









Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stay &amp; Play</b>            9.30am-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!  <b>Age group:</b> 0 - 5 years</p> <p><b>Baby Stay &amp; Play</b>            1.15pm - 2.45pm            Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b>  <b>Age group:</b> Birth to 18 mths</p> <p><b>Natter with a Nav</b>            3.15pm – 4.30pm            Drop-in for a chat, questions, or a listening ear. All families welcome.</p> <p><b>BCG vaccinations for babies under 1 year old</b>            Appointments by referral from midwives or health visitors only.  <b>Please email</b> <a href="mailto:krft.selbcg@nhs.net">krft.selbcg@nhs.net</a> if you have any queries.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><b>Dads Stay &amp; Play</b>            all Dads and Male Carers Welcome!  <b>Saturdays</b>            10.00am - 12.00pm            16th May, 18th July            19th Sept</p> <p>Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children.</p> <p><b>Refreshments Provided</b></p> </div>	<p><b>Citizens Advice FREE Drop-in for Parents &amp; Carers</b>            9.00am-2.00pm            Advice for Parents and Carers on debt, housing, immigration and more.  <b>For info call 0800 231 5453</b></p> <p><b>Child Development Checks</b>            9.00am-5.00pm  <b>Book with Health Visitor</b></p> <p><b>DWP Employment and Benefits Advice Drop-in</b>            9.30am-4.00pm            FREE drop-in offering advice on employment and benefits</p> <p><b>DWP Sessions</b>            10.00am - 12.00noon  <b>Coffee Morning</b> - 24th March  <b>CV Writing</b> - 26th May  <b>Childcare Info Session</b> - 9th June  <b>Skills Assessment and Step Back into Work Support</b> - 23rd June</p> <p><b>Maternal Journaling with the PAIRS Team</b>            10.00am – 11.30am            For mums from pregnancy to 2 years postnatal—come together and explore parenting creatively. All art materials provided!  <b>Email for details and dates</b> <a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></p> 	<p><b>SEND Advisor</b>            9.00am - 12noon  <b>Drop-in sessions on:</b>  <b>15th &amp; 29th April, 13th May, 3rd &amp; 17th June, 1st &amp; 15th July</b>            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><b>Rhythm &amp; Rhyme</b>            9.30am - 10.30am            Join us for a fun, interactive singing, music &amp; story session  <b>Age group:</b> 0 to 5 years  <b>See details above to book.</b></p> <p><b>Child Development Checks</b>            9.00am-5.00pm  <b>Book with your Health Visitor</b></p> <p><b>Baby Stay &amp; Play</b>            1.00pm - 2.30pm            Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b>  <b>Age group:</b> Birth to 18 mths</p> <p><b>Lewisham Refugee and Migrant Network</b>            10.00am-1.00pm            A FREE programme for refugees, asylum seekers and migrant communities.  <b>To book your place, or to find out more, please call 020 8694 0323.</b></p>	<p><b>Triple P for Baby Course</b>            10.00am - 12.00pm  <b>4th June - 16th July</b>            Supporting your transition into Parenthood. Suitable for expectant parents and families with babies under 1.  <b>Email</b> <a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></p> <p><b>Baby Massage</b>            10.30am - 12noon  <b>30th April - 28th May</b>            Spend quality time with your baby at this 5 week in person course.  <b>Age group:</b> under 1's  <b>See details above to book.</b></p> <p><b>Mindful Mums</b>            1.00pm - 2.30pm  <b>Starts 30th April</b>            Course for pregnant women and new mums to look after themselves during what can be a challenging period.  <b>Visit</b> <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p> <p><b>Bank of Things FREE Drop-in</b>            3.30pm-5.00pm            Pick up free toiletries and school supplies, to young people living in Lewisham.  <b>Age group:</b> 11-25 years</p> 	<p><b>Development Checks</b>            9.00am-5.00pm  <b>Book with Health Visitor</b></p> <p><b>Explorers Plus with Portage</b>            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.  <b>Age group:</b> Birth - 5 yrs</p> <p><b>Education Advocacy Drop-In</b>            10.00am - 4.00pm  <b>24th April</b>            Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents &amp; carers.</p> <p><b>Health Visitor Baby Hub</b>            10.00am- 12.00pm            A FREE baby weighing clinic. Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.</p> <p><b>Feel Positive about Parenting</b>            1.00pm - 3.00pm  <b>17th April &amp; 22nd May</b>            Being a parent can be difficult, these 1:1 sessions can help.  <b>See details above to book.</b></p> <p><b>Clothing, Toy and Equipment Bank</b>            3.00pm – 4.45pm            Proof of low income or benefits will be required.  <b>Age group:</b> 0 - 5 years</p>

Monday	Tuesday	Wednesday	Thursday	Friday
  	<p><b>Stay &amp; Play</b>          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!  <b>Age group:</b> 0 - 5 years</p> <p><b>Triple P for Baby Course</b>          10.00am - 12.00pm  <b>Starts 5th May</b>          Supporting your transition into Parenthood. Suitable for expectant parents and families with babies under 1.  <b>Email</b> <a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p>Lunch Break - Reception Closed          12.00pm - 1.00pm</p> </div> <p><b>Baby Messy Play</b>          1.15pm - 2.45pm          Sensory, fun &amp; mess play.  <b>Bring a change of clothes if possible - it will get messy!</b>  <b>If possible please bring a towel with you</b>  <b>Age group:</b> Birth to 18 mths  <b>See details above to book</b></p> 	<div style="border: 2px solid blue; padding: 10px;"> <p style="text-align: center;"><b>Family Navigators</b></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 <a href="#">this form</a>, the QR code, call or speak to someone at the Family Hub.</p>  </div> <div style="border: 2px solid red; padding: 10px; margin-top: 10px;"> <p style="text-align: center;"><b>FREE Vitamin D</b></p> <p>Come and register and collect your free Vitamin D at the Family Hubs</p>  <p style="text-align: center;"><b>What is Vitamin D?</b>          Find out more by searching 'Vitamin D' on our website</p> </div>	<p><b>Feel Positive about Parenting</b>          10.00am - 12.00pm  <b>14th May &amp; 9th July</b>          Being a parent can be difficult, these 1:1 sessions can help.  <b>See details above to book.</b></p> <p><b>Breastfeeding Hub Drop - In</b>          10.00am - 12.00noon          Get support and discuss any breastfeeding issues that you may be having.</p> <p><b>Introducing Solids</b>          1.00pm - 2.30pm  <b>16th April</b>          Get your baby off to a great start when starting solids.  <b>See details above to book.</b></p> <p><b>Fussy Eating Workshop</b>          10.00am - 11.30am  <b>2nd July</b>          Our workshops helps make mealtimes less stressful and encourage a balanced diet.  <b>See details above to book.</b></p> <p><b>Developmental Reviews</b>          1.00pm - 3.00pm          Contact your Health Visitor for an appointment.</p> 	  

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baby Stay &amp; Play</b>            10.00am - 11.30am            Based on Five to Thrive key activities:  <b>Respond, Cuddle, Relax, Play, Talk</b>  <b>Age group:</b> Birth to 18 mths</p> <p><b>Feel Positive about Parenting</b>            10.00am - 12.00pm  <b>18th May &amp; 13th July</b>            Being a parent can be difficult, these 1:1 sessions can help.  <b>See details above to book.</b></p> <p><b>DWP Employment and Benefits Advice</b>            10.30am - 2.30pm  <b>Running every other week at Bellingham or Honor Oak</b>            FREE session offering employment and benefits advice, CV, Cover Letters and more,  <b>Call 07720 152903 for details.</b></p> <p><b>Baby Massage</b>            1.00pm - 2.30pm  <b>Starts 13th April</b>            Spend quality time with your baby at this 5 week in person course.  <b>Age group:</b> under 1's  <b>See details above to book.</b></p> <p><b>Eat Well For Less</b>            1.00pm - 2.30pm  <b>20th April</b>            Make healthier choices through practical tips, meal planning, and low-cost recipes for children and parents.  <b>See details above to book.</b></p> <p><b>Looking After Yourself Workshop</b>            1.00pm - 2.30pm  <b>29th June</b>            Explore your self-care and well-being  <b>See details above to book.</b></p> <p><b>Rhythm &amp; Rhyme</b>            1.00pm - 2.00pm            Join us for a fun, interactive singing, music &amp; story session  <b>Age group:</b> 0 to 5 years  <b>See details above to book.</b></p>	  	<p><b>Next Generation Family Gatherings</b>  <b>15th April to 3rd June</b>            Perinatal Emotional Wellbeing Support Group            Creativity Workshops</p>  <p><b>Honor Oak Youth Club</b>            has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p><b>3.15pm-5.45pm</b>            For ages 8-12, or up to 13 for children and young people with special educational needs and disabilities)</p> <p><b>6.15pm-8.45pm</b>            For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</p>	  <p><b>Follow us online!</b></p> <p>Scan QR code for website</p> <p>@lewishamfamilyhubs</p> <p>@lewishamfamilyhubs</p> <p><a href="http://lewishamfamilyhubs.org.uk">lewishamfamilyhubs.org.uk</a></p>	<p><b>Honor Oak Youth Club</b>            has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p><b>6.15pm-8.45pm</b>            For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</p> 

Lunch Break - Reception Closed  
12.00pm - 1.00pm

[lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Child Development Checks</b> 9.00am-4.00pm Health Visitors run regular health and development reviews for your child by appointment only. <b>Contact your Health Visitor to book.</b></p> <p><b>Melodys for Mums</b> 11<sup>th</sup> May to 13<sup>th</sup> July 10.00am - 11.00am or 11.40am to 12.40pm For Mums with babies aged 0-9 months, who need the support. <b>To book go to:</b> <a href="http://tinyurl.com/mw8bu5mx">tinyurl.com/mw8bu5mx</a></p> <div data-bbox="145 930 459 1513" style="border: 1px solid red; padding: 5px;">  <p><b>FREE Vitamin D</b> Come and register and collect your free Vitamin D at the Family Hubs</p> <p><b>What is Vitamin D?</b> Find out more by searching 'Vitamin D' on our website <a href="http://lewishamfamilyhubs.org.uk">lewishamfamilyhubs.org.uk</a></p> </div>	<p><b>Baby Stay &amp; Play</b> 10.00am - 11.30am Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b> <b>Age group:</b> Birth to 18 mths</p> <p><b>Feel Positive about Parenting</b> 10.00am - 12.00pm <b>5th May</b> 1.00pm - 3.00pm <b>16th June</b> Being a parent can be difficult, these 1:1 sessions can help. <b>Age Group:</b> 18mths - 10yrs <b>See details above to book.</b></p> <p><b>Toileting Tips</b> 11.00am - 12.00pm <b>23rd June</b> Join for techniques for successfully toilet training <b>See details above to book.</b></p> <p><b>Stay &amp; Play</b> 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! <b>Age group:</b> 0 - 5 years</p> 	<p><b>Child Development Checks</b> 9.00am-4.00pm Health Visitors run regular health and development reviews for your child by appointment only. <b>Contact your Health Visitor to book.</b></p> <p><b>Healthy Families: Right from the start</b> 10.00am - 12.30pm <b>Starts 29th April</b> 8 week course for parents/carers of 0-5s. Build healthier lifestyles and confident parenting, <b>plus a free handbook and toolkit.</b> <b>Age group:</b> 0 to 5 years <b>To book go to :</b> <a href="http://lewishamfamilyhubs.org.uk/events/parenting-course">lewishamfamilyhubs.org.uk/events/parenting-course</a></p> <p><b>Triple P Parenting Course</b> 9.30am - 11.30am <b>Starts 24th June</b> 6 – 8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. <b>To book email</b> <a href="mailto:family.hub.bookings@lewisham.gov.uk">family.hub.bookings@lewisham.gov.uk</a> <b>or call 07720 152903</b></p> <p><b>Mindful Mums</b> 12.30pm - 2.00pm <b>Starts 17th June</b> For pregnant women and new mums to look after themselves during what can be a challenging period. <b>Visit</b> <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p>	<p><b>Child Development Checks</b> 9.00am-4.00pm Health Visitors run regular health and development reviews for your child by appointment only. <b>Contact your Health Visitor to book.</b></p> <p><b>Children's Bladder and Bowel NHS session</b> 9.30am -11.30am <b>21st May</b> Drop-in support for children aged 3-16 with constipation, daytime wetting, and other bladder or bowel difficulties.</p> <p><b>Baby Messy Play</b> 10.00am - 11.30am Sensory, fun &amp; mess play. <b>Bring a change of clothes if possible - it will get messy! If possible please bring a towel with you.</b> <b>Age group:</b> Birth - 18mths <b>See details above to book</b></p> <p><b>Rhythm &amp; Rhyme</b> 1.30pm - 2.30pm Join us for a fun, interactive singing, music &amp; story session <b>Age group:</b> 0 to 5 years <b>See details above to book.</b></p> 	<p><b>Breastfeeding Hub</b> 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p><b>Education Advocacy Drop-In</b> 10.00am - 4.00pm <b>26th June</b> Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents &amp; carers.</p> <div data-bbox="1765 917 2105 1500" style="border: 1px solid blue; padding: 5px;"> <p><b>Family Navigators</b></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><b>Sign up via <a href="#">this form</a>, the QR code, call or speak to someone at the Family Hub.</b></p>  </div>

Lunch Break - Reception Closed  
 12.00pm - 1.00pm

[lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)








Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SEND Advisor</b>            9.00am - 12noon  <b>Drop-in sessions on 13th &amp; 27th April, 11th May, 1st, 15th, 29th June 13th &amp; 27th July</b>            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><b>Feel Positive about Parenting</b>            9.30am - 11.30am  <b>13th April &amp; 1st June</b>            Being a parent can be difficult, these 1:1 sessions can help.  <b>See details above to book.</b></p> <p><b>Baby Stay &amp; Play</b>            10.00am - 11.30am            Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b>  <b>Age group:</b> 0 - 18 months</p> <p><b>Breastfeeding Support</b>            1.00pm - 3.00pm            Drop in infant feeding support &amp; advice from the health visiting team.</p> <p><b>Stay &amp; Play</b>            1.15pm - 2.45pm            Help your child learn through play and experience messy play, craft activities, singing and much more!            Bring change of clothes if possible—it might get messy!  <b>Age</b>—0-5 years</p>	<p><b>Child Developmental Reviews</b>            9.00am – 3.00pm  <b>Contact your Health Visitor to book an appointment.</b></p> <p><b>Mindful Mums Extra</b>            1.00pm - 2.30pm  <b>Starts 14th April</b>            A welcoming, supportive space for you to look after your emotions and mental wellbeing, make new friends and connections.            Booking is essential  <b>Visit <a href="http://bgmind.org.uk/lewisham/mindful-mums/">bgmind.org.uk/lewisham/mindful-mums/</a></b></p> <p><b>Baby Massage</b>            1.00pm - 2.30pm  <b>Starts 14th April</b>            Spend quality time with your baby at this 5 week in person course.  <b>Age group:</b> under 1's  <b>See details above to book.</b></p>	<p><b>Child Health Clinic</b>            9.30am – 11.15am            Baby weighing &amp; information</p> <p><b>DWP Employment and Benefits Advice</b>            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</p> <p><b>Explorers Plus with Portage</b>            10.00am - 11.30am            Drop-in session for parents concerned about their child's developmental milestones.  <b>Age group:</b> Birth - 5 years</p> <p><b>Stay &amp; Play</b>            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!  <b>Age group:</b> 0 - 5 years</p>	<p><b>Citizens Advice FREE Drop-in for Parents &amp; Carers</b>            9.00am-3.00pm            Debt, housing, immigration and more.  <b>For info call 0800 231 5453</b></p> <p><b>Child Development Reviews</b>            9.00am – 3.00pm  <b>Book via your health visitor</b></p> <p><b>Children's Bladder &amp; Bowel session</b>            9.30am -11.30am  <b>18th June</b>            NHS drop-in support for children aged 3–16 with constipation, daytime wetting, and other bladder or bowel difficulties.</p> <p><b>Rhythm &amp; Rhyme</b>            9.30am - 10.30am            Interactive singing, music &amp; stories  <b>Age group:</b> 0 to 5 years  <b>See details above to book.</b></p> <p><b>Maternal Journaling with the PAIRS Team</b>            10.00am – 11.30am            6 week creative art group for mums (pregnancy–2 years) to connect and reflect. Materials provided. <b>Contact <a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></b></p> <p><b>Looking After Yourself Workshop</b>            12.00pm - 1.30pm  <b>21st May</b>            Explore your self-care and well-being  <b>See details above to book.</b></p> <p><b>Introducing Solids</b>            12.00pm - 1.30pm  <b>18th June</b>            Top tips when starting solids.  <b>See details above to book.</b></p> <p><b>OWL Babies Course</b>            1.00pm - 2.30pm  <b>16th April - 14th May</b>            Learn how outdoor experiences are vital for baby brain development.  <b>Age group:</b> under 6 months  <b>See details above to book.</b></p> <p><b>Mindful Mums</b>            1.00pm - 2.30pm  <b>Starts 23rd April</b>            For pregnant women and new mums to look after themselves during what can be a challenging period.  <b>Visit <a href="http://bgmind.org.uk/lewisham/mindful-mums/">bgmind.org.uk/lewisham/mindful-mums/</a></b></p>	<p><b>Child Developmental Reviews</b>            9.00am – 3.00pm  <b>Please contact your health visiting team to book an appointment.</b></p> <p><b>The Blossom IRL</b>            A nurturing circle created for Black and Brown mothers and birthing people at any stage of pregnancy, postpartum, or anywhere on the journey.  <b>To book call 07578 140882</b></p> <p><b>Natter with a Nav</b>            3.00pm – 4.45pm  <b>Starting 10th April</b>            Drop-in for a chat, questions, or a listening ear.            All families welcome.</p> <p><b>Clothing, Toy and Equipment Bank</b>            3.00pm – 4.45pm            Proof of low income or benefits will be required.</p>

**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
 <div data-bbox="136 975 490 1513" style="border: 1px solid blue; padding: 10px;"> <p style="text-align: center;"><b>Family Navigators</b></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 <a href="#">this form</a>, scan the QR code, call or speak to someone at the Family Hub.</p>  </div>	<p><b>Triple P for Baby Course</b> <b>Run by Meliot Centre</b> This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.</p>  	<p><b>Fussy Eating Workshop</b> 1.00pm - 2.30pm <b>13th May</b> Techniques to make mealtimes less stressful and encourage a balanced diet. <b>See details above to book.</b></p> <p><b>Feel Positive about Parenting</b> 1.00pm - 3.00pm <b>8th July</b> Being a parent can be difficult, these 1:1 sessions can help. <b>See details above to book.</b></p> <p><b>Baby Massage</b> 10.00am - 11.30am <b>Starts 6th May</b> Spend quality time with your baby at this 5 week in person course. <b>Age group:</b> under 1's <b>See details above to book.</b></p> <p><b>Natter with a Nav</b> 3.00pm – 4.15pm 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.</p>	<p><b>Incredible Years Autism</b> Evidenced based parenting sessions for parents and carers of children with ASD who display serious behavioural challenges. <b>Age Group:</b> 2-6yrs <b>For more in and to book go to <a href="http://lewishamcfc.org.uk/contact-us/">lewishamcfc.org.uk/contact-us/</a></b></p>  	<p><b>Stay &amp; Play</b> 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! <b>Age group:</b> 0 - 5 years</p> <p><b>Feel Positive about Parenting</b> 1.00pm - 3.00pm <b>24th April</b> Being a parent can be difficult, these 1:1 sessions can help. <b>See details above to book.</b></p> 

Lunch Break - Reception Closed  
12.00pm - 1.00pm

[lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DWP Employment and Benefits Advice</b> 10.30am - 2.30pm <b>Running every other week at Bellingham or Honor Oak</b> FREE session offering CV, Cover Letters, employment and benefits advice, and more, <b>Call 07720 152903 for details.</b></p> <p><b>SEND Advisor</b> 9.00am - 12noon <b>Drop-in sessions on 13th &amp; 27th April, 11th May 1st, 15th &amp; 29th June, 3rd July</b> 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><b>Baby Stay &amp; Play</b> 10.00am - 11.30am Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b> <b>Age group:</b> Birth to 18 mths.</p> <p><b>Stay &amp; Play</b> 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! <b>Age group:</b> 0 - 5 years</p> 	<p><b>Children's Bladder and Bowel NHS session</b> 9.30am - 11.30am <b>21st April</b> Drop-in support for children aged 3-16 with constipation, daytime wetting, and other bladder or bowel difficulties.</p> <p><b>Explorers Plus with Portage</b> 10.00am - 11.30am Drop-in session for parents concerned about their child's developmental milestones. <b>Age group:</b> Birth - 5 years</p> <p><b>Breastfeeding Hub</b> 1.00pm - 3.00pm Drop in support.</p> <p><b>Triple P for Baby Course</b> 1.00pm - 3.00pm <b>Start dates 14th April</b> Supporting your transition into Parenthood. Suitable for expectant parents &amp; families with babies under 1. <b>Email</b> <a href="mailto:lg.pairslewisham@nhs.net">lg.pairslewisham@nhs.net</a></p> <p><b>Toileting Tips</b> 2.00pm - 3.00pm <b>12th May</b> This session covers tips and techniques for successfully toilet training your child. <b>See details above to book.</b></p> <p><b>Eat Well For Less</b> 1.00pm - 2.30pm <b>14th July</b> Make healthier choices through practical tips, meal planning, and low-cost recipes for children and parents.</p>	<p><b>Citizens Advice FREE Drop-in for Parents &amp; Carers</b> 9.00am-3.00pm (Lunch 1-2pm) Advice on debt, housing, immigration and more. <b>For info call 0800 231 5453</b></p> <p><b>Rhythm &amp; Rhyme</b> 9.30am - 10.30am Join us for fun, interactive singing, music and story session. <b>Age group:</b> 0 to 5 years <b>See details above to book</b></p> <p><b>Natter with a Nav</b> 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.</p>	<p><b>Baby Weighing Drop-In</b> 9.30am - 11.15am Drop-in session run by Health Visiting</p> <p><b>Triple P Parenting Course</b> 12.30pm - 2.30pm <b>Starts 23rd April</b> 6-8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. <b>See details above to book.</b></p> <p><b>Baby Massage</b> 1.30pm - 3.00pm <b>Starts 21st May</b> Spend quality time with your baby at this 5 week in person course. <b>Age group:</b> under 1's <b>See details above to book.</b></p> 	<p><b>Baby Messy Play</b> 10.00am - 11.30am Sensory, fun &amp; mess play. <b>Bring a change of clothes and a towel</b> <b>Age group:</b> Birth - 18mths <b>See details above to book</b></p> <p><b>Education Advocacy Drop-In</b> 10.00am - 4.00pm <b>22nd May</b> Support sessions partnered with SIRG providing direct education, advocacy and guidance for parents &amp; carers.</p> <p><b>Feel Positive about Parenting</b> 10.00am - 12.00pm <b>26th June</b> Being a parent can be difficult, these 1:1 sessions can help. <b>See details above to book.</b></p>
<b>Saturday</b>				
<p><b>Dads Stay &amp; Play</b> all Dads and Male Carers Welcome! <b>Saturdays 10.00am - 12.00pm</b> 18th April, 20th June, 15th Aug</p> <p>Join your local Family Navigator and Early Years Practitioner for a morning of activities for you and your children.</p> <p><b>Refreshments Provided</b></p> 				

## Outreach and Online Sessions

Monday 13th April to Monday 20th July 2026 - (half term 25th - 20th May)  
 Unless otherwise started book via [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events)

Check out our new website [lewishamfamilyhubs.org.uk](http://lewishamfamilyhubs.org.uk)

Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="168 517 414 614" data-label="Section-Header"> <h3>Family Navigators</h3> </div> <div data-bbox="107 624 472 911" data-label="Text"> <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> </div> <div data-bbox="120 914 459 1045" data-label="Text"> <p>Sign up via <a href="#">this form</a>, the QR code, call or speak to someone at the Family Hub.</p> </div> <div data-bbox="235 1099 353 1216" data-label="Image">  </div>	<div data-bbox="495 416 833 481" data-label="Section-Header"> <h3>Fussy Eating - Online Workshop</h3> </div> <div data-bbox="495 478 911 638" data-label="Text"> <p>10.30am - 12.00pm  <b>16th June</b>        Techniques to make mealtimes less stressful and encourage a balanced diet.  <b>See details above to book.</b></p> </div> <div data-bbox="495 663 860 730" data-label="Section-Header"> <h3>Starting Solids - Online Workshop</h3> </div> <div data-bbox="495 726 869 941" data-label="Text"> <p>10.30am - 12.00pm  <b>19th May</b>        10.30am - 12.00pm  <b>7th July</b>        Get your baby off to a great start when starting solids at this online workshop.  <b>See details above to book.</b></p> </div> <div data-bbox="495 960 896 1027" data-label="Section-Header"> <h3>Eat Well For Less - Online Workshop</h3> </div> <div data-bbox="495 1024 869 1160" data-label="Text"> <p>1.00pm - 2.30pm  <b>28th April</b>        Get your baby off to a great start when starting solids.  <b>See details above to book</b></p> </div> <div data-bbox="551 1197 848 1490" data-label="Image">  </div>	<div data-bbox="954 478 1301 815" data-label="Image">  </div> <div data-bbox="1030 868 1305 1134" data-label="Image">  </div> <div data-bbox="949 1181 1191 1426" data-label="Image">  </div>	<div data-bbox="1323 416 1641 488" data-label="Section-Header"> <h3>Family Navigator at Kaleidoscope</h3> </div> <div data-bbox="1323 485 1704 724" data-label="Text"> <p><b>32 Rushey Green, SE6 4JF</b>        9.30am - 4.30pm        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.</p> </div> <div data-bbox="1478 742 2016 1492" data-label="Complex-Block">  </div>	<div data-bbox="1787 437 2085 719" data-label="Image">  </div>