

Deptford Family Hub

Alverton Street, SE8 5NH

Tuesday 22nd April - Friday 25th July 2025

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

lewishamfamilyhubs.org.uk



Monday

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.



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

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

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

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!

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.**

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

Wednesday

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

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.**

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.

Feel Positive about Parenting

1.00pm - 2.30pm

9th April and 11th June Being a parent can be difficult, these 1:1 sessions can help.

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

Thursday

Baby Massage

10.00am - 11.30am

8th May - 5th June

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

Age group: under 1's

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.



Friday

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.**

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

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.

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
 Tuesday 22nd April - Friday 25th July 2025
 To book go to lewishamfamilyhubs.org.uk/events or call 07720 152905
lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
 	<p>SEND Advisor 9.00am - 12noon Drop-in sessions on 22nd April, 6th, 20th May, 3rd, 17th June and 1st, 15th, 29th July 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>Baby Messy Play 10.00am - 11.00am 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>Rhythm & Rhyme 1.00pm - 2.00pm Join us for a fun, interactive singing, music & story session Age group: 0 to 5 years See details above to book.</p>	<p>Baby Stay & Play 10.00am - 11.15am 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 Feel Positive about Parenting 10.00am - 11.30am 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>Portion Size Workshop 10.30am - 11.30am 30th April Learn about the size of your child's tummy and how to ensure your child is eating the right amount. See details above to book.</p> <p>Starting Solids 10.30am - 11.30am 7th May Help you get your baby off to a great start when starting solids. See details above to book.</p> <p>Fussy Eating Workshop 10.30am - 11.30am 21st May Learn techniques to make mealtimes less stressful and encourage a balanced diet. See details above to book.</p> <p>Stay & Play 1.00pm - 2.00pm 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>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> <p>OWL Babies Course 1.00pm - 2.00pm 19th June - 17th July 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.</p>	 <div style="border: 1px solid red; padding: 10px; margin-top: 20px;">  <p style="text-align: center;">FREE Vitamin D</p> <p style="text-align: center;">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>

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Honor Oak Youth & Family Hub

50 Turnham Road, Honor Oak, SE4 2JD

Tuesday 22nd April - Friday 25th July 2025

For Family Hub info call 07720 152905 or 020 8692 3653

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



Monday

Baby Stay & Play Starts 28th April

10.00am - 11.15am
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

Baby Massage

1.00pm - 2.30pm
16th June - 14th July
Spend quality time with your baby at this 5 week in person course.
Age group: under 1's
To book go to
lewishamfamilyhubs.org.uk/events

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



Wednesday

Starting Solids - Online 14th May & 2nd July

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



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)

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Follow us online!

Scan QR code for website

[@lewishamfamilyhubs](#)
[@lewishamfamilyhubs](#)

lewishamfamilyhubs.org.uk

Ladywell Family Hub

30 Rushey Mead, SE4 1JJ

Tuesday 22nd April - Friday 25th July 2025

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

lewishamfamilyhubs.org.uk



Monday

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/



Tuesday

Baby Stay & Play

10.00am - 11.15am
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

Stay & Play

1.00pm - 2.00pm
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



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

Wednesday

Mindful Mums

11.00am - 12.30pm
23rd April - 21st May
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.

Free 5 week course
Visit blgmind.org.uk/lewisham/mindful-mums/

Starting Solids

10.30am - 11.30am
4th June
Get your baby off to a great start when starting solids.
See details above to book.

Portion Size Workshop

10.30am - 11.30am
2nd July
Learn about the size of your child's tummy and how to ensure your child is eating the right amount.
See details above to book.

Fussy Eating Workshop

10.30am - 11.30am
9th July
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

Triple P for Baby Course

1.00pm - 3.00pm
Starts 7th May
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.
Scan QR code or go to tinyurl.com/babytriplep to book.



Thursday

Baby Messy Play

10.00am - 11.00am
Sensory, fun & mess play.
Bring a change of clothes if possible - it will get messy!
Age group: Birth - 18mths
See details above to book

Mindful Mums Music for the Mind and Motherhood

12.30pm - 2.00pm -
24th April - 22nd May and 11th June - 9th July
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.
Visit blgmind.org.uk/lewisham/mindful-mums/



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.



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



Eliot Bank Family Hub

Sessions in this area run at multiple sites, see below for details.

Tuesday 22nd April - Friday 25th July 2025

To book go to lewishamfamilyhubs.org.uk/events or call 020 8613 0172

lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Eliot Bank Family Hub Thorpewood Avenue SE26 4BU</p> <p>Baby Stay & Play 10.00am-11.15am 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 mths</p> <p>Stay & Play 1.00pm - 2.00pm 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>Vitamin D Drop-in while sessions are on, register and collect your free Vit D</p> 	<p>WGN Counselling Service 9.00am-5.00pm Call 080 8801 0660 for info and to book</p> <p>Baby Massage 10.00am - 11.00am Starts 22th April Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. See details above to book</p> <p>Mindful Mums 12.30pm - 2.00pm 22nd April - 20th May Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives. Free 5 week course Visit blgmind.org.uk/lewisham/mindful-mums/</p> 	<p>WGN Counselling 9.00am-5.00pm Call 080 8801 0660 for info and to book</p> <p>Rhythm & Rhyme @TNG 111 Wells Park Rd SE26 6AD 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</p> <p>Baby Massage 10.00am - 11.00am Starts 23rd April Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. See details above to book</p> <p>Feel Positive about Parenting 10.00am - 11.30am 21st May & 25th June Being a parent can be difficult, these 1:1 sessions can help. Age Group: 18mths - 10yr See details above to book</p>	<p>Health Visitors Clinic 9.00am-2.00pm By appointment only. call 020 3049 2755</p> <p>Employment & Training 10.00am-2.00pm Back to work advice & support. To book call centre</p> 	<p>Free Legal Advice 10.00am-12.00pm Free legal advice from Duncan Lewis Solicitors Call 020 8325 4600 to book an appointment</p> 

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Bellingham Family Hub

109 Randlesdown Road, SE6 3HB

Tuesday 22nd April - Friday 25th July 2025

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

lewishamfamilyhubs.org.uk



Monday

Baby Stay & Play

10.00am - 11.15am

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 19th May, 2nd, 16th, 30th June and 14th, 28th July

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

1.00pm - 2.00pm

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

Portion Size Workshop

1.00pm - 2.00pm

27th May

Learn about the size of your child's tummy and how to ensure your child is eating the right amount.

See details above to book.

Starting Solids

1.00pm - 2.00pm

17th June

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

See details above to book.

Fussy Eating Workshop

1.00pm - 2.00pm

3rd June

Techniques to make mealtimes less stressful and encourage a balanced diet.

See details above to book.

Toileting Tips

1.00pm - 2.00pm

21st May

This session covers tips and techniques for successfully toilet training your child.

See details above to book.

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

Feel Positive about Parenting

10.00am - 11.30am

16th April and 28th May

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

Age Group: 18mths - 10yrs

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.

NVR - Informed Practice

Evening programme

25th June - 23rd July

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 please email EHCfamilythrive@lewisham.gov.uk

Thursday

Baby Weighing Drop-In

9.30am - 11.15am

Baby weighing drop-in session run by the Health Visiting Team.

DWP Coffee Morning

9.30am - 12.30pm

1st May

Come along for information about getting back to work. Drop-in session

Diversity Matters: Creativity for Calm

1.00pm - 2.30pm

12th June - 10th July

This group aim is to provide a voice and support for mums from diverse communities, This group is a chance to try scrapbooking and journaling, drawing and scribbling and creating your own story about motherhood.

Visit blgmind.org.uk/lewisham/mindful-mums/



Friday

Baby Messy Play

10.00am - 11.00am

Sensory, fun & mess play.

Bring a change of clothes if possible - it will get messy!

Age group: Birth - 18mths

See details above to book



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Downham Family Hub

Shroffold Rd, BR1 5PD

Tuesday 22nd April - Friday 25th July 2025

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

lewishamfamilyhubs.org.uk



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stay & Play 10.00am - 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>Tiny Chefs - Run by ALL 10.00am - 11.30am or 12.30pm - 2.00pm Age group: 2 - 4 years To pre-book your place phone 020 8314 6959</p> <p>Baby Stay & Play 1.00pm - 2.15pm 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</p> <p>Breastfeeding Support 1.00pm - 3.00pm Drop in infant feeding support & advice from the health visiting team.</p> 	<p>Child Developmental Reviews 9.00am - 3.00pm Contact your Health Visitor to book an appointment. Making it Real 9.30am - 11.30am 29th April - 20th May A fun course sharing ideas to support your child's early learning. Age Group: under 5s To book call 07432 739032 or email Paul.Nash@lewisham.gov.uk</p> <p>Tiny Chefs - Run by ALL 10.00 am - 11.30am Age group: 2 - 4 years To pre-book your place phone 020 8314 6959</p> <p>OWL Babies Course 1.00pm - 2.00pm 22nd April - 20th May 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.</p> <p>Toileting Tips 1.00pm - 2.00pm 3rd June Join for techniques for successfully toilet training See details above to book.</p> <p>Rhythm & Rhyme 1.30pm - 2.30pm Starts 17th June Join us for a fun, interactive singing, music & stories Age group: 0 to 5 years See details above to book.</p>	<p>Midwifery Clinic 9.00am - 4.00pm Please book with midwife</p> <p>Child Health Clinic 9.30am - 11.15am Baby weighing & information</p> <p>Books Together 10.00am - 11.00am 4th - 18th June A fun way for to learn new skills and tips when reading with your children. Age Group: 2 - 5 year olds To book email fis@lewisham.gov.uk</p> <p>Diversity Matters: Creativity for Calm 10.30am - 12noon 23rd April - 21st May This group aim is to provide a voice and support for mums from diverse communities, This group is a chance to try scrapbooking and journaling, drawing and scribbling and creating your own story about motherhood. Visit blgmind.org.uk/lewisham/mindful-mums/</p> <p>Feel Positive about Parenting 1.00pm - 2.30pm 14th May and 18th June Being a parent can be difficult, these 1:1 sessions can help. Age Group: 18mths - 10yrs See details above to book.</p> <p>Baby Massage - Run by ALL 1.30pm - 2.30pm Places <u>must</u> be booked in advance. Age group: 3-9 months. To book call 020 8314 6959</p>	<p>Midwifery Clinic 9.00am - 4.00pm Please speak with your midwife to book an appointment.</p> <p>Child Developmental Reviews 9.00am - 3.00pm Please contact your health visiting team to book an appointment.</p> <p>SEND Advisor 1.00pm - 5.00pm Drop-in sessions on 24th April, 8th, 22nd May, 5th, 19th June and 3rd, 17th, 31st July 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>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 the Start for Life team on lg.startforlifelewisham@nhs.net for details of the next group.</p>	<p>Clothing, Toy and Equipment Bank 9.00am - 10.00am Proof of low income or benefits will be required. By appointments at other times, please call 020 8695 5915 to book.</p> <p>Child Developmental Reviews 9.00am - 3.00pm Please contact your health visiting team to book an appointment.</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, scan the QR code, call or speak to someone at the Family Hub.</p>  </div>











Outreach and Online Sessions

Tuesday 22nd April - Friday 25th July 2025

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

Check out our new website lewishamfamilyhubs.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>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</p>	<p>Feel Positive about Parenting at Catford Library 23-24 Winslade Way, SE6 4JU 10.30am - 11.30am 7th May & 18th June These 30 minute 1:1 sessions with our parenting practitioner can help families with any parenting issues. Age Group: 18 mths - 10 years</p> <p>Explorers Plus at The Camelot Centre run with Portage 50 Meliot Road, SE6 1RY 1.00pm - 2.30pm 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>Starting Solids - Online 14th May & 2nd July 1.00pm - 2.30pm Get your baby off to a great start when starting solids. See details above to book.</p> 	<p>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.</p> <p>Feel Positive about Parenting at Downham Library 7-9 Moorside Road, BR1 5EP 10.30am - 11.30am 15th May These 30 minute 1:1 sessions with our parenting practitioner can help families with any parenting issues. Age Group: 18 mths - 10 years</p>	 
<div>   <p>Follow us online!</p> <p>Scan QR code for website</p> <p>@lewishamfamilyhubs</p> <p>@lewishamfamilyhubs</p> <p>lewishamfamilyhubs.org.uk</p>   </div>				
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