

Mindful Mums

1.00pm - 2.30pm
15th Jan - 12th Feb
Course for pregnant women and new mums to look after themselves during what can be a challenging period.
Visit
blgmind.org.uk/lewisham/mindful-mums/

Friday

Breastfeeding Hub

10.00am - 12.00noon
Get support and discuss any breastfeeding issues that you may be having.

Education Advocacy Drop-In

10.00am - 5.00pm
27th Feb
Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.

Lunch Break - Reception Closed
12.00pm - 1.00pm

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.



Monday

SEND Advisor

9.00am - 12noon
Drop-in sessions on
12th & 26th Jan
9th & 23rd Feb
9th & 23rd March

If you are concerned your child is finding aspects of school challenging and you would like support on what provision is available in mainstream schools our SEND Advisors can offer guidance.

Feel Positive about Parenting

9.30am - 11.30am
2nd March

Being a parent can be difficult, these 1:1 sessions can help.
See details above to book.

Stay & Play

10.00am - 11.30am
Starts back 19th Jan

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Breastfeeding Support

1.00pm - 3.00pm
Drop in infant feeding support & advice from the health visiting team.

Baby Stay & Play

1.15pm - 2.45pm
Starts back 19th Jan
Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk
Age group: 0 - 18 months

Tuesday

Child Developmental Reviews

9.00am - 3.00pm

Contact your Health Visitor to book an appointment.

Lunch Break - Reception Closed
12.00pm - 1.00pm



Family Navigators

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Sign up via [this form](#), scan the QR code, call or speak to someone at the Family Hub.



Wednesday

Child Health Clinic

9.30am - 11.15am

Baby weighing & information

DWP Employment and Benefits Advice

9.30am - 4.00pm

FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more

Explorers Plus with Portage

10.00am - 11.30am

Starts back 21st Jan

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Stay & Play

1.00pm - 2.30pm

Starts back 21st Jan

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

Baby Massage - Run by ALL

1.30pm - 3.00pm

28th Jan - 25th March

Places must be booked in advance.

Age group: 3-9 months.

To book call 020 8314 6959

Thursday

Child Developmental Reviews

9.00am - 3.00pm

Book via your health visitor

Rhythm & Rhyme

9.30am - 10.30am

Starts back 22nd Jan

Join us for a fun, interactive singing, music & stories

Age group: 0 to 5 years

See details above to book.

Maternal Journaling with the PAIRS Team

10.00am - 11.30am

A 6 week group for Mums (antenatal and up to 2 years postnatal) to come together to think about being a parent in a creative way!

All art supplies provided!

Please contact

lg.pairslewisham@nhs.net

Introducing Solids

12.00pm - 1.30pm

12th Feb

Get your baby off to a great start when starting solids.

See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Fussy Eating Workshop

1.00pm - 2.30pm

5th March

Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

Friday

Clothing, Toy and Equipment Bank

Proof of low income or benefits will be required.
By appointment please call 07860 342230 to book.

Child Developmental Reviews

9.00am - 3.00pm

Please contact your health visiting team to book an appointment.

Job Club

10.00am - 12.00pm

20th Feb - 20th March

Are you actively looking for work or thinking of returning to employment?

Our 5-week Parent Job Club helps parents be job ready.

To book call Flo on 07553 490336.

Education Advocacy Drop-In

10.00am - 5.00pm

27th March

Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.

Natter with a Nav

3.00pm - 4.45pm

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.

Monday

Eat Well For Less

1.00pm - 2.30pm

16th Feb

Make healthier choices through practical tips, meal planning, and low-cost recipes for children and parents.

See details above to book.

Introducing Solids

1.00pm - 2.30pm

16th March

Get your baby off to a great start when starting solids.

See details above to book.



Tuesday

Introducing Solids - Online Workshop

1.00pm - 2.30pm

28th Jan & 24th Feb

Get your baby off to a great start when starting solids at this online workshop.

See details above to book.

Triple P for Baby Course Run by Meliot Centre

This 6 week course supports your transition into Parenthood.

Suitable for expectant parents and with babies under 1.

Wednesday

Dads Baby Massage

10.00am - 11.30am

21st Jan - 18th Feb

Spend quality time with your baby at this 5 week in person course for dads and male carers.

Age group: under 1's
See details above to book.

Natter with a Nav

3.00pm - 4.15pm

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.

Thursday



Friday

Stay & Play

10.00am - 11.30am

Starting 27th Feb

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

Baby Stay & Play

1.15pm - 2.45pm

Starting 27th Feb

Based on Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk**
Age group: Birth to 18 mths.



Family Navigators

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Sign up via [this form](#), the QR code, call or speak to someone at the Family Hub.



Monday

DWP Employment and Benefits Advice

9.30am - 4.00pm

FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more

SEND Advisor

9.00am - 12noon

Drop-in sessions on 12th & 26th Jan, 9th & 23rd Feb

If you are concerned your child is finding aspects of school challenging and you would like support on what provision is available in mainstream schools our SEND Advisors can offer guidance.

Baby Stay & Play

10.00am - 11.30am

Based on Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk**

Age group: Birth to 18 mths.

Feel Positive about Parenting

9.30am - 11.30am

19th Jan

Being a parent can be difficult, these 1:1 sessions can help. See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Stay & Play

1.15pm - 2.45pm

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

Tuesday

Explorers Plus 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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Children's Bladder and Bowel NHS session

9.30am - 11.30am

3rd Feb

This service support children and young people aged 3-16 who are experiencing constipation, daytime wetting and other bladder and bowel difficulties.

Introducing Solids

1.00pm - 2.30pm

17th Feb

Get your baby off to a great start when starting solids.

See details above to book

Fussy Eating Workshop

1.00pm - 2.30pm

3rd March

Help with techniques to make mealtimes less stressful & encourage balanced diets

See details above to book.

Breastfeeding Hub

1.00pm - 3.00pm

Drop in support.

Wednesday

Rhythm & Rhyme

9.30am - 10.30am

Starts back 21st Jan

Join us for fun, interactive singing, music and story session.

Age group: 0 to 5 years

See details above to book

DWP Coffee Morning

10.00am - 12.00pm

18th Feb

FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more

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.

Thursday

Baby Weighing Drop-In

9.30am - 11.15am

Drop-in session run by Health Visiting

Triple P for Baby Course

10.00am - 12noon

8th - 29th Jan

This 6 week course supports your transition into Parenthood.

Suitable for expectant parents and with babies under 9 mths

Email

lg.pairslewisham@nhs.net

Healthy Families: Right from the start

1.30pm - 3.30pm

Starts 5th Feb

8-week programme to support you build healthier lifestyles and confident parenting habits in a solution focused way.

Free Handbook and HENRY toolkit

Age group: 0 to 5 years

To book go to :

lewishamfamilyhubs.org.uk/events/parenting-course or scan the QR code

Friday

Baby Messy Play

10.00am - 11.30am

Sensory, fun & mess play. Bring a change of clothes if possible - it will get messy!

Age group: Birth - 18mths

See details above to book

Education Advocacy Drop-In

10.00am - 5.00pm

30th Jan

Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Sharing REAL with Parents

1.00pm - 3.00pm

6th - 27th March

This fun 4 week course aims to build your confidence in how you can support early literacy within your home and help your children's learning and development in communication and language.

Age Group: under 5s

See details above to book.

Saturday

Dads Stay & Play

all Dads and Male Carers Welcome!

Saturdays 10.00am - 12.00pm

21st February, 18th April, 20th June, 15th Aug

Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children.

Refreshments Provided

FLU CLINIC

Missed your Flu vaccine?
Live or attend school in Lewisham?
Aged 4 - 16?

Come down to a flu catch-up clinic and protect yourself!

10.00am - 2.00pm




Saturday 17th January
Saturday 28th February

Outreach and Online Sessions

Monday 5th January to Friday 27th March 2026 - (half term 16th - 20th Feb)
Unless otherwise started book via lewishamfamilyhubs.org.uk/events


Check out our new website lewishamfamilyhubs.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Starting Solids - Online 1.00pm - 2.30pm 26th Jan Get your baby off to a great start when starting solids. See details above to book.</p>	<p>Starting Solids - Online 1.00pm - 2.30pm 24th Feb Get your baby off to a great start when starting solids. See details above to book.</p>	<p>Sharing REAL with Parents at Corbett Community Library 103 Torridon Rd, SE6 1RQ 9.30am - 11.30am 16th Jan - 4th Feb A fun course sharing ideas to support your child's early learning. Age Group: under 5s To book go to : lewishamfamilyhubs.org.uk/events/parenting-course or scan the QR code</p>  	<p>Family Navigator at Kaleidoscope 32 Rushey Green, SE6 4JF 9.30am - 4.30pm Join our Family Navigator at this weekly drop-in for free, confidential, and non-judgmental support by connecting you to Family Hub and local support services.</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> 


Support your child's development for free

Get unlimited access by scanning the QR code*





Parenting advice and activity ideas for children aged from birth to five, shared by our community and experts.

Available for parents and carers in Lewisham.



easypeasyapp.com/lewisham

*For full terms and conditions, please visit easypeasyapp.com/terms.