

# All sessions are FREE and start, unless otherwise stated, from Monday 15th April - Thursday 25th July 2024.

To ensure that all parents get a chance to book onto a session, bookings for multiple weeks cannot be accepted.

## Bellingham Children and Family Centre 109 Randlesdown Road, SE6 3HB

To book go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) or text or leave a message on 07513 727793 unless otherwise stated.

### Monday

#### Little Explorers

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:** Birth to 18 mths.  
**Bookings for this session will be released online at 12 noon the Wednesday before.**  
**See link and details above to book.**



#### Explorers

1.00pm - 2.00pm  
Help your child learn through play using indoor and outdoor environments. Building self-awareness, confidence and resilience.  
**Bring a change of clothes if possible - it might get messy!**  
**Age group:** Birth to 5 years  
**Bookings for this session will be released online at 12 noon the Wednesday before.**  
**See link and details above to book.**

### Tuesday

#### Explorers Plus run with Portage

10.00am - 11.30am  
Would you like support with your child's development? Come along with your child if you are concerned that your child is not meeting their milestones.

**Age group:** Birth - 5 years  
**See link and details above to book.**

#### Breastfeeding Hub Drop-in

1.00pm - 3.00pm  
Drop in for breastfeeding support from Lewisham Health Visiting Team

#### Fussy Eating Workshop

14th May - 1.00pm - 2.00pm  
book via link and details above

#### Portion Size Workshop

21st May - 1.00pm - 2.00pm  
book via link and details above

#### Starting Solids Workshop

4th June in centre - 1.00pm - 2pm

20th May & 17th June via zoom

1.00pm - 2.30pm  
book via link and details above

#### Feel Positive about Parenting

1.00pm - 2.30pm  
7th May & 23rd July

These 30 minute 1:1 sessions with our parenting practitioner can help families with any parenting issues.

**Age Group:** 18 mths - 10 years  
**See link and details above to book.**

#### OWL Babies Course

1.00pm - 2.00pm  
11th June - 9th 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 link and details above to book.**

### Wednesday

#### Triple P for Baby Course

10.00am - 12.00noon  
5th June - 26th June  
This 6 week course supports your transition into parenthood. Suitable for expectant parents and those with babies under 1 year old.  
**Scan this QR code to book.**



#### Top Tips on Toileting

1.00pm - 2.00pm  
5th June  
This session covers tips and techniques for successfully toilet training your child.  
**See details above to book.**

#### Baby Massage

1.00pm - 2.30pm  
12th June - 10th July  
Spend quality time with your baby at this 5 week course.  
**Age group:** under 1's  
**See details above to book**

#### Rhythm & Rhyme

11.00am - 12.00noon  
Runs weekly from:  
24th April - 29th May & 3rd July - 24th July  
Join us for fun, interactive singing, music and story session.  
**Age group:** 0 to 5 years  
**See details above to book**

#### Mindful Mums

1.00pm - 2.30pm  
12th June - 10th 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/)**

### Thursday

#### Baby Weighing Drop-In

9.30am - 11.15am  
Baby weighing drop-in session run by the Health Visiting Team.

#### Young Mums Space

1.30pm - 3.00pm  
25th April - 27th June  
Join Mindful Mums for their FREE 10-week chat and play sessions for Young Mums aged 16-22yrs.

**Age group:** Birth - 1 year  
Find out more by scanning the QR code or visit [selmind.org.uk/mindful-mums](http://selmind.org.uk/mindful-mums)



#### Vitamin D Collection

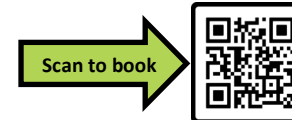
Come and collect or register for your free Vitamin D while sessions are on in the centre.

**For enquiries please email reception on [bellingham.cc@lewishamcfc.org.uk](mailto:bellingham.cc@lewishamcfc.org.uk) or call 07513 727793**

### 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**



## Dads Stay and Play Drop-in

Saturday 20th April & Saturday 20th July

10am - 12pm

Bellingham Family Hub

109 Randlesdown Road, SE6 3HB

Join Future Men and your local Family Navigator for a morning of activities for you and your children

All Dads and Male Carers welcome






Activities and Refreshments Provided

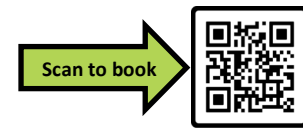
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## Evelyn Children and Family Centre 231 Grove Street, SE8 3PZ

To book go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) or text or leave a message on 07513 727797 unless otherwise stated.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Rhythm &amp; Rhyme</b> <i>New Time!</i> 10.00am - 11.00am Join us for a fun, interactive singing, music and story session <b>Age group:</b> 0 to 5 years See details above to book.</p> <p><b>Explorers Plus</b> <i>New Day &amp; Time!</i> run with Portage 12.30pm - 2.00pm Would you like support with your child's development? Come along with your child if you are concerned that your child is not meeting their milestones. <b>Age group:</b> Birth - 5 years See details above to book.</p> <p><b>Starting Solids Workshop</b> 20th May &amp; 17th June via  Our hour long workshops help you get your baby off to a great start when starting solids. See details above to book.</p> <p><b>Fussy Eating Workshop</b> 10.30am - 11.30am 10th June Our hour long workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See details above to book.</p> <p><b>Top Tips on Toileting</b> 1.00pm - 2.00pm 8th July This session covers tips and techniques for successfully toilet training your child. See details above to book.</p>	<p><b>Baby Messy Play</b> 10.00am - 11.00am Sensory, fun &amp; mess play. <b>Bring a change of clothes if possible - it will get messy!</b> <b>Age group:</b> Birth to 18 mths See details above to book</p> <p><b>Feel Positive about Parenting</b> 10.00am - 11.30am 18th June Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help. <b>Age Group:</b> 18mths - 10yrs See details above to book.</p>  	<p><b>Little Explorers</b> 10.00am - 11.15am Based on Five to Thrive key activities: <b>Respond, Cuddle, Relax, Play, Talk</b> You will learn how positive interactions with your baby helps develop their brain. <b>Age group:</b> Birth to 18 mths <b>Bookings for this session will be released online at 12 noon the Friday before.</b> See link and details above to book.</p> <p><b>Explorers</b> 1.00pm - 2.00pm Help your child learn through play using indoor and outdoor environments. Building resilience, confidence and self-awareness. <b>Bring a change of clothes if possible - it might get messy!</b> <b>Age group:</b> Birth to 5 years <b>Bookings for this session will be released online at 12 noon the Friday before.</b> See link and details above to book.</p> <p><b>Triple P for Baby Course</b> 1.00pm - 3.00pm 8th May - 29th May This 6 week course supports your transition into parenthood. Suitable for expectant parents and those with babies under 1 year old. Scan this QR code to book.</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>Developmental Reviews</b> Contact your Health Visitor for an appointment.</p> <p><b>OWL Babies Course</b> 1.00pm - 2.00pm 23rd May - 20th June Outdoor experiences are vital for brain development. The ever changing nature of outdoors is so important for babies as they learn and gain experience through their senses. <b>THE SKY IS THE LIMIT!</b> <b>Age group:</b> under 6 months See link and details above to book.</p> <div style="border: 2px solid orange; padding: 10px;"> <p><b>Vitamin D Collection</b> Come and collect or register for your free Vitamin D while sessions are on in the centre. <b>For enquiries please email reception on:</b> evelyncfc@lewishamcfc.org.uk or call 07513 727797</p>  </div>	<p><b>Mindful Mums.</b> 11.00am - 12.30pm 26th April - 24th May Mindful Mums helps new mums to look after themselves during what can be a challenging period of their lives. <b>Age group:</b> Birth - 5 years Visit <a href="http://blgmind.org.uk/lewisham/mindful-mums/">blgmind.org.uk/lewisham/mindful-mums/</a></p>  



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## Ladywell Children and Family Centre 30 Rushey Mead, SE4 1JJ

To book go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) or text or leave a message on 07513 727795 unless otherwise stated.

### Monday

#### Starting Solids Workshop

10.30am - 11.30am

13th May in centre

1.00pm - 2.30pm

20th May & 17th June via  
zoom

Our hour long workshops help you get your baby off to a great start when starting solids. See details above to book



#### Portion Size Workshop

10.30pm - 11.30am

3rd June

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

1st July

Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See link and details above to book.



#### Sharing REAL with Parents

1.00pm - 3.00pm

10th June - 1st July

A fun 4 week course with creche. Learn ways to support your child's interest in books, early writing, songs and rhymes.

To book call 07432 739032 or 07342 023965

email [arussell@ncb.org.uk](mailto:arussell@ncb.org.uk) or [paul.nash@lewisham.gov.uk](mailto:paul.nash@lewisham.gov.uk) or scan to QR code above



### Tuesday

#### Feel Positive about Parenting

10.00am - 11.30am

28th May

Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help.

Age Group: 18 mths-10yrs

See details above to book.

#### Triple P for Baby Course

1.00pm - 3.00pm

16th April - 7th May

This 6 week course supports your transition into parenthood. Suitable for expectant parents and those with babies under 1 year old.

Scan this QR code to book.



#### Baby Massage

10.00am - 11.30am

We are running two courses this term:

4th June - 2nd July

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

Age group: under 1's

See details above to book

### Wednesday

#### Little Explorers

10.00am - 11.15am

Based on 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: Birth to 18 months

Bookings for this session will be released online at 12 noon the Friday before. See details above to book.

#### Explorers

1.00pm - 2.00pm

Help your child learn through play using indoor and outdoor environments. Building self-awareness, confidence and resilience.

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

Age group: Birth to 5 years

Bookings for this session will be released online at 12 noon the Friday before. See details above to book.

#### Top Tips on Toileting

1.30pm - 2.30pm

19th June

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

See details above to book.

### Thursday

#### Baby Messy Play

1.30pm - 2.30pm

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

#### Vitamin D Collection

Come and collect or register for your free Vitamin D while sessions are on in the centre.

For enquiries please email reception on [ladywell.cc@lewishamcfc.org.uk](mailto:ladywell.cc@lewishamcfc.org.uk) or call 07513 727795

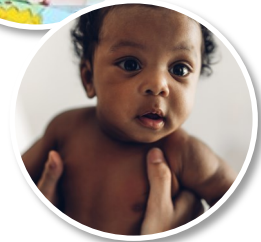


### Friday

#### Breastfeeding Hub Drop - in

10.00am - 12.00noon

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



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## OTHER LEWISHAM VENUES & ONLINE TIMETABLE

To book go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) unless otherwise stated.

**Monday**

**Family Corner  
Free Online Courses**  
Various Dates and Times  
Join us for these FREE  
one-off online events  
providing an opportunity to  
connect with other  
parents and carers via Zoom  
and learn about  
topics relevant to families  
and children aged 0-5.  
**Find out more and book**  
[www.familycorner.co.uk/  
free-online-learning-all-  
family-join-our-courses-  
parents-0-5s](http://www.familycorner.co.uk/free-online-learning-all-family-join-our-courses-parents-0-5s)



**Tuesday**

**Being Dad  
Zoom Drop-in**  
8.00pm - 9:15pm  
Our drop-in sessions are there to  
help men learn more about look-  
ing 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**

**Baby Massage at  
Sydenham Green  
Health Centre**  
26 Holmshaw Close, SE26 4TH  
10.00am - 12.00noon  
**Starts 16th April**  
Spend quality time with your  
baby at this 5 week in person  
course.  
Age group: under 1's  
**See details above to book.**  
**Triple P Parenting  
Online Course**  
10.00am - 12.00noon  
**8th May - 5th June**  
6 week course for parents of  
primary school aged children  
that offers positive parenting  
strategies to manage behav-  
iour.  
**To book email enquiries**  
[@lewishamcfc.org.uk](mailto:@lewishamcfc.org.uk)  
or call 07377 724243

**Thursday**



**Friday**

**Our website is  
available 24 hours a  
day, 7 days a week -  
where you can access  
information about our  
projects and services**  
We have [blog posts](#) on a wide  
range of subjects  
from [Weaning](#), [Routines](#)  
and [Mental Health](#) and  
webpages dedicated to many  
subjects including  
[Activities for Babies](#),  
[Family Support](#) and  
[Cost of Living Advice.](#)  
[www.lewishamcfc.org.uk](http://www.lewishamcfc.org.uk)

