

Details of sessions running online are below and face to face in centres on next pages.
All sessions are FREE and start on Monday 19th April unless otherwise stated.

Monday

Tuesday

Wednesday

Thursday

Friday

ONLINE & VIRTUAL @home TIMETABLE

Top Tips, Songs & Activities

Join us from 9.30am on Facebook & Instagram for videos and blogposts from the team.

[@lewishamchildrencentres](https://www.lewishamchildrencentres.org.uk)

Top Tips on Toileting

1.30pm - 2.30pm via Zoom
12th July

Join us for this FREE Zoom session to learn tips and techniques for successfully toilet training your child.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Story Sack Session

10.30am - 11.30am via Zoom
10th, 17th or 24th May

Come and join us to learn new fun ways to support your child's language development. Sharing books and stories with your child from an early age can help create a life long reader.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Mindful Mums Zoom Drop-in

10,00am - 10.45am via Zoom
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/

Starting Solids Workshop

1.30pm - 2.30pm via Zoom
20th July

Our workshops run via Zoom to help you get your baby off to a great start when starting solids.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Mindful Mums Zoom Courses

1.00pm - 2.30pm via Zoom
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 online 5 week course
Visit blgmind.org.uk/lewisham/mindful-mums/

Baby & Child Development

Join us from 9.30am on Facebook & Instagram for videos and blogposts from the team.

[@lewishamchildrencentres](https://www.lewishamchildrencentres.org.uk)

Little Creative Chef

10.00am-11.00am via Zoom
28th April, 5th, 12th & 19th May

Join us for these FREE online sessions for easy ideas for your family cook and eat together.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Getting Ready for School Summer Break

1.30pm - 2.30pm via Zoom
26th May

Come and join us for this FREE online session to find out more about accessing school meals and 'out of school provision' during the holidays.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243



Baby Massage

1.00pm - 2.30pm via Zoom

29th April - 27th May

Spend quality time with your baby at this 5 week Baby Massage courses.

Age group: non-crawlers

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Healthy Families

Right from the Start

10.30am - 11.30am

29th April - 17th June

As parents, we want the best for our children. Knowing what we want to change is the first step. That's where HENRY comes in. Healthy Families Right from the Start is an eight-week programme for parents/ carers of children aged 0 to 5. It's free to join.

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Top Tips, Songs & Activities

Join us from 9.30am on Facebook & Instagram for videos and blogposts from the team.

[@lewishamchildrencentres](https://www.lewishamchildrencentres.org.uk)

Mindful Mums Zoom Courses

10:00am - 12.00pm via Zoom
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 online 5 week course
Visit blgmind.org.uk/lewisham/mindful-mums/

Baby Massage

10.00am - 11.30am via Zoom

30th April - 28th May

Spend quality time with your baby at this 5 week Baby Massage courses.

Age group: non-crawlers

To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

EP Connect

Mondays 2.00pm - 5.00pm

Thursday 9.30am - 12.30pm

Lewisham's Educational Psychologists can offer support on the phone around managing routines at home, how to help your child with learning, how you are feeling and managing change, fears and worries.

Call 07377 913538 or 07377 976518

This term we have a programme of discussion workshops providing positive approaches to parenting using tried, trusted and proven strategies to help develop a positive relationship with your child and manage behaviour

- **Fighting & Aggression** 27th April or 29th June, 1.00pm - 2.30pm
- **Bedtime Routines** 11th May, 1.00pm - 2.30pm
- **Dealing with Disobedience** 15th June, 1.00pm - 2.30pm
- **Hassle Free Shopping** 13th July, 1.00pm - 2.30pm

To find out more visit www.lewishamcfc.org.uk/parenting

To book a place text or leave a message on 07377 724243 or email ladywell.cc@lewishamcfc.org.uk

Health Visiting

For support, advice or concerns about your child's development, please send a message via

myhv.lgt.nhs.uk/contact/
or call the admin hub on 02030491873

Monday

Tuesday

Wednesday

Thursday

Friday

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

Vitamin D Collection

10.00am - 12.30pm

Book a slot to come and collect or register for your free Vitamin D

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Baby Massage

1.00 pm - 2.30pm

21st June - 19th July

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

Age group: non-crawlers

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Starting Solids Workshop

10.30am - 11.30pm

15th June

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

OWL Babies 5 Week Course

1.30pm - 2.30pm

8th June - 6th July

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Little Explorers

10.00am - 11.00am and

1.30pm - 2.30pm

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Top Tips on Toileting

1.00pm - 2.00pm

26th May

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Due to Covid 19 restrictions spaces on our Face to Face sessions are limited and must be booked.

Please be aware doors and windows will be open to increase ventilation.



Clyde Children and Family Centre Alverton Street, Deptford, SE8 5NH

Enquiries

www.lewishamcfc.org.uk/contact-us/

Timetable

www.lewishamcfc.org.uk/timetable/

Website

www.lewishamcfc.org.uk/

For bookings,

unless otherwise stated, go to

www.lewishamcfc.org.uk/booking-form

or text or leave a message on 07377 724243

@lewishamchildrencentres @lewishamcfc

Top Tips on Toileting

1.30pm - 2.30pm

28th April

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Baby Massage

1.00pm - 2.30pm

2nd June - 30th June

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

Age group: non-crawlers

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Little Explorers

10.00am - 11.00am and

1.30am - 2.30pm

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

To book go to

www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243



Mindful Mums Courses

10.15am - 12.15pm

18th June - 16th July

Mindful Mums helps pregnant women and new mums to look after themselves during what can be a challenging period of their lives. Free online 5 week course

Visit blgmind.org.uk/lewisham/mindful-mums/



Monday

Tuesday

Wednesday

Thursday

Friday

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

Vitamin D Collection

10.00am - 12.30pm
Book a slot to come and collect or register for your free Vitamin D
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Baby Massage

10.00am - 11.30pm
10th May - 14th June
Spend quality time with your baby at this 5 week course.
Age group: non-crawlers
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243



Starting Solids Workshop

10.30am - 11.30am
11th May
Our hour long workshops help you get your baby off to a great start when starting solids.
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

OWL Babies 5 Week Course

1.30pm - 2.30pm
4th May - 1st 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. **THE SKY IS THE LIMIT!**
Age group: under 6 months
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Little Explorers

10.00am - 11.00am and 1.30pm - 2.30pm
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
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Top Tips on Toileting

1.00pm - 2.00pm
16th June
This session covers tips and techniques for successfully toilet training your child.
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Due to Covid 19 restrictions spaces on our Face to Face sessions are limited and must be booked.

Please be aware doors and windows will be open to increase ventilation.



Bellingham Children and Family Centre 109 Randlesdown Rd, Catford, SE6 3HB

Little Explorers Weekly

STARTING 11TH MAY
10.00am - 11.00am and 1.30pm - 2.30pm
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
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Vitamin D Collection

2.00pm - 4.00pm
Book a slot to come and collect or register for your free Vitamin D
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Starting Solids Workshop

10.30am - 11.30pm
20th April
Our hour long workshops help you get your baby off to a great start when starting solids.
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

OWL Babies 5 Week Course

1.30pm - 2.30pm
4th May - 1st 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. **THE SKY IS THE LIMIT!**
Age group: under 6 months
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Top Tips on Toileting

10.00am - 11.00am
12th May
This session covers tips and techniques for successfully toilet training your child.
Age group: 18months to 5 years
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Baby Massage

1.00 pm - 2.30pm
5th May - 2nd June
Spend quality time with your baby at this 5 week course.
Age group: non-crawlers
To book go to
www.lewishamcfc.org.uk/booking-form or text or leave a message on 07377 724243

Enquiries
www.lewishamcfc.org.uk/contact-us/
Timetable
www.lewishamcfc.org.uk/timetable/

Website
www.lewishamcfc.org.uk/
For bookings, unless otherwise stated, go to
www.lewishamcfc.org.uk/booking-form
or text or leave a message on 07377 724243

