

What do families that have used a Best Start Family Hub say about it?

"Stay and play groups really helped me during my maternity leave. The groups are great to meet new friends, talk about parenting and just have company"

"All activities were friendly and welcoming, and I felt a closer bond with my daughter from going to the family hubs activities and workshops"

"All the sessions I attended made a positive difference, helping me with my confidence as a new mum and with my mental health."

"The sessions have given me insight and ideas into how to play with my child to contribute to her development and have fun at the same time. We always have a great time!"



Best Start Family Hubs



-  lewishamfamilyhubs.org.uk
-  family.hubs@lewisham.gov.uk
-  [@lewishamfamilyhubs](https://www.instagram.com/lewishamfamilyhubs)
-  [@lewishamfamilyhubs](https://www.facebook.com/lewishamfamilyhubs)

0458-JT-1a

Helping families to thrive

Welcome to Lewisham's Best Start Family Hubs



lewishamfamilyhubs.org.uk

What is a Best Start Family Hub?

A Best Start Family Hub is a place where children, young people and their families can go for help and support – or just to meet other families and socialise.

A Best Start Family Hub is a one-stop shop with different support services in one location.

Watch our short film to find out more:



[Tinyurl.com/FHfilm](https://tinyurl.com/FHfilm)

Who can access a Best Start Family Hub?

Any family with a child between the ages of 0 and 19 (or 25 with special educational needs and disabilities) can access a Best Start Family Hub. Pregnant women and birthing people can also access Best Start Family Hubs.

Is a Best Start Family Hub just for families who need help?

No! While help is available at the Best Start Family Hubs for those who need it, our doors are open to all parents, carers and young people – whether they feel they need support or not.

Everyone is very welcome, even if you just want to pop in for the activity sessions that give children, parents and carers the chance to socialise and support their children's development.

What services are offered within a Best Start Family Hub?

- Stay and Play activities that enable children and families to socialise, connect and play!
- Parenting support
- Employment and benefits advice
- Housing advocacy
- Special educational needs and disabilities (SEND)
- Low mood and mental health
- Domestic abuse support
- Midwifery
- Support for fathers and male carers
- Health Visiting
- Sign up and collect FREE Vitamin D
- Food Bank Vouchers
- Healthy Eating Workshops
- Sessions for new parents
- Breastfeeding support
- Much more!



Register Online

All families using Best Start Family Hub services fill in a simple registration form when they first attend. You can save time by registering online.



[Tinyurl.com/FHRegForm](https://tinyurl.com/FHRegForm)

How can I access a Best Start Family Hub?

To access a Best Start Family Hub, simply walk-in during opening times or call your local Hub. See website for details. All Best Start Family Hub services are free and interpreters are available for families where English is an additional language. You can also access Best Start Family Hub services by reaching out to our Family Navigators.

Where are the Lewisham Best Start Family Hubs?

We have Hubs across the borough.

Visit lewishamfamilyhubs.org.uk to find the one nearest to you.

Who are Family Navigators?

Family Navigators are based within Best Start Family Hubs and offer free, confidential, and non-judgmental support by connecting you with on site and local support services, led by you.

Family Navigators can:

- Provide advice and information on a range of different topics
- Signpost you to local support and services
- Introduce you to services located within Best Start Family Hubs and elsewhere
- Provide you with a listening ear
- Support you with form filling
- Provide practical advice and guidance

Family Navigators can be accessed by asking a member of staff or by scanning the QR code below.



[Tinyurl.com/FHFamNav](https://tinyurl.com/FHFamNav)

