

# Deptford Family Hub

Alverton Street, SE8 5NH

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 020 8692 3653

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



Monday	Tuesday	Wednesday	Thursday	Friday
<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>Stay &amp; Play</b> 9.00am-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>Citizens Advice</b> 9.00am-2.00pm A FREE Drop-in advice and information clinic on: debt, housing, immigration and more! <b>For info call 0800 231 5453</b></p> <p><b>Employment and Benefits Advice</b> 9.00am-3.00pm A FREE drop-in session offering employment and benefits advice, delivered by the DWP. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p><b>Child Development Checks</b> 9.00am-5.00pm 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>Bank of Things</b> 3.30pm-5.00pm A FREE drop-in to our Bank of Things that offers free toiletries and school supplies, to young people living in Lewisham. <b>Age group:</b> 11-25 years</p>	<p><b>Stay &amp; Play</b> 9.00am-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>Child Development Checks</b> 9.00am-5.00pm 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>Lewisham Refugee and Migrant Network</b> 10.30am-12.30pm 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>Feel Positive about Parenting</b> 1.00pm - 2.30pm <b>9th April and 11th 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>Baby Massage</b> 10.00am - 11.30am <b>8th May - 5th June</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>Benefits and Housing Advice</b> 10.00am-12.00pm A FREE drop-in delivered by BENCH, providing specialist housing and benefits advice and information. <b>Term-time only.</b></p> 	<p><b>Child Development Checks</b> 9.00am-5.00pm 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>Explorers Plus run 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 years</p> <p><b>Health Visitor Baby Hub</b> 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>
 <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>			<p><b>Family Navigators</b> 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> 	

# Evelyn Family Hub

231 Grove Street, SE8 3PZ

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 07720 152905

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



## Monday



### 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.



## Tuesday

### SEND Advisor

9.00am - 12noon

**Drop-in sessions on 22nd April, 6th, 20th May, 3rd, 17th June and 1st, 15th, 29th July**

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.

### Baby Messy Play

10.00am - 11.00am

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**

### Rhythm & Rhyme

1.00pm - 2.00pm

Join us for a fun, interactive singing, music & story session

**Age group:** 0 to 5 years

**See details above to book.**

## Wednesday

### Baby Stay & Play

10.00am - 11.15am

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

### Feel Positive about Parenting

10.00am - 11.30am

**9th April**

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

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

### Portion Size Workshop

10.30am - 11.30am

**30th April**

Learn about the size of your child's tummy and how to ensure your child is eating the right amount.

**See details above to book.**

### Starting Solids

10.30am - 11.30am

**7th May**

Help you get your baby off to a great start when starting solids.

**See details above to book.**

### Fussy Eating Workshop

10.30am - 11.30am

**21st May**

Learn techniques to make mealtimes less stressful and encourage a balanced diet.

**See details above to book.**

### Stay & Play

1.00pm - 2.00pm

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

## Thursday

### Breastfeeding Hub Drop - In

10.00am - 12.00noon

Get support and discuss any breastfeeding issues that you may be having.

### Developmental Reviews

Contact your Health Visitor for an appointment.

### OWL Babies Course

1.00pm - 2.00pm

**19th June - 17th July**

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.**



## Friday



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

# Honor Oak Youth & Family Hub

50 Turnham Road, Honor Oak, SE4 2JD

Tuesday 22nd April - Friday 25th July 2025

For Family Hub info call 07720 152905 or 020 8692 3653

For Youth Service email [Linda.Quarcoo@lewisham.gov.uk](mailto:Linda.Quarcoo@lewisham.gov.uk)



## Monday

### Baby Stay & Play Starts 28th April

10.00am - 11.15am

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

### Baby Massage

1.00pm - 2.30pm

**16th June - 14th July**

Spend quality time with your baby at this 5 week in person course.

**Age group:** under 1's

**To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events)**

## Tuesday

### 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/](http://blgmind.org.uk/bromleymentalhealth/being-dad/)

**For more information email: [beingdad@blgmind.org.uk](mailto:beingdad@blgmind.org.uk)**



## Wednesday

### Starting Solids - Online

**14th May & 2nd July**

1.00pm - 2.30pm

Get your baby off to a great start when starting solids.

**See details above to book.**



### Honor Oak Youth Club

has a wide variety of activities, ranging from sports and games to creative media and training workshops.

**3.15pm-5.45pm**

For ages 8-12, or up to 13 for children and young people with special educational needs and disabilities)

**6.15pm-8.45pm**

For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)

## Thursday

### 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

### Honor Oak Youth Club

has a wide variety of activities, ranging from sports and games to creative media and training workshops.

**6.15pm-8.45pm**

For ages 13-19, or up to 25 for children and young people with special educational needs and disabilities)

## Family Navigators

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Sign up via [this form](#), the QR code, call or speak to someone at the Family Hub.



The Hub @ Lewisham

Follow us online!

Scan QR code for website

@lewishamfamilyhubs

@lewishamfamilyhubs

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

# Ladywell Family Hub

30 Rushey Mead, SE4 1JJ

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 07720 152904

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



## Monday

### 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/](http://blgmind.org.uk/lewisham/mindful-mums/)



## Tuesday

### Baby Stay & Play

10.00am - 11.15am  
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

### Stay & Play

1.00pm - 2.00pm  
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



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



## Wednesday

### Mindful Mums

11.00am - 12.30pm  
**23rd April - 21st May**  
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.  
Free 5 week course  
Visit [blgmind.org.uk/lewisham/mindful-mums/](http://blgmind.org.uk/lewisham/mindful-mums/)

### Starting Solids

10.30am - 11.30am  
**4th June**  
Get your baby off to a great start when starting solids.  
**See details above to book.**

### Portion Size Workshop

10.30am - 11.30am  
**2nd July**  
Learn about the size of your child's tummy and how to ensure your child is eating the right amount.  
**See details above to book.**

### Fussy Eating Workshop

10.30am - 11.30am  
**9th July**  
Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.  
**See details above to book.**

### Triple P for Baby Course

1.00pm - 3.00pm  
**Starts 7th May**  
This 6 week course supports your transition into Parenthood. Suitable for expectant parents and with babies under 1.  
**Scan QR code or go to [tinyurl.com/babytriplep](http://tinyurl.com/babytriplep) to book.**



## Thursday

### Baby Messy Play

10.00am - 11.00am  
Sensory, fun & messy play.  
**Bring a change of clothes if possible - it will get messy!**  
**Age group:** Birth - 18mths  
**See details above to book**

### Mindful Mums Music for the Mind and Motherhood

12.30pm - 2.00pm -  
**24th April - 22nd May and 11th June - 9th July**  
Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.  
Visit [blgmind.org.uk/lewisham/mindful-mums/](http://blgmind.org.uk/lewisham/mindful-mums/)



### 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.



### Family Navigators

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# Eliot Bank Family Hub

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

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 020 8613 0172

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



## Monday

**Eliot Bank Family Hub  
Thorpewood Avenue  
SE26 4BU**

### Baby Stay & Play

10.00am-11.15am

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

### Stay & Play

1.00pm - 2.00pm

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

### Vitamin D

Drop-in while sessions are on, register and collect your free Vit D



## Tuesday

### WGN Counselling Service

9.00am-5.00pm

Call 080 8801 0660 for info and to book

### Baby Massage

10.00am - 11.00am

**Starts 22th April**

Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers.

**See details above to book**

### Mindful Mums

12.30pm - 2.00pm

**22nd April - 20th May**

Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives.

Free 5 week course

Visit [blgmind.org.uk/lewisham/mindful-mums/](http://blgmind.org.uk/lewisham/mindful-mums/)



## Wednesday

### WGN Counselling

9.00am-5.00pm

Call 080 8801 0660 for info and to book

### Rhythm & Rhyme @TNG

111 Wells Park Rd

SE26 6AD

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**

### Baby Massage

10.00am - 11.00am

**Starts 23rd April**

Learn relaxing techniques great for bonding with your baby. 4 weeks course, non-crawlers.

**See details above to book**

### Feel Positive about Parenting

10.00am - 11.30am

**21st May & 25th June**

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

**Age Group:** 18mths - 10yr

**See details above to book**

## Thursday

### Health Visitors Clinic

9.00am-2.00pm

By appointment only.

call 020 3049 2755

### Employment & Training

10.00am-2.00pm

Back to work advice & support.

**To book call centre**



## Friday

### Free Legal Advice

10.00am-12.00pm

Free legal advice from

Duncan Lewis Solicitors

Call 020 8325 4600 to book an appointment



## Family Navigators

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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

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 07720 152903

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



## Monday

### Baby Stay & Play

10.00am - 11.15am

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 19th May, 2nd, 16th, 30th June and 14th, 28th July**

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

1.00pm - 2.00pm

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

### Portion Size Workshop

1.00pm - 2.00pm

**27th May**

Learn about the size of your child's tummy and how to ensure your child is eating the right amount.

**See details above to book.**

### Starting Solids

1.00pm - 2.00pm

**17th June**

Get your baby off to a great start when starting solids.

**See details above to book.**

### Fussy Eating Workshop

1.00pm - 2.00pm

**3rd June**

Techniques to make mealtimes less stressful and encourage a balanced diet.

**See details above to book.**

### Toileting Tips

1.00pm - 2.00pm

**21st May**

This session covers tips and techniques for successfully toilet training your child.

**See details above to book.**

### 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**

### Feel Positive about Parenting

10.00am - 11.30am

**16th April and 28th May**

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

**Age Group:** 18mths - 10yrs

**See details above to book.**

### 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

Evening programme

**4th June - 23rd July**

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 please email [EHCfamilythrive@lewisham.gov.uk](mailto:EHCfamilythrive@lewisham.gov.uk)**

## Thursday

### Baby Weighing Drop-In

9.30am - 11.15am

Baby weighing drop-in session run by the Health Visiting Team.

### DWP Coffee Morning

9.30am - 12.30pm

**1st May**

Come along for information about getting back to work. Drop-in session

### Diversity Matters: Creativity for Calm

1.00pm - 2.30pm

**12th June - 10th July**

This group aim is to provide a voice and support for mums from diverse communities, This group is a chance to try scrapbooking and journaling, drawing and scribbling and creating your own story about motherhood.

**Visit [blgmind.org.uk/lewisham/mindful-mums/](http://blgmind.org.uk/lewisham/mindful-mums/)**



## Friday

### Baby Messy Play

10.00am - 11.00am

Sensory, fun & mess play.

**Bring a change of clothes if possible - it will get messy!**

**Age group:** Birth - 18mths

**See details above to book**



## Family Navigators

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**Sign up via [this form](#), the QR code, call or speak to someone at the Family Hub.**



# Downham Family Hub

Shroffold Rd, BR1 5PD

Tuesday 22nd April - Friday 25th July 2025

To book go to [lewishamfamilyhubs.org.uk/events](http://lewishamfamilyhubs.org.uk/events) or call 020 8695 5915

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stay &amp; Play</b> 10.00am - 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>Tiny Chefs - Run by ALL</b> 10.00am – 11.30am or 12.30pm – 2.00pm <b>Age group:</b> 2 - 4 years To pre-book your place phone 020 8314 6959</p> <p><b>Baby Stay &amp; Play</b> 1.00pm - 2.15pm Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b> Understand how playing with your baby helps grow their brain! <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>Child Developmental Reviews</b> 9.00am – 3.00pm <b>Contact your Health Visitor to book an appointment.</b> <b>Making it Real</b> 9.30am - 11.30am <b>29th April - 20th May</b> A fun course sharing ideas to support your child's early learning. <b>Age Group:</b> under 5s To book call 07432 739032 or email Paul.Nash@lewisham.gov.uk</p> <p><b>Tiny Chefs - Run by ALL</b> 10.00 am – 11.30am <b>Age group:</b> 2 - 4 years To pre-book your place phone 020 8314 6959</p> <p><b>OWL Babies Course</b> 1.00pm - 2.00pm <b>22nd April - 20th May</b> 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. <b>Age group:</b> under 6 months See details above to book.</p> <p><b>Toileting Tips</b> 1.00pm - 2.00pm <b>3rd June</b> Join for techniques for successfully toilet training See details above to book.</p> <p><b>Rhythm &amp; Rhyme</b> 1.30pm - 2.30pm <b>Starts 17th June</b> Join us for a fun, interactive singing, music &amp; stories <b>Age group:</b> 0 to 5 years See details above to book.</p>	<p><b>Midwifery Clinic</b> 9.00am - 4.00pm <b>Please book with midwife</b></p> <p><b>Child Health Clinic</b> 9.30am – 11.15am Baby weighing &amp; information</p> <p><b>Books Together</b> 10.00am - 11.00am <b>4th - 18th June</b> A fun way for to learn new skills and tips when reading with your children. <b>Age Group:</b> 2 - 5 year olds To book email <a href="mailto:fis@lewisham.gov.uk">fis@lewisham.gov.uk</a></p> <p><b>Diversity Matters: Creativity for Calm</b> 10.30am - 12noon <b>23rd April - 21st May</b> This group aim is to provide a voice and support for mums from diverse communities, This group is a chance to try scrapbooking and journaling, drawing and scribbling and creating your own story about motherhood. Visit <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p> <p><b>Feel Positive about Parenting</b> 1.00pm - 2.30pm <b>14th May and 18th June</b> Being a parent can be difficult, these 1:1 sessions can help. <b>Age Group:</b> 18mths - 10yrs See details above to book.</p> <p><b>Baby Massage - Run by ALL</b> 1.30pm - 2.30pm Places <u>must</u> be booked in advance. <b>Age group:</b> 3-9 months. To book call 020 8314 6959</p>	<p><b>Midwifery Clinic</b> 9.00am - 4.00pm <b>Please speak with your midwife to book an appointment.</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>SEND Advisor</b> 1.00pm - 5.00pm <b>Drop-in sessions on 24th April, 8th, 22nd May, 5th, 19th June and 3rd, 17th, 31st 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>Maternal Journaling with the Start for Life Team</b> 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! <b>Please contact the Start for Life team on <a href="https://twitter.com/nhs.net">@nhs.net</a> for details of the next group.</b></p>	<p><b>Clothing, Toy and Equipment Bank</b> 9.00am -10.00am Proof of low income or benefits will be required. <b>By appointments at other times, please call 020 8695 5915 to book.</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> 

## 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.










# Outreach and Online Sessions

Tuesday 22nd April - Friday 25th July 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Being Dad Zoom Drop-in</b> 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! <b>Visit <a href="http://blgmind.org.uk/bromleymentalhealth/being-dad/">blgmind.org.uk/bromleymentalhealth/being-dad/</a></b> <b>For more information email: <a href="mailto:beingdad@blgmind.org.uk">beingdad@blgmind.org.uk</a></b></p>	<p><b>Feel Positive about Parenting at Catford Library</b> <b>23-24 Winslade Way, SE6 4JU</b> 10.30am - 11.30am <b>7th May &amp; 18th June</b> These 30 minute 1:1 sessions with our parenting practitioner can help families with any parenting issues. <b>Age Group:</b> 18 mths - 10 years</p> <p><b>Explorers Plus at The Camelot Centre</b> run with Portage <b>50 Meliot Road, SE6 1RY</b> 1.00pm - 2.30pm 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 years</p>	<p><b>Family Navigator at Kaleidoscope</b> <b>32 Rushey Green, SE6 4JF</b> 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><b>Feel Positive about Parenting at Downham Library</b> <b>7-9 Moorside Road, BR1 5EP</b> 10.30am - 11.30am <b>15th May</b> These 30 minute 1:1 sessions with our parenting practitioner can help families with any parenting issues. <b>Age Group:</b> 18 mths - 10 years</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>Starting Solids - Online</b> <b>14th May &amp; 2nd July</b> 1.00pm - 2.30pm Get your baby off to a great start when starting solids. <b>See details above to book.</b></p> 	<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><b>Sign up via <a href="#">this form</a>, the QR code, call or speak to someone at the Family Hub.</b></p> 