

Eliot Bank Family Hub






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

Monday 3rd March - Thursday 17th April 2025

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

Check out our new website lewishamfamilyhubs.org.uk



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Kelvin Grove Family Hub Kirkdale SE26 6BB</p> 	<p>Family Support & Advice Service 10.00am-12.00pm To book call centre</p>	<p>Vitamin D Drop-in, register and collect your free Vit D</p>		<p>Sydenham Community Supermarket 9.00am-12.00pm & 1.00pm-3.00pm £4 per week membership, For info call centre</p> <p>Employment & Training 10.00am-2.00pm Back to work advice & support. To book call centre</p> 	
<p>Eliot Bank Family Hub Thorpewood Avenue SE26 4BU</p>	<p>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: 0-18 mths</p> <p>Baby Massage 12.00pm-1.00pm Starts 31st March Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers. See details above to book</p>	<p>WGN Counselling Service 9.00am-5.00pm Call 080 8801 0660 for info and to book</p> 	<p>WGN Counselling 9.00am-5.00pm Call 080 8801 0660 for info and to book</p> <p>Mini Chefs 1.00pm-2.30pm Fun family cooking session, learn about different foods and create healthy snacks. Age Group: 0-5 years See details above to book</p>	<p>Health Visitors Clinic 9.00am-2.00pm By appointment only. call 020 3049 2755</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> <p>L.I.F.E 11.00am-2.30pm Learn basic recipes in a friendly environment while having fun. Crêche available. Age Group: 0-5 years To book call centre</p> <p>Vitamin D Drop-in and register and collect your free Vitamin D.</p>
<p>TNG 111 Wells Park Rd SE26 6AD TERM TIME ONLY</p> 	<p>Tiny Stretches YOGA class 10.00am-10.45am Learn basic postures and concepts of Yoga in a fun and supportive environment, stories, games and creative activities. Age Group: 0-5 years</p>	<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>	<p>Messy Play 10.30am-11.30am Allows children to investigate, create, Explore and use their senses. Age Group: 0-5 years</p>	