

All sessions are FREE and start, unless otherwise stated, from Monday 8th January - Friday 9th February 2024.

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 mths

Bookings for this session will be released online at 12 noon the Wednesday before.

See link and 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 link and details above to book.



Tuesday

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.

Triple P Parenting Course

10.00am - 12noon

27th February - 2nd April

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

Feel Positive about Parenting

1.00pm - 2.30pm

30th January & 20th February

Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help.

Age Group: 18 mths - 10 yrs

See details above to book.

OWL Babies Course

1.00pm - 2.00pm

16th Jan - 13th Feb

Outdoor experiences are vital for brain development. Being outdoors is so important for babies as they learn and gain experience through their senses.

Age group: under 6 months

See details above to book.

Breastfeeding Hub

1.00pm - 3.00pm

Drop in for breastfeeding support from Lewisham Health Visiting Team.

No need to book

Wednesday

Sharing REAL with Parents

9.30am - 11.30pm

6th March - 27th March

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

07342 023965 or email

arussell@ncb.org.uk

Triple P for Baby Course

10.00am - 12.00 noon

17th January - 7th February

This 6 week course supports your transition into parenthood. Suitable for expectant parents and those with babies under 1 year old.

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

Mindful Mums

1.00pm - 2.30pm

10th Jan - 7th Feb

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

Free 5 week course

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

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

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 link and details above to book.



Scan to book



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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 Starts 19th February Join us for a fun, interactive singing, music and story session Age group: 0 to 5 years See link and details above to book.</p> <p>Toileting Tips Workshop 10.00am - 11.00am 5th February This session to learn tips and techniques for successfully toilet training your child. Age group: 18 mths to 5yrs See link and 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 23rd January - 26th March 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>Starting Solids Workshop 10.30am - 11.30am 16th January 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 13th February Our hour long workshops help you 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>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>OWL Babies Course 1.00pm - 2.00pm 29th February- 28th March 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 1.00pm-2.30pm Starts 22nd February Spend quality time with your baby at this 5 week course. Age group: non-crawlers See link and details above to book.</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

Developmental Reviews

9.00am - 4.00pm
Contact your Health Visitor for an Appointment.

Toileting Tips Workshop

10.00am - 11.00am

22nd January

Learn tips and techniques for successfully toilet training your child.

Age group: 18 mths to 5yrs
See details above to book.

Portion Size Workshop

10.30pm - 11.30am

4th March

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.

Starting Solids Workshop

10.30pm - 11.30am

12th February

This workshop will help you get your baby off to a great start when starting solids.

See details above to book



Tuesday

Feel Positive about Parenting

10.00am - 11.30am

6th Feb & 12th March

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.

Baby Massage

10.00am - 11.30am

20th February - 19th March

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

Age group: under 1s
See 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

10.00pm - 11.30am

21st February - 20th March

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

Baby Messy Play

1.30pm - 2.30pm

Sensory, fun & mess play.

Bring a change of clothes if possible - it will get messy!

Age group: Birth - 18mths
See details above to book

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



Friday

Mindful Mums - Diversity Matters

10.00am - 11.30am

12th Jan- 9th Feb

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/

Triple P for Baby Course

10.00am - 12.00 noon

16th February - 8th March

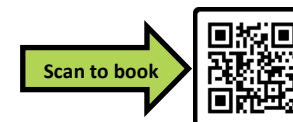
This 6 week course for expectant parents and those with babies under 1 year old supports your transition into parenthood.

To enquire or book your place please email enquiries@lewishamcfc.org.uk or call 07377 724243

Breastfeeding Hub Drop - in

1.00pm - 3.00pm





Get support and discuss any breastfeeding issues that you may be having.



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Monday 8th January - Friday 9th February 2024.

OTHER LEWISHAM VENUES & ONLINE TIMETABLE

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> <p>Starting Solids ZOOM Workshop 1.00pm - 2.30pm 19th February & 11th March Our hour long workshops help you get your baby off to a great start when starting solids. See link and 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>Incredible Years Course Beecroft Children's Centre Dalrymple Rd, London SE4 2BH 9.15am - 11.15am 16th Jan - 26th March (excluding half-term) Our 10 week Therapeutic Parenting group is for parents and carers with a child aged 4 -11 years who either have a diagnosis or may have ADHD. Your child may also display behaviours that make places and spaces unsafe to be in, or cause serious harm to themselves and others. <i>This course is not suitable for children with a diagnosis of ASD.</i> Age group: 4-11 years To book email enquiries @lewishamcfc.org.uk or call 07377 724243</p>	<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>Therapeutic Parenting Online Course 5.30pm - 7.30pm 21st Feb - 27th March This online Therapeutic Parenting group is for parents and carers with a child aged 4 -11 years who either have a diagnosis or may have ADHD. Your child may also display behaviours that make places and spaces unsafe to be in, or cause serious harm to themselves and others. <i>This course is not suitable for children with a diagnosis of ASD.</i> Age group: 4-11 years To book email enquiries @lewishamcfc.org.uk or call 07377 724243</p>	<p>Triple P Parenting Course Launcelot Primary School Launcelot Road, BR1 5EA Information Morning 18th January 9.00am - 11.00am Course runs 25th Jan - 29th February 9.00am - 11.00am (excluding half-term) A 6 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour. Age group: 2-10 years To book email enquiries @lewishamcfc.org.uk or call 07377 724243</p> <p>Finding Childcare in Lewisham 11:00am - 12 noon 11th Jan & 15th Feb Need help finding a nursery or childminder? Come and join us for this FREE ZOOM session. Information on: <ul style="list-style-type: none"> Finding a nursery Choosing a childminder Free Early Education Entitlement (FEEE) Extended 30 hours for 3 and 4-year-olds Tax Free Childcare See link and 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>  <div>   </div>