

All sessions are FREE and start, unless otherwise stated, from Monday 23rd October - Friday 22nd December 2023.

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 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
months

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



Tuesday

Explorers Plus

Jointly 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 details above to book.

Breastfeeding Hub

1.00pm - 3.00pm

Drop in for breastfeeding
support from Lewisham
Health Visiting Team.

Wednesday



Thursday

Baby Weighing Drop-In

9.30am - 11.15am

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



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
or call
07513 727793

Friday

Young Mums Explorers

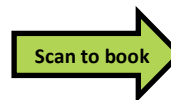
1.00pm - 2.00pm

Starts 10th November

If you are aged 16 to 25
come and join us at our
new stay & play session
for babies and children
aged 0-5 years.

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

New Session!





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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>OWL Babies Course 10.30am - 11.30am 6th Nov - 4th Dec 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 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 5th 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>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 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 details above to book.</p> <p>Triple P Parenting Course 10.00am - 12 noon 8th Nov - 13th Dec 6-8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. To book email enquiries@lewishamcfc.org.uk or call 07377 724243</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>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 evelyncfc@lewishamcfc.org.uk or call 07513 727797</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 or text or leave a message on 07513 727795 unless otherwise stated.

Monday

Sharing REAL with Parents

9.30am - 12.30pm
6th Nov - 27th Nov

A fun 4 week course with creche. Learn new ways to support your child's interest in books, early writing, songs and rhymes.
To book a place contact Angela Russell on 07432 739032 or 07342 023965 or email: arussell@ncb.org.uk



Tuesday

Feel Positive about Parenting

10.00am - 11.30am
14th Nov

Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help.
Age Group: 18 mths-10yr
See link and 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.

Mindful Mums

10.30pm - 12.00 noon

8th Nov - 6th Dec

Mindful Mums helps pregnant women and new mums to look after themselves during a challenging period of their lives.

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

Thursday

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



Health Visiting

For support, advice or concerns about your child's development, please send a message via myhv.lgt.nhs.uk/contact/

Friday

Baby Messy Play

10.00am - 11.00am

Sensory, fun & mess play.
Bring a change of clothes if possible - it will get messy!

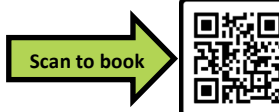
Age group: Birth to 18 months.

See link and details above to book

Breastfeeding Hub Drop-in

1.00pm - 3.00pm

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 unless otherwise stated.

Monday

EP Connect

2.00pm - 4.30pm

Term time only

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



Tuesday

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

Triple P Parenting Online Course

7.00pm - 8.30pm

7th Nov - 12th Dec

6 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour.

To book email enquiries @lewishamcfc.org.uk or call 07377 724243

Childcare Options in Lewisham Drop-in at Clyde Family Hub

Alverton Road, SE8 5NH

10:00am - 12noon

Tuesday 14th November

Need help finding a nursery or childminder?

Drop-in session - no need to book

Wednesday



Thursday

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

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

