

Monday	Tuesday	Wednesday	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 - 8 years Drop-in 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 Drop-in BCG vaccinations for babies under 1 year old Appointments by referral from midwives or health visitors only. Please email krft.selbcg@nhs.net if you have any queries. 	Child Development Checks 9.00am-5.00pm Book with Health Visitor Citizens Advice FREE for Parents & Carers 9.30am-1.30pm - bookable slots 2.30pm - 4.00pm - drop-in Advice for parents and carers on immigration, debt, housing, and more. For info call 0800 231 5453 See details above to book. Trip to Horniman Museum 10.00am - Meet at Horniman Museum 11th August Nature journals, messy play and free tickets to the exhibits. Bring a pack lunch. See details above to book. Details of the trip will be shared upon booking. Stay & Play with PAIRS Team 10.00am-11.30am 11th August Join the Lewisham Parent and Infant Relationship Service for fun, play and craft activities. Age group: 0-8 years Drop-in Mud, Mess and More 1.00pm - 2.30pm 21st, 28th July & 4th Aug Age group: 0 - 8 years Drop-in	Child Development Checks 9.00am-5.00pm Book with your Health Visitor 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. 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 Drop-in	Breastfeeding Hub 10.00am - 12noon Get support and discuss any breastfeeding issues that you may be having. Arts & Crafts 1.30pm - 2.30pm 23rd July, 6th August Join us for arts & crafts session—just drop-in. Age group: 0 - 8 years Drop-in Making it REAL Crafts 1.30pm - 2.30pm 30th July Supporting children's literacy with arts & crafts using the principles of Sharing REAL — just drop-in. Age group: 0 - 8 years Drop-in Development Checks 1.00pm - 5.00pm Book with Health Visitor	Development Checks 9.00am-5.00pm Book with Health Visitor Baby Weighing Drop-in 10.00am - 12.noon Explorers Plus with Portage 10.00am - 11.30am Drop-in session for parents concerned about their child's developmental milestones. Age group: Birth - 5 years Drop-in Gilbert Giggles 1.30pm—3.00pm 14th August Have no fear, <i>Gilbert</i> is here! The Master of Disaster! The One Man Party Machine! The Purveyor of Chaos (to a point). A Highly Skilled Delusionist. See details above to book. Dads Stay & Play all Dads and Male Carers Welcome! Saturdays 10.00am - 12.00pm 18th July & 19th Sept Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children. Refreshments Provided

Monday	Tuesday	Wednesday	Thursday	Friday
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 Drop-in DWP Summer Job Club 10.30am - 12.00pm 20th July– 10th August FREE session offering employment and benefits advice, CV, Cover Letters and more, Call 07720 152903 for details. Rhythm & Rhyme 1pm-2pm Join us for a fun, interactive singing, music & story session Age group: 0 to 5 years See details above to book.	Baby Stay & Play 10.00am - 11.30am No session 28th July Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths Drop-in Feel Positive about Parenting 10.00am - 12.00pm 28th July & 4th August Being a parent can be difficult, these 1:1 sessions can help. See details above to book. Circus Skills 10.30am - 12noon 4th August Age group: 3+ See details above to book. Mini Museum 12.30pm - 2.00pm 28th July Explore museum objects from the Horniman Museum, meet toys and taxidermy animals, then create a mini Cabinet of Wonders filled with treasures from nature.		Gilbert Giggles 11.00– 12.30pm 23rd July Have no fear, <i>Gilbert</i> is here! The Master of Disaster! The One Man Party Machine! The Purveyor of Chaos (to a point). A Highly Skilled Delusionist. See details above to book.	

Lunch Break - Reception Closed
12.00pm - 1.00pm

lewishamfamilyhubs.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
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. Park Visit PAIRS meet up @ Manor House 17th August Taunton Road SE13 5SU 11.00am-12.30pm Contact lg.pairslewisham@nhs.net for location details. Drop-in 	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 Drop-in 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 Drop-in	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. Circus Skills 1.00pm - 2.30pm 29th July Come along and learn Circus Skills including juggling and diablos Age group: 3+ See details above to book. 	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. Mud, Mess and More 10.00am - 11.30am 30th July 6th August Messy play session Age group: 0 to 8 years See details above to book. Rhythm & Rhyme 30th July 6th August 1.30pm - 2.30pm Join us for a fun, interactive singing, music & story session Age group: 0 to 5 years See details above to book. Family Hubs will be closed on 13th August	Breastfeeding Hub 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having. 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. 



Best Start Family Hub - Downham

Shroffold Rd, BR1 5PD

Monday 20th July - 14th August (all Family Hubs will be closed on 13th August)

To book go to lewishamfamilyhubs.org.uk/events or call 07860 342230



Lunch Break - Reception Closed
12.00pm - 1.00pm

lewishamfamilyhubs.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
Trip to Horniman Museum 10.00am - Meet at Horniman Museum 3rd August Nature journals, messy play and free tickets to the exhibits. Bring a pack lunch. See details above to book. Details of the trip will be shared upon booking. Baby Stay & Play 10.00am - 11.30am No session 3rd August Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: 0 - 18 months Drop-in Breastfeeding Support 1.00pm - 3.00pm Drop in infant feeding Support Stay & Play 1.15pm - 2.45pm No session 3rd August Help your child learn through play and experience messy play, singing and much more! Age group: 0-8 years Drop-in	Child Developmental Reviews 9.00am - 3.00pm Contact your Health Visitor to book an appointment. Mini Museum 12.30pm - 2.00pm 4th August Explore museum objects from the Horniman Museum, meet toys and taxidermy animals, then create a mini Cabinet of Wonders filled with treasures from nature. Circus Skills 1.00pm - 2.30pm 11th August Come along and learn Circus Skills including juggling and diablos Age group: 3+ See details above to book. Mindful Mums Extra 1.00pm - 2.30pm Until 25th August 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/	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 Drop-in session for parents concerned about their child's developmental milestones. Age group: Birth - 5 years Stay & Play 1.00pm - 2.30pm 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 Drop-in Feel Positive about Parenting 1.00pm - 3.00pm 5th August Being a parent can be difficult, these 1:1 sessions can help. See details above to book.	Citizens Advice FREE for Parents & Carers 9.30am-1.30pm - bookable slots 2.30pm - 4.00pm - drop-in Advice for parents and carers on immigration, debt, housing, and more. For info call 0800 231 5453 See details above to book. Rhythm & Rhyme 10.00am - 11.00am Interactive singing, music & stories Age group: 0 to 5 years See details above to book. Arts & Crafts 12.30pm - 1.30pm 23rd & 30th July Join us for arts & crafts session—just drop-in. Age group: 0 - 8 years Making it REAL Crafts 12.30pm - 1.30pm 6th August Supporting children's literacy with arts & crafts using the principles of Sharing REAL—just drop-in. Age group: 0 - 8 years	Child Developmental Reviews 9.00am - 3.00pm Please contact your health visiting team to book an appointment. Clothing, Toy and Equipment Bank 3.00pm - 4.00pm Proof of low income or benefits will be required. Gilbert Giggles 11.00pm - 12.30pm 24th July Have no fear, <i>Gilbert</i> is here! The Master of Disaster! The One Man Party Machine! The Purveyor of Chaos (to a point). A Highly Skilled Delusionist. See details above to book. The Blossom IRL A nurturing circle created for Black and Brown mothers and birthing people at any stage of pregnancy, postpartum, or anywhere on the journey. To book call 07578 140882

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	Park Visit PAIRS meet up @ Horniman Museum and Gardens 25th August Taunton Road SE13 5SU 11.00am-12.30pm Contact lg.pairslewisham@nhs.net for location details. Drop-in 			Stay & Play 10.00am - 11.30am 31st July & 7th and 14th August 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 Drop-in 

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](#), scan the QR code, call or speak to someone at the Family Hub.



Monday	Tuesday	Wednesday	Thursday	Friday
Trip to Horniman Museum 10.00am - Meet at Horniman Museum 3rd August Nature journals to explore the gardens, messy play and free tickets to the exhibits. Bring a pack lunch, designated picnic area available. See details above to book. Details of the trip will be shared upon booking. Baby Stay & Play 10.00am - 11.30am No session 3rd August Based on Five to Thrive key activities: Respond, Cuddle, Relax, Play, Talk Age group: Birth to 18 mths. Drop-in Stay & Play 1.15pm - 2.45pm No session 3rd August 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 Drop-in Feel Positive about Parenting 1.00pm - 3.00pm 27th July & 10th August Being a parent can be difficult, these 1:1 sessions can help. See details above to book.	Explorers Plus with Portage 10.00am - 11.30am Drop-in session for parents concerned about their child's developmental milestones. Age group: Birth - 5 years Breastfeeding Hub 1.00pm - 3.00pm Drop in infant feeding Support Arts & Crafts 1.30pm - 2.30pm 21st & 28th July and 11th August Join us for arts & crafts session—just drop-in. Age group: 0 - 8 years Making it REAL Crafts 1.30pm - 2.30pm 4th August Supporting children's literacy with arts & crafts using the principles of Sharing REAL — just drop-in. Age group: 0 - 8 years Drop-in	Citizens Advice FREE for Parents & Carers 9.30am-1.30pm - bookable slots 2.30pm - 4.00pm - drop-in Advice for parents and carers on immigration, debt, housing, and more. For info call 0800 231 5453 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	Baby Weighing Drop-In 9.30am - 11.15am Drop-in session run by Health Visiting. Circus Skills on Bellingham Green 10.00am - 11.30am 23rd July Come along and learn Circus Skills including juggling and diablos. Age group: 3+ See details above to book.	Mud, Mess and More 10.00am - 11.30am 24th & 31st July & 7th & 14th August Messy play session Age group: 0 to 8 years Drop-in Gilbert Giggles 1.30pm—3.00pm 7th August Have no fear, <i>Gilbert</i> is here! The Master of Disaster! The One Man Party Machine! The Purveyor of Chaos (to a point). A Highly Skilled Delusionist. See details above to book. Dads Stay & Play all Dads and Male Carers Welcome! Saturday 15th August 10.00am - 12.00pm Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children. Refreshments Provided