

Bookings open Monday 18th July
to book online go to
www.lewishamcfc.org.uk/booking-form/

Monday

Tuesday

Wednesday

Thursday

Friday

Evelyn Children and Family Centre - 231 Grove Street, SE8 3PZ
To book online go to www.lewishamcfc.org.uk/booking-form/ or call 07513 727797

Story Telling Sessions

1st & 22nd August
10.00am - 11.00am & 11.30am - 12.30pm
Join us for these fun interactive family Storytelling and Song Sessions.
Age group: 0 - 8 years



Little Explorers Sessions

10.00am - 11.15am
Based on the Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk.** You will learn how positive interactions with your baby helps develop their brain.
Age group: Under 18 months
Mud, Mess & More
1.00pm-2.30pm
Explore and discover your senses at our messy play sessions.
Age group: 0 - 8 years

Feel Positive about Parenting

11th August
10.00am - 11.30am
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.
See poster on back page for more info.
Age Group: 18 mths - 10 years

A World With No Trees

Slots at **10.15am, 12noon & 2.00pm** each Friday
Book now for our FREE family escape room style adventure to save the last plant on Earth for families with children under 8.
Take part in number puzzles, code breaking and physical challenges to find the last plant on Earth and save it.
Age group: 0 - 8 years
www.lewishamcfc.org.uk/future-kids/

Ladywell Children and Family Centre - 30 Rushey Mead, SE4 1JJ
To book online go to www.lewishamcfc.org.uk/booking-form/ or call 07513 727795



Feel Positive about Parenting

16th August
10.00am - 11.30am
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.
See poster on back page for more info.
Age Group: 18 mths - 10 years

Sensory Walk

26th July & 9th August
10.30am - 11.30am
Discover all the sights, sounds and smells on family guided walk in your local area.
Meet at Children Centre
Age group: 0 - 8 years

Dads Group Troll Walk

9th August
1.30pm - 2.30pm
Join us for a walk in search of Trolls!
Meet at Children Centre
Age Group: 0 - 8 years

Dads Outdoor Messy Play

26th July, 2nd, 16th & 23rd Aug
1.30pm-2.30pm
Explore and discover your senses at our messy play sessions.
Age group: 0 - 8 years

Little Explorers Sessions

10.00am - 11.15am
Based on the Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk.** You will learn how positive interactions with your baby helps develop their brain.
Age group: Under 18 months
Mud, Mess & More
1.00pm-2.30pm
Explore and discover your senses at our messy play sessions.
Age group: 0 - 8 years

Story Telling Sessions

28th July
10.00am - 11.00am & 11.30am - 12.30pm
Join us for these fun interactive family Storytelling and Song Sessions.
Age group: 0 - 8 years



For more information or support, including support with domestic abuse recovery, please contact us.

Visit our website at: www.lewishamcfc.org.uk

Text or leave a message for us on: **07377 724 243**

Email us at: enquiries@lewishamcfc.org.uk

or use the 'Contact Us' form on our website



You can also find us at

@lewishamchildrencentres

@lewishamcfc

Bellingham Children and Family Centre - 109 Randlesdown Rd, SE6 3HB
To book online go to www.lewishamcfc.org.uk/booking-form/ or call 07513 727793

Little Explorers Sessions

10.00am - 11.15am
Based on the Five to Thrive key activities: **Respond, Cuddle, Relax, Play, Talk.** You will learn how positive interactions with your baby helps develop their brain.
Age group: Under 18 mths

Mud, Mess & More

1.00pm-2.30pm
Explore and discover your senses at our messy play sessions.
Age group: 0 - 8 years



Story Telling Sessions

18th August
1.00pm - 2.00pm & 2.30pm - 3.30pm
Join us for these fun interactive family Storytelling and Song Sessions.
Age group: 0 - 8 years

Feel Positive about Parenting

25th August
1.00pm - 2.30pm
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.
See poster on back page for more info.
Age Group: 18 mths - 10 years



Camelot Pre-School - 50 Meliot Rd, SE6 1RY
To book online go to www.lewishamcfc.org.uk/booking-form/ or call 07377 724243

Little Creative Chef

3 week course on 25th July, 1st & 8th August
10.00am - 11.00am & 12.30pm - 1.30pm or 2.30pm - 3.30pm
Come and join us for these FREE cooking sessions. Discover quick and easy ideas to get your 5-a-day and help you and your family cook and eat together.
Age group: 0 - 8 years

Sensory Walk

2nd August
10.30am - 11.30am
Discover all the sights, sounds and smells on family guided walk in your local area.
Meet at Camelot Pre-School
Age group: 0 - 8 years



Info, Activities and Events

We have lots of information on FREE activities and events to keep your family busy over the summer on our website and social media channels.

Check out our webpage which has lots of info on
FREE Summer Activities for 2022
www.lewishamcfc.org.uk/free-activities-and-events-for-lewisham-families-july-and-august-2022/



Play Activity Ideas Week

Join us online for a week of blog posts week beginning 25th July.

World Breastfeeding Week

begins 1st August, we will be sharing a series of blogs with useful information and info on support available.

Top Tips for getting ready for school

We will have blogs and videos from week beginning 8th August

Find them all at www.lewishamcfc.org.uk/blog/



**Monday 25th July until
Friday 26th August 2022**

Bookings open Monday 18th July

A WORLD WITH NO TREES

By Tea Dance for Little People

Imagine a world 300 years in the future
- with no trees!

With trees gone and the environment damaged, water levels have risen and everyone is now living on boats and YOU ARE EARTH'S PROTECTORS!

Take part in number puzzles, code breaking and physical challenges to find the last plant on Earth and save it. Open up your child's awareness of climate change with this FREE interactive escape-room style

AGE GROUP: Under 8's

WHERE: Evelyn Children & Family Centre
231 Grove Street, Deptford, SE8 3PZ

WHEN: Every Friday from 1st July
1 hour slots (at least one adult must be present)

BOOK YOUR PLACE:
Event is FREE but booking is required via
www.lewishamcfc.org.uk/future-kids/
BOOKINGS OPEN 17th June



Pop Up Children Centres across Lewisham this Summer!

Bookings open Monday 18th July

To book go to www.lewishamcfc.org.uk/booking-form or call 07377 724243

Wednesday 27th July

Manor House Gardens 11.00am - 1.00pm
by the Manor House, Taunton Rd, SE13 5SU

Outdoor Explorers with Horniman Museum & London Wildlife Trust.

Lewisham Shopping Centre 10.00am - 12.00pm & 1.00pm - 3.00pm
Borough of Culture Unit, opposite H&M, SE13 7HB

Families can access a different children's activity each week, as well as advice and support from a partnership service.

Activities and support includes:

- Magical moments with Carl
- Arts and Crafts activities
- FIS (Family Information Service)
- Lewisham Works (Back to work support)
- Parenting Surgeries

Thursday 28th July

Forster Memorial Park 10.30am - 12.00pm
by the child's play area Whitefoot Lane SE6 1UA
Circus Skills, Fun, Information and Advice

Wednesday 3rd August

Manor House Gardens 11.00am - 1.00pm
by the Manor House, Taunton Rd, SE13 5SU

Outdoor Explorers with Horniman Museum & London Wildlife Trust

Lewisham Shopping Centre 10.00am - 12.00pm & 1.00pm - 3.00pm
Borough of Culture Unit, opposite H&M, SE13 7HB

Families can access a different children's activity each week, as well as advice and support from a partnership service.

Activities and support include:

- Gilbert Giggles
- Arts and Crafts activities
- FIS (Family Information Service)
- Lewisham Work, Back to work support
- Parenting Surgeries

Thursday 4th August

Chinbrook Meadows 10.30am - 12.00pm
by children's play area, Mayeswood Rd, SE12 9RP
Circus Skills, fun, Information and advice.

Friday 5th August

Deptford Park 10.30am - 12.00pm
By children's play area, 23 Scawen Rd, SE8 5AE
Circus Skills, fun, Information and advice.

Tuesday 9th August

Hilly Fields Park 10.30am-12.00pm
Brockley, SE4
Circus Skills, fun, Information and advice.

Wednesday 10th August

Manor House Gardens 11.00am-1.00pm
by the Manor House, Taunton Rd, SE13 5SU

Outdoor Explorers with Horniman Museum & London Wildlife Trust.

Lewisham Shopping Centre 10.00am - 12.00pm & 1.00pm - 3.00pm
Borough of Culture Unit, opposite H&M, SE13 7HB

Families can access a different children's activity each week, as well as advice and support from a partnership service.

Activities and support include:

- Magical moments with Carl
- Arts and Crafts activities
- FIS (Family Information Service)
- Lewisham Works (Back to work support)
- Parenting Surgeries

Thursday 11th August

Mountsfield Park 11.00am - 1.00pm
by children's play area, The Lodge, Stainton Rd, SE6 1AN
Art in the Park, Information and advice.

Wednesday 17th August

Manor House Gardens 11.00am-1.00pm
by the Manor House, Taunton Rd, SE13 5SU

Outdoor Explorers with Horniman Museum & London Wildlife Trust

Lewisham Shopping Centre 10.00am - 12.00pm & 1.00pm - 3.00pm
Borough of Culture Unit, opposite H&M, SE13 7HB

Families can access a different children's activity each week, as well as advice and support from a partnership service.

Activities and support include:

- Magical moments with Carl
- Arts and Crafts activities
- FIS (Family Information Service)
- Lewisham Works (Back to work support)
- Parenting Surgeries

Bookings open Monday 18th July

To book go to www.lewishamcfc.org.uk/booking-form or call 07377 724243