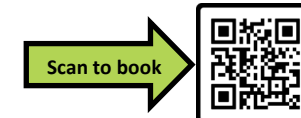


To ensure that all parents get a chance to book onto a session, bookings for multiple weeks cannot be accepted.

Bellingham Family Hub 109 Randlesdown Road, SE6 3HB

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>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.</p> <p>Triple P for Baby Course 10.00am - 12.00noon 9th - 30th September 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>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.</p> <p>Breastfeeding Hub Drop-in 1.00pm - 3.00pm Drop in for breastfeeding support from Lewisham Health Visiting Team</p> <p>Fussy Eating Workshop 22nd October - 1.00pm - 2.00pm book via link and details above</p> <p>Portion Size Workshop 12th November - 1.00pm - 2.00pm book via link and details above</p> <p>Starting Solids Workshop 5th November - 1.00pm - 2.00pm</p> <p>Feel Positive about Parenting 1.00pm - 2.30pm 10th September & 19th November 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.</p> <p>OWL Babies Course 1.00pm - 2.00pm 10th September - 8th 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 link and details above to book.</p> <p>Top Tips on Toileting 1.00pm - 2.00pm 26th November This session covers tips & techniques for successfully toilet training your child. See details above to book.</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</p> <div data-bbox="987 804 1341 1453" style="border: 2px solid orange; padding: 10px; text-align: center;">  <p>Vitamin D Collection</p> <p>Come and collect or register for your free Vitamin D while sessions are on in the centre.</p> <p>For enquiries please email reception on bellingham.cc@lewishamcfc.org.uk or call 07513 727793</p> </div>	<p>Baby Weighing Drop-In 9.30am - 11.15am Baby weighing drop-in session run by the Health Visiting Team.</p> <p>Triple P Parenting Course 10.00am - 12 noon Starts 17th October 6-8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. To book email enquires @lewishamcfc.org.uk or call 07377 724243</p> <p>Baby Massage 1.00pm - 2.30pm 12th Sept - 10th Oct Spend quality time with your baby at this 5 week in person course. Age group: under 6 months See details above to book</p>	<p>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</p> <p>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.</p>

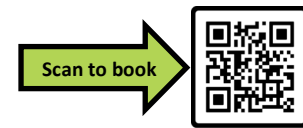


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Evelyn Children and Family Centre 231 Grove Street, SE8 3PZ

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Rhythm & Rhyme 10.30am - 11.30am Join us for a fun, interactive singing, music and story session Age group: 0 to 5 years See details above to book.</p> <p>Explorers Plus 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. Age group: Birth - 5 years See details above to book.</p> <p>Starting Solids Workshop 10.30am-11.30am 16th September Our hour long workshops help you get your baby off to a great start when starting solids. See details above to book.</p> <p>Fussy Eating Workshop 10.30am - 11.30am 9th December Our hour long workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See details above to book.</p>  	<p>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</p> <p>Feel Positive about Parenting 10.00am - 11.30am 22nd October & 10th December Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help. Age Group: 18mths - 10yrs See details above to book.</p> <p>Portion Size Workshop 10.30pm - 11.30am 15th October 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.</p>	<p>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 mths Bookings for this session will be released online at 12 noon the Friday before. See link and details above to book.</p> <p>Explorers 1.00pm - 2.00pm Help your child learn through play using indoor and outdoor environments. Building resilience, confidence and self-awareness. 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 link and details above to book.</p> <p>Triple P for Baby Course 10.00am - 12noon 2nd - 23rd October 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>Breastfeeding Hub Drop - In 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <p>Developmental Reviews Contact your Health Visitor for an appointment.</p> <p>Mindful Mums - Diversity Matters 10.30am - 12noon 12th Sept - 10th Oct Culturally Diverse Wellbeing Group for 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/</p> <p>OWL Babies Course 1.00pm - 2.00pm 17th Oct - 14th Nov 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. THE SKY IS THE LIMIT! Age group: under 6 months See link and details above to book.</p> <p>Baby Massage 10.00am - 11.30am 7th Nov - 5th Dec Spend quality time with your baby at this course. Age group: under 6 months See details above to book</p>	<div style="border: 2px solid orange; padding: 10px;"> <p style="text-align: center;">Vitamin D Collection</p>  <p style="text-align: center;">Come and collect or register for your free Vitamin D while sessions are on in the centre.</p> <p style="text-align: center;">For enquiries please email reception on: evelyncfc@lewishamcfc.org.uk or call 07513 727797</p> </div>







All sessions are FREE and start, unless otherwise stated, from Monday 9th Sept - Friday 20th Dec 2024

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Starting Solids Workshop 10.30am - 11.30am 7th October 1.00pm - 2.30pm Our hour long workshops help you get your baby off to a great start when starting solids. See details above to book</p> <p>Portion Size Workshop 10.30pm - 11.30am 21st October 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.</p> <p>Fussy Eating Workshop 10.30am - 11.30am 25th November Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See link and details above to book.</p>	<p>Feel Positive about Parenting 10.00am - 11.30am 24th September & 26th November 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.</p> <p>Baby Massage 10.00am - 11.30am 5th Nov - 3rd Dec Spend quality time with your baby at this 5 week course. Age group: under 6 months See details above to book</p> <p>Triple P for Baby Course 1.00pm - 3.00pm 5th - 25th November 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>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.</p> <p>Mindful Mums 10.30am - 12noon 11th Sept - 9th Oct 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/</p> <p>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.</p> <p>Top Tips on Toileting 1.00pm - 2.00pm 30th October This session covers tips and techniques for successfully toilet training your child. See details above to book.</p>	<p>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</p>	<p>Breastfeeding Hub Drop - in 10.00am - 12.00noon Get support and discuss any breastfeeding issues that you may be having.</p> <div style="border: 2px solid orange; padding: 10px; margin-top: 20px;"> <p>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 or call 07513 727795</p>  </div> <div style="text-align: right; margin-top: 20px;">   </div>



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



OTHER LEWISHAM VENUES & ONLINE TIMETABLE

To book go to www.lewishamcfc.org.uk/booking-form unless otherwise stated.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> <p>Starting Solids Workshop via Zoom 1.00pm - 2.30pm 14th October & 2nd December 1.00pm - 2.30pm Our online hour long workshops help you 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 information email: beingdad@blgmind.org.uk</p>	<p>Baby Massage at Sydenham Green Health Centre 26 Holmshaw Close, SE26 4TH 10.30am - 11.30am Starts 18th September Spend quality time with your baby at this 5 week in person course. Age group: under 1's See details above to book.</p> <p>Baby Massage at Marvels Lane Children & Family Centre 65 Riddons Rd, SE12 9RA 2.00pm - 3.00pm Starts 18th September Spend quality time with your baby at this 5 week in person course. Age group: under 1s To book call Marvels Lane directly on 020 8857 3904</p>	<p>Baby Massage at Clyde Family Hub Alverton Road, SE8 5NH 11.30am - 12.30pm Starts 12th September Spend quality time with your baby at this 5 week in person course. Age group: under 1's See details above to book.</p> <p>Childcare Options in Lewisham 11.00am via Zoom 19th September Need help finding a nursery or childminder? Come and join us to find out more about childcare choices available in Lewisham. See details above to book.</p>	<p>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</p> <p style="text-align: right;"> </p>