



Deptford Family Hub

Alverton Street, SE8 5NH

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 020 8692 3653

lewishamfamilyhubs.org.uk



Half Term Refresh

Monday	Tuesday	Wednesday	Thursday	Friday
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. 	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! 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 Citizens Advice FREE Drop-in 9.00am-2.00pm Advice & information on debt, housing, immigration and more. For info call 0800 231 5453 Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Book with your Health Visitor Fussy Eating Workshop 1.00pm - 2.00pm 2nd Dec Help with techniques to make mealtimes less stressful & encourage balanced diets See details above to book. 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	SEND Advisor 9.00am - 12noon Drop-in sessions on 5th, 17th Nov, 3rd, 17th Dec 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. Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Book with your Health Visitor 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 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.	Sharing REAL with Parents 9.30am - 11.30am Starts 20th November 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. Rhythm & Rhyme 10.00am - 11.00am Join us for fun, interactive singing, music and story session. Age group: 0 to 5 years See details above to book 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.	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. 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 yrs Health Visitor Baby Hub 10.00am- 12.15pm A FREE baby weighing clinic. Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.



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

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.





Evelyn Family Hub

231 Grove Street, SE8 3PZ

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 07720 152905

lewishamfamilyhubs.org.uk



Half Term Refresh

Monday



Tuesday

Rhythm & Rhyme

10.00am - 11.00am

Join us for a fun, interactive singing, music & story session

Age group: 0 to 5 years

See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Baby Messy Play

1.00pm - 2.30pm

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

Fussy Eating Workshop

1.00pm - 2.00pm

3rd Dec

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

Wednesday

Baby Stay & Play

10.00am - 11.30am

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

Understand how playing with your baby helps grow their brain!

Age group: Birth to 18 mths

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



Thursday

Feel Positive about Parenting

10.00am - 11.30am

6th Nov

Being a parent can be difficult, these 1:1 sessions can help.

Age Group: 18mths - 10yrs
See details above to book.

Breastfeeding Hub Drop - In

10.00am - 12.00noon

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Developmental Reviews

Contact your Health Visitor for an appointment.



Friday



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



The Hub @ Lewisham

Follow us online!

Scan QR code for website

@lewishamfamilyhubs

@lewishamfamilyhubs

lewishamfamilyhubs.org.uk



Honor Oak Youth & Family Hub

50 Turnham Road, Honor Oak, SE4 2JD

Monday 3rd November to Friday 19th December

For Family Hub email family.hubs@lewisham.gov.uk

For Youth Service email Linda.Quarcoo@lewisham.gov.uk



Half Term Refresh

Monday

Baby Stay & Play

10.00am - 11.30am

Based on Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk**
Understand how playing with your baby helps grow their brain!

Age group: Birth to 18 mths

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!

Lunch Break - Reception Closed
12.00pm - 1.00pm



Tuesday

Being Dad Zoom Drop-in

8.00pm - 9.15pm

Our drop-in sessions are there to help men learn more about looking after themselves, managing the changes and challenges of parenthood, all while meeting other dads!

Visit blgmind.org.uk/bromleymentalhealth/being-dad/

For more information email:
beingdad@blgmind.org.uk

Lunch Break - Reception Closed
12.00pm - 1.00pm

Starting Solids - Online

1.00pm - 2.30pm

11th Nov & 9th Dec

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



Wednesday



Honor Oak Youth Club

has a wide variety of activities, ranging from sports and games to creative media and training workshops.

3.15pm-5.45pm

For ages 8-12, or up to 13 for children and young people with special educational needs and disabilities)

6.15pm-8.45pm

For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)

Thursday

Family Navigator at Kaleidoscope

32 Rushey Green, SE6 4JF

9.30am - 4.30pm

Join Mari at this weekly drop-in for free, confidential, and non-judgmental support by connecting you to Family Hub and local support services.



Friday

Honor Oak Youth Club

has a wide variety of activities, ranging from sports and games to creative media and training workshops.

6.15pm-8.45pm

For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)



Follow us online!

Scan QR code for website

[@lewishamfamilyhubs](https://www.facebook.com/lewishamfamilyhubs)
[@lewishamfamilyhubs](https://www.instagram.com/lewishamfamilyhubs)

lewishamfamilyhubs.org.uk



Ladywell Family Hub

30 Rushey Mead, SE4 1JJ

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 07720 152904

lewishamfamilyhubs.org.uk



Half Term Refresh

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
11.30pm - 12.30pm

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**
Understand how playing with your baby helps grow their brain!
Age group: Birth to 18 mths

Lunch Break - Reception Closed
11.30pm - 12.30pm

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

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

Triple P for Baby Course

10.00am - 12noon
5th - 26th November
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.
Email
lg.pairslewisham@nhs.net

Lunch Break - Reception Closed
11.30pm - 12.30pm

Fussy Eating Workshop

1.00pm - 2.00pm
12th Nov
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.



Thursday

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

Feel Positive about Parenting

10.00am - 12.00pm
11th Dec
Being a parent can be difficult, these 1:1 sessions can help.
Age Group: 18mths - 10yrs
See details above to book.

Lunch Break - Reception Closed
11.30pm - 12.30pm

Sharing REAL with Parents

1.00pm - 3.00pm
Starts 13th November
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.

Family Navigator at Kaleidoscope

32 Rushey Green, SE6 4JF
9.30am - 4.30pm
Join Mari at this weekly drop-in for free, confidential, and non-judgmental support by connecting you to Family Hub and local support Services

Friday

Breastfeeding Hub

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

Lunch Break - Reception Closed
11.30pm - 12.30pm

Young Mums Creativity Space

1.00pm - 2.30pm
This is a supportive, five week course for mothers aged 16-22 who have babies 0-12 months old.
Led by trained volunteers with their own lived experience of being a young mum, the group offers emotional and wellbeing support, as well as the opportunity to connect with other new mums in your area.
Visit blgmind.org.uk/lewisham/mindful-mums/





Downham Family Hub

Shroffold Rd, BR1 5PD

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 020 8695 5915

lewishamfamilyhubs.org.uk



Half Term Refresh

Monday

SEND Advisor

9.00am - 12noon

Drop-in sessions on

3rd, 17th Nov, 1st, 15th Dec

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.

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

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

Based on Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk**
Understand how playing with your baby helps grow their brain!

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

Rhythm & Rhyme

1.30pm - 2.30pm

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

Age group: 0 to 5 years

See details above to book.



Wednesday

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!

Child Health Clinic

9.30am - 11.15am

Baby weighing & information

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Baby Massage - Run by ALL

1.30pm - 3.30pm

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

Please contact your health visiting team to book an appointment.

Maternal Journaling with the Start for Life 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 Lewisham Parent And Infant Relationship Service (PAIRS) to book a place
lg.pairslewisham@nhs.net

Feel Positive about Parenting

10.00am - 12.00pm

4th Dec

Being a parent can be difficult, these 1:1 sessions can help.

Age Group: 18mths - 10yrs

See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Introducing Solids

1.00pm - 2.00pm

27th Nov

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

Friday

Clothing, Toy and Equipment Bank

Proof of low income or benefits will be required.

By appointments please call 020 8695 5915 to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Child Developmental Reviews

9.00am - 3.00pm

Please contact your health visiting team to book an appointment.



Family Navigators

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





Eliot Bank Family Hub

Thorpwood Ave, SE26 4BU

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 07720 152903

lewishamfamilyhubs.org.uk



Half Term Refresh

Monday



Tuesday

Starting Solids - Online 11th Nov & 9th Dec

1.00pm - 2.30pm
Get your baby off to a great start when starting solids.
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.

Being Dad Zoom Drop-in 8.00pm - 9:15pm

Our drop-in sessions are there to help men learn more about looking after themselves, managing the changes and challenges of parenthood, all while meeting other dads!

Visit blgmind.org.uk/bromleymentalhealth/being-dad/

For more information email: beingdad@blgmind.org.uk

Wednesday

Introducing Solids

1.00pm - 2.00pm
5th November
Get your baby off to a great start when starting solids.
See details above to book.

Baby Massage

1.30pm - 3.00pm
12th Nov - 3rd Dec
Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers.
See details above to book



Thursday



Friday



Family Navigators

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





Bellingham Family Hub

109 Randlesdown Road, SE6 3HB

Monday 3rd November to Friday 19th December

To book go to lewishamfamilyhubs.org.uk/events or call 07720 152903

lewishamfamilyhubs.org.uk



Half Term Refresh

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!

Baby Stay & Play

10.00am - 11.30am

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

Understand how playing with your baby helps grow their brain!

Age group: Birth to 18 mths.

SEND Advisor

9.00am - 12noon

Drop-in sessions on

3rd, 17th Nov, 1st, 15th Dec

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.

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

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Breastfeeding Hub

1.00pm - 3.00pm

Drop in support.



Wednesday

Rhythm & Rhyme

10.00am - 11.00am

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

Age group: 0 to 5 years

See details above to book

Lunch Break - Reception Closed
12.00pm - 1.00pm

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.

NVR - Informed Practice

This course is aimed at parents and carers of pre-teen children experiencing challenging or extreme behaviours.

You will be offered a series of tools and techniques and guided through a set of core principles based on the idea of carefully planned actions.

Age Group: aged 8 and over

For more information about the next course will be running please email

EHCfamilythrive@lewisham.gov.uk

Thursday

Baby Weighing Drop-In

9.30am - 11.15am

Drop-in session run by Health Visiting

Feel Positive about Parenting

10.00am - 12.00pm

20th Nov

Being a parent can be difficult, these 1:1 sessions can help.

Age Group: 18mths - 10yrs

See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Fussy Eating Workshop

1.00pm - 2.00pm

20th November

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

See details above to book.



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



Family Navigators

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





Outreach and Online Sessions

Monday 3rd November to Friday 19th December

Unless otherwise stated book via lewishamfamilyhubs.org.uk/events

Check out our new website lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
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. 	Starting Solids - Online 1.00pm - 2.30pm 11th Nov & 9th Dec Get your baby off to a great start when starting solids. See details above to book. Being Dad Zoom Drop-in 8.00pm - 9.15pm Our drop-in sessions are there to help men learn more about looking after themselves, managing the changes and challenges of parenthood, all while meeting other dads! Visit blgmind.org.uk/bromleymentalhealth/being-dad/ For more info email: beingdad@blgmind.org.uk 	 Family Navigator at Bellingham Lifestyle & Leisure Centre 5 Randlesdown Rd, SE6 3BT 3.00pm - 5.00pm 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. 	Family Navigator at Kaleidoscope 32 Rushey Green, SE6 4JF 9.30am - 4.30pm Join Mari at this weekly drop-in for free, confidential, and non-judgmental support by connecting you to Family Hub and local support services. Family Navigator at Unit 19 Lewisham Shopping Centre, SE13 7HB 10.30am - 2.30pm 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. 	Family Navigator at Glass Mill Leisure Centre 41 Loampit Vale, SE13 7FT 9.00am - 12.00pm 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. NVR - Informed Practice This course runs at various sites across the borough during the year and is aimed at parents and carers of pre-teen children experiencing challenging or extreme behaviours. You will be offered a series of tools and techniques and guided through a set of core principles based on the idea of carefully planned actions. Age Group: aged 8 and over For more information and to book onto the next course please email EHCfamilythrive@lewisham.gov.uk 