






Clyde Family Hub Timetable — Alverton Street SE8 5NH 020 8692 3653

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Midwifery Clinic—10am-5pm Community Midwives run antenatal clinics by appointment only. Call the Maternity Helpline on 020 8836 4491 for more information.</p> <p>Family Navigator— Mon-Fri, 9am-5pm 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. The Family Navigator is available Monday-Friday, 9am-5pm.</p>	<p>Stay & Play—9am-11am A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p>Non-Violent Resistance Programme—10am-12pm A parenting programme for parents/carers of pre-teen children who are displaying violent and extreme behaviours. Email EHCfamilythrive@lewisham.gov.uk to find out more!</p> <p>Health Visitor Child Development Checks—9am-5pm 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>Citizens Advice—9am-5pm A FREE advice and information clinic on: debt, housing, immigration and more! Appointments are offered between 9am and 1pm and can be booked on 0800 231 5453. Drop-in between 2pm and 5pm.</p> <p>Employment and Benefits Advice—9am-5pm A FREE drop-in session offering employment and benefits advice, delivered by the DWP.</p>	<p>Stay & Play—9am-11am A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p>Health Visitor Child Development Checks—9am-5pm 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>Lewisham Refugee and Migrant Network—10.30am-12.30pm A FREE drop-in for refugees, asylum seekers and migrant communities, offering advice on: benefits, homelessness, housing and debt.</p>	<p>Benefits and Housing Advice—10am-12pm A FREE drop-in delivered by BENCH, providing specialist housing and benefits advice and information. Term-time only.</p> <p>Baby Massage—11.30am-1pm 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 8692 3653.</p> <p>Latino Bambino—2pm-2.45pm A FREE music and movement drop-in to support you with bonding with your baby!</p> <p>Find out more about Family Hubs by scanning the QR code below!</p>	<p>Midwifery Clinic—10am-5pm Community Midwives run antenatal clinics by appointment only. Call the Maternity Helpline on 020 8836 4491 for more information.</p> <p>Drumbeat Stay & Play—9am-12.30pm 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.</p> <p>Health Visitor Baby Hub—10am-12.30pm Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.</p>
				 <div data-bbox="1809 1401 2000 1576">  </div> 