



Deptford Family Hub

Alverton Street, SE8 5NH




Monday 8th September to Friday 19th December (half term 27th – 31st October)

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

lewishamfamilyhubs.org.uk



Updated 25/09/25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>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.</p>  | <p>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! 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 Citizens Advice FREE Drop-in 9.00am-2.00pm Advice & information on debt, housing, immigration and more. For info call 0800 231 5453 Child Development Checks 9.00am-5.00pm Book with Health Visitor Baby Massage 1.00pm - 2.30pm 30th Sept - 28th Oct Spend quality time with your baby at this 5 week in person course. Age group: under 1's See details above to book. Introducing Solids 1.00pm - 2.00pm 23rd Sept Get your baby off to a great start when starting solids. See details above to book Fussy Eating Workshop 1.00pm - 2.00pm 2nd Dec Help with techniques to make mealtimes less stressful & encourage balanced diets See details above to book. Bank of Things FREE Drop-in 3.30pm-5.00pm Bank of Things offers free toiletries and school supplies, to young people living in Lewisham. Age group: 11-25 years</p> | <p>SEND Advisor 9.00am - 12noon Drop-in sessions on 10th, 24th Sept, 8th, 22nd Oct, 5th, 17th Nov, 3rd, 17th Dec 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. Child Development Checks 9.00am-5.00pm Health Visitors run regular health and development reviews for your child by appointment only. Book with your Health Visitor 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 Lewisham Refugee and Migrant Network 10.00am-1.00pm A FREE programme for refugees, asylum seekers and migrant communities. To book your place, or to find out more, please call 020 8694 0323.</p> | <p>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 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.</p>  | <p>Development Checks 9.00am-5.00pm 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 yrs 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.</p> |
| <div>  <p>FREE Vitamin D 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> | | | | |
| <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, the QR code, call or speak to someone at the Family Hub.</p>  </div> | | | | |



Evelyn Family Hub

231 Grove Street, SE8 3PZ

Monday 8th September to Friday 19th December (half term 27th – 31st October)

To book go to lewishamfamilyhubs.org.uk/events or call 07720 152905

lewishamfamilyhubs.org.uk



Updated 25/09/25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>Healthy Families: Right from the start 10.00am - 12.30pm Starts 13th Oct This 8-week programme is designed to support parents and carers of children aged 0-5, helping you build healthier lifestyles and more confident parenting habits in a solution focused way. Families also receive a free Handbook and HENRY toolkit full of resources and practical tips to help you along the way. Age group: 0 to 5 years To book go to : lewishamfamilyhubs.org.uk/events/parenting-course or scan the QR code</p>    | <p>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.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Baby Messy Play 1.00pm - 2.30pm 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>Introducing Solids 1.00pm - 2.00pm 21st Oct Get your baby off to a great start when starting solids. See details above to book.</p> <p>Fussy Eating Workshop 1.00pm - 2.00pm 3rd Dec Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See details above to book.</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: Birth to 18 mths</p> <p>Triple P Parenting Course 10.00am - 12 noon 1st - 22nd October 6 – 8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. To book email family.hub.bookings@lewisham.gov.uk or call 07720 152902</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>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</p> | <p>Children's Bladder and Bowel NHS session 9.30-11.30am 23rd October This service support children and young people aged 3-16 who are experiencing constipation, daytime wetting and other bladder and bowel difficulties.</p> <p>Feel Positive about Parenting 10.00am - 11.30am 16th Oct & 6th Nov Being a parent can be difficult, these 1:1 sessions can help. Age Group: 18mths - 10yrs See details above to book.</p> <p>Breastfeeding Hub Drop - In 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Developmental Reviews Contact your Health Visitor for an appointment.</p>  |  <div>  <p>FREE Vitamin D 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</p>  </div> |



Honor Oak Youth & Family Hub

50 Turnham Road, Honor Oak, SE4 2JD

Monday 8th September to Friday 19th December (half term 27th – 31st October)

For Family Hub email family.hubs@lewisham.gov.uk

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



Updated 25/09/25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <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: Birth to 18 mths</p> <p>DWP Employment and Benefits Advice 10.30am-2.30pm FREE drop-in session offering employment and benefits advice. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Melodies for Mums 2.00pm - 3.30pm 6th Oct - 8th Dec Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing. Programme open to London Borough of Lewisham residents with babies aged 0–9 months. To book go to breatheahr.org/programmes/melodies-for-mums/</p> | <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>Lunch Break - Reception Closed 12.00pm - 1.00pm</p> <p>Starting Solids - Online 1.00pm - 2.30pm 11th Nov & 9th Dec Get your baby off to a great start when starting solids. See details above to book.</p> | <p>Introducing Solids 1.00pm - 2.00pm 1st Oct Get your baby off to a great start when starting solids. See details above to book.</p>  <p>Honor Oak Youth Club has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p>3.15pm-5.45pm For ages 8-12, or up to 13 for children and young people with special educational needs and disabilities)</p> <p>6.15pm-8.45pm For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</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>Honor Oak Youth Club has a wide variety of activities, ranging from sports and games to creative media and training workshops.</p> <p>6.15pm-8.45pm For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)</p>  |
|  <p>Follow us online!</p> <p>Scan QR code for website</p> <p>@lewishamfamilyhubs</p> <p>@lewishamfamilyhubs</p> <p>lewishamfamilyhubs.org.uk</p> | | | | |



Ladywell Family Hub

30 Rushey Mead, SE4 1JJ

Monday 8th September to Friday 19th December (half term 27th – 31st October)
To book go to lewishamfamilyhubs.org.uk/events or call 07720 152904



lewishamfamilyhubs.org.uk

Updated 25/09/25

Monday

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.

Lunch Break - Reception Closed
11.30pm - 12.30pm

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/



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

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: Birth to 18 mths

Lunch Break - Reception Closed
11.30pm - 12.30pm

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

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.



Wednesday

Triple P for Baby Course

10.00am - 12noon
5th - 26th November
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.
Email
lg.pairslewisham@nhs.net

Lunch Break - Reception Closed
11.30pm - 12.30pm

Fussy Eating Workshop

1.00pm - 2.00pm
12th Nov
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

Introducing Solids

1.00pm - 2.00pm
10th Dec
Get your baby off to a great start when starting solids.
See details above to book.



Thursday

Incredible Years Autism

9.15am - 11.15am
18th Sept - 18 Dec
Evidence based parenting sessions for parents and carers of children with ASD who display serious behavioural challenges.
Age Group: 2-6yrs
For more in and to book go to lewishamcfc.org.uk/contact-us/

Baby Messy Play

10.00am - 11.30am
Sensory, fun & mess play.
Bring a change of clothes if possible - it will get messy!
Age group: Birth - 18mths
See details above to book

Feel Positive about Parenting

10.00am - 12.00pm
11th Dec
Being a parent can be difficult, these 1:1 sessions can help.
Age Group: 18mths - 10yrs
See details above to book.

Lunch Break - Reception Closed
11.30pm - 12.30pm

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.

Lunch Break - Reception Closed
11.30pm - 12.30pm

Young Mums Creativity Space

1.00pm - 2.30pm
12th Sept - 31st Oct
This is a supportive, five week course for mothers aged 16-22 who have babies 0-12 months old.
Led by trained volunteers with their own lived experience of being a young mum, the group offers emotional and wellbeing support, as well as the opportunity to connect with other new mums in your area.
Visit blgmind.org.uk/lewisham/mindful-mums/





Downham Family Hub

Shroffold Rd, BR1 5PD

Monday 8th September to Friday 19th December (half term 27th – 31st October)

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

lewishamfamilyhubs.org.uk



Updated 25/09/25

Monday

SEND Advisor

9.00am - 12noon

Drop-in sessions on

8th, 22nd Sept, 6th, 20th Oct
3rd, 17th Nov, 1st, 15th Dec

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

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

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

Breastfeeding Support

1.00pm - 3.00pm

Drop in infant feeding support & advice from the health visiting team.

Baby Stay & Play

1.15pm - 2.45pm

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

Tuesday

Child Developmental Reviews

9.00am - 3.00pm

Contact your Health Visitor to book an appointment.

Tiny Chefs - Run by ALL

10.00 am - 11.30am

Age group: 2 - 4 years

To pre-book your place
phone 020 8314 6959

Lunch Break - Reception Closed
12.00pm - 1.00pm

Solihull Understanding Your Child

1.00pm - 3.00pm

Starting 14th October

This is a 10 week group for parents/care givers of children aged 1-3 years which focusses on understanding relationships and how this can support you to respond to your child's behaviours, feelings and developmental needs.

Please contact Lewisham Parent And Infant Relationship Service (PAIRS) to book a place
lg.pairslewisham@nhs.net

Rhythm & Rhyme

1.30pm - 2.30pm

Join us for a fun, interactive singing, music & stories

Age group: 0 to 5 years

See details above to book.

Wednesday

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!

Child Health Clinic

9.30am - 11.15am

Baby weighing & information

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

Midwifery Clinic

10.00am - 4.00pm

Please book with midwife

Triple P Parenting Course

9.00am - 11.00am

19th Oct - 10th Dec

6-8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour.

To book email
family.hub.bookings@lewisham.gov.uk
or call 07720 152902

Lunch Break - Reception Closed
12.00pm - 1.00pm

Baby Massage - Run by ALL

1.30pm - 3.30pm

Places must be booked in advance.

Age group: 3-9 months.

To book call 020 8314 6959

Thursday

Child Developmental Reviews

9.00am - 3.00pm

Please contact your health visiting team to book an appointment.

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 Lewisham Parent And Infant Relationship Service (PAIRS) to book a place
lg.pairslewisham@nhs.net

Feel Positive about Parenting

10.00am - 12.00pm

2nd Oct & 4th Dec

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

Age Group: 18mths - 10yrs

See details above to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Introducing Solids

1.00pm - 2.00pm

27th Nov

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

Friday

Clothing, Toy and Equipment Bank

Proof of low income or benefits will be required.

By appointments please call 020 8695 5915 to book.

Lunch Break - Reception Closed
12.00pm - 1.00pm

Child Developmental Reviews

9.00am - 3.00pm

Please contact your health visiting team to book an appointment.



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.





Eliot Bank Family Hub

Sessions in this area run at multiple sites, see below for details.
Monday 8th September to Friday 19th December (half term 27th – 31st October)
To book go to lewishamfamilyhubs.org.uk/events or call 07720 152903



lewishamfamilyhubs.org.uk

Updated 25/09/25

Monday



Tuesday

Starting Solids - Online 11th Nov & 9th Dec

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

Triple P for Baby Course Run by Meliot Centre

This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.

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

Introducing Solids

1.00pm - 2.00pm
5th November
Get your baby off to a great start when starting solids.
See details above to book.

Fussy Eating Workshop

1.00pm - 2.00pm
8th October
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See details above to book.

Baby Massage

1.30pm - 3.00pm
12th Nov - 3rd Dec
Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers.
See details above to book

Thursday



Friday



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.





Bellingham Family Hub

109 Randlesdown Road, SE6 3HB

Monday 8th September to Friday 19th December (half term 27th – 31st October)

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

lewishamfamilyhubs.org.uk



Updated 25/09/25

Monday

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!

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: Birth to 18 mths.

SEND Advisor

9.00am - 12noon
Drop-in sessions on **8th, 22nd Sept, 6th, 20th Oct 3rd, 17th Nov, 1st, 15th Dec**
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.

Lunch Break - Reception Closed
12.00pm - 1.00pm

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

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

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

Lunch Break - Reception Closed
12.00pm - 1.00pm

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

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 about the next course will be running please email EHCfamilythrive@lewisham.gov.uk

Thursday

Baby Weighing Drop-In

9.30am - 11.15am
Drop-in session run by Health Visiting

Feel Positive about Parenting

10.00am - 12.00pm
20th Nov
Being a parent can be difficult, these 1:1 sessions can help.

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

Triple P for Baby Course

10.00am - 12noon
2nd - 30th October
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.
Email lg.pairslewisham@nhs.net

Mindful Mums

1.00pm - 2.30pm
11th Sept - 9th Oct
Course for pregnant women and new mums to look after themselves during what can be a challenging period.
Visit blgmind.org.uk/lewisham/mindful-mums/

OWL Babies Course

1.00pm - 2.00pm
2nd - 30th October
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.

Triple P Parenting Course

6.00pm - 8.00pm
25th Sept - 16th October
For parents of primary aged children offers positive parenting strategies to manage behaviour. Email family.hub.bookings@lewisham.gov.uk

Lunch Break - Reception Closed
12.00pm - 1.00pm

Friday

Baby Messy Play

10.00am - 11.30am
Sensory, fun & messy play.
Bring a change of clothes if possible - it will get messy!
Age group: Birth - 18mths
See details above to book

Lunch Break - Reception Closed
12.00pm - 1.00pm



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.





Outreach and Online Sessions

Monday 8th September to Friday 19th December (half term 27th – 31st October)

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

Check out our new website lewishamfamilyhubs.org.uk



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <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, the QR code, call or speak to someone at the Family Hub.</p>  | <p>Starting Solids - Online 1.00pm - 2.30pm 11th Nov & 9th Dec Get your baby off to a great start when starting solids. See details above to book.</p> <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 info email: beingdad@blgmind.org.uk</p>  |   <p>Family Navigator at Bellingham Lifestyle & Leisure Centre 5 Randlesdown Rd, SE6 3BT 3.00pm - 5.00pm 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>  | <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>Sharing REAL with Parents at Downham Library 7-9 Moorside Road, BR1 5EP 10.00am - 12.00pm Starts 25th September A fun course sharing ideas to support your child's early learning. Age Group: under 5s To book go to : lewishamfamilyhubs.org.uk/events/parenting-course or scan the QR code</p>  <p>Family Navigator at Unit 19 Lewisham Shopping Centre, SE13 7HB 10.30am - 2.30pm 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> | <p>Family Navigator at Glass Mill Leisure Centre 41 Loampit Vale, SE13 7FT 9.00am - 12.00pm 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> <p>NVR - Informed Practice This course runs at various sites across the borough during the year and 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 and to book onto the next course please email EHCfamilythrive@lewisham.gov.uk</p>  |