





# Clyde Family Hub Timetable Summer 24 - 020 8692 3653 Alverton St, London SE8 5NH

Monday	Tuesday	Wednesday	Thursday	Friday	Other Info and services
<p><b>Family Navigator</b></p> <p>Our Family Navigator offers free, confidential and non-judgmental support by connecting you with on site and local support services. To speak with a Family Navigator, please fill in our sign-up sheet by accessing the QR code below, call 020 8692 3653 or simply ask a member of staff within the Hub.</p>  <p><b>Food Bank Vouchers— Mon-Fri 9am-5am</b></p> <p>FREE Food Bank Vouchers providing access to our local foodbanks.</p> <p>Vouchers for anyone in crisis for reasons such as: late benefits, financial hardship, loss of employment, unexpected bill or low income.</p>	<p><b>Stay &amp; Play—9am-11am</b></p> <p>A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p><b>Employment and Benefits Advice—9am-3pm</b></p> <p>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>Citizens Advice—9am-3pm</b></p> <p>A FREE advice and information clinic on: debt, housing, immigration and more!</p> <p>To make an enquiry call 0800 231 5453.</p> <p>Drop-in between 9pm and 3pm.</p> <p><b>Bank of Things—3:30pm-5pm</b></p> <p>A FREE drop-in to our Bank of Things that offers free toiletries and school supplies, to young people living in Lewisham, aged 11-25.</p>	<p><b>Stay &amp; Play—9am-11am</b></p> <p>A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p><b>Lewisham Refugee and Migrant Network—10.30am-12.30pm</b></p> <p>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><b>To find out more about Family Hubs, scan below!</b></p> 	<p><b>Benefits and Housing Advice — 10am-12pm</b></p> <p>A FREE drop-in delivered by BENCH, providing specialist housing and benefits advice and information. Term-time only.</p> <p><b>Baby Massage—11.30am-1pm</b></p> <p>A FREE programme to support you with bonding with your baby, delivered by the Early Years Alliance. To book your place, or to find out more, please call 020 8314 9061.</p>  <p><b>Note that Clyde Family Hub will be closed between 19th and 30th August 2024.</b></p>	<p><b>Health Visitor Child Development Checks— 9am-5pm</b></p> <p>Health Visitors run regular health and development reviews for your child by appointment only. Please contact your Health Visiting team to book an appointment.</p> <p><b>Drumbeat Stay &amp; Play—9am-12.30pm</b></p> <p>A FREE specialised Stay and Play session delivered by Drumbeat School and Outreach Service for children with special educational needs or social and communication difficulties. Term time only.</p> <p><b>Health Visitor Baby Hub—10am-12.30pm</b></p> <p>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>Clothing Bank—Mon-Fri 9am-5am</b></p> <p>A FREE clothing bank including items such as: clothing for ages 0-10 years, shoes, nappies, wipes, toiletries, home safety resources and much more!</p> <p><b>Vitamin D Supplements Mon-Fri 9am-5pm</b></p> <p>At Clyde Family Hub, we offer free Vitamin D supplements for children under the age of four and pregnant people.</p> <p><b>Booktrust Packs— Mon-Fri 9am-5am</b></p> <p>A FREE pack of books for ages 0-5 years. Packs are available in a range of languages and for children with special educational needs and disabilities. Just ask for your free pack at Reception!</p> <p><b>For any enquiries you may have, please email:</b></p> <p>Family.Hubs@lewisham.gov.uk</p>