

Monday	Tuesday	Wednesday	Thursday	Friday
<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 for Parents & Carers 9.00am-2.00pm Advice & information for Parents and Carers 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</p> <p>Maternal Journaling with the Start for Life Team 10.00am – 11.30am 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>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: 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 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>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> 	<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> <p>Dads Stay & Play all Dads and Male Carers Welcome!</p> <p>Saturdays 10.00am - 12.00pm 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>

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  	<p>Stay & Play 10.00am - 11.30am 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> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> </div> <p>Baby Messy Play 1.15pm - 2.45pm 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</p>	<p>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.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> </div> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <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>Breastfeeding Hub Drop - In 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p>Developmental Reviews Contact your Health Visitor for an appointment.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> </div> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>FREE Vitamin D</p> <p>Come and register and collect your free Vitamin D at the Family Hubs</p> <p>What is Vitamin D? Find out more by searching 'Vitamin D' on our website</p> </div>	  

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<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>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>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>Rhythm & Rhyme 1.30pm - 2.30pm Join us for fun, interactive singing, music and story session. Age group: 0 to 5 years See details above to book</p>	<p>Introducing Solids - Online Workshop 1.00pm - 2.30pm 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>				

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<p>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.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>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/</p> <div data-bbox="145 930 459 1513" style="border: 1px solid red; padding: 5px;">  <p>FREE Vitamin D Come and register and collect your free Vitamin D at the Family Hubs</p> <p>What is Vitamin D? Find out more by searching 'Vitamin D' on our website lewishamfamilyhubs.org.uk</p> </div>	<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>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>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</p> 	<p>Introducing Solids 10.30am - 12.00noon 11th March Get your baby off to a great start when starting solids. See details above to book.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>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</p>  	<p>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</p> <p>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.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Rhythm & Rhyme 1.30pm - 2.30pm Join us for fun, interactive singing, music and story session. Age group: 0 to 5 years See details above to book</p> 	<p>Breastfeeding Hub 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p>Education Advocacy Drop-In 10.00am - 5.00pm 27th Feb Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents & carers.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <div data-bbox="1765 917 2105 1500" style="border: 1px solid blue; padding: 5px;"> <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>

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Monday

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

**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

Baby Massage

10.00am - 11.30am

18th March - 15th April

Spend quality time with your baby at this 5 week in person course.

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

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



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

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 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.

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

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

Age group: 0 to 5 years
See details above to book

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



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

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

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 28th February