

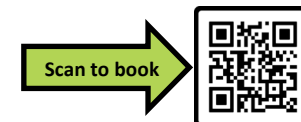
All sessions are FREE and start, unless otherwise stated, from Monday 19th February - Thursday 28th March 2024.

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	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>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.</p>	<p>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.</p> <p>Triple P Parenting Course 10.00am - 12noon 27th February - 2nd April This course for families of primary school aged children that positive strategies to manage behaviour. email enquiries@lewishamcfc.org.uk</p> <p>Breastfeeding Hub 1.00pm - 3.00pm Drop in for breastfeeding support from Lewisham Health Visiting Team. No need to book</p> <p>Fussy Eating Workshop 1.00pm - 2.00pm 20th February</p> <p>Portion Size Workshop 1.00pm - 2.00pm 27th February</p> <p>Starting Solids Workshop 1.00pm - 2.00pm 12th March See link and details above to book.</p> <p>Toileting Tips Drop-in 1.00pm - 2.00pm 19th March Age group: 18 months to 5 years. See link and details above to book.</p> <p>Feel Positive about Parenting 1.00pm - 2.30pm 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 years See link and details above to book.</p>	<p>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</p> <div data-bbox="1057 746 1413 1540">  <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 bellingham.cc@lewishamcfc.org.uk or call 07513 727793</p> </div>	<div data-bbox="1496 379 1765 639">  </div> <p>Baby Weighing Drop-In 9.30am - 11.15am Baby weighing drop-in session run by the Health Visiting Team.</p> <div data-bbox="1608 879 1854 1118">  </div>	<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 - 18mths See details above to book</p> <p>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</p> <div data-bbox="1877 1038 2101 1262">  </div>



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

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Monday

Rhythm & Rhyme

11.00am - 12.00noon
Join us for a fun, interactive singing, music and story session
Age group: 0 to 5 years
See link and details above to book.



Vitamin D Collection

Come and collect or register for your free Vitamin D while sessions are on in

Tuesday

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

Fussy Eating Workshop

1.00pm - 2.00pm
5th March
Our hour long workshops help with techniques to make mealtimes less stressful and encourage a balanced diet.
See link and details above to book.



Feel Positive about Parenting

10.30am - 11.30am
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.

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 mths
Bookings for this session will be released online at 12 noon the Friday before.
See link and details above to book.

Mindful Mums - Diversity Matters

11.00am - 12.30pm
21st Feb - 19th March
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/

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.

Thursday

Breastfeeding Hub Drop - In

10.00am - 12.00noon
Get support and discuss any breastfeeding issues that you may be having.

Developmental Reviews

Contact your Health Visitor for an Appointment.

OWL Babies Course

1.00pm - 2.00pm
29th Feb - 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.



Baby Massage

10.00am-11.30am
22nd Feb - 21st March
Spend quality time with your baby at this 5 week course.
Age group: non-crawlers
See link and details above to book.

Friday

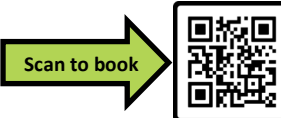
New Session!

Explorers Plus run with Portage

Starts 15th March
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.

Mindful Mums - Young Mums

11.00am - 12.30pm
23rd Feb - 22nd March
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
Visit blgmind.org.uk/lewisham/mindful-mums/






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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	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>Fussy Eating Workshop 10.30am - 11.30am 25th March Our workshops help with techniques to make mealtimes less stressful and encourage a balanced diet. See link and details above to book.</p> 	<p>Baby Massage 10.00am - 11.30am 20th Feb - 19th March Spend quality time with your baby at this 5 week in person course. Age group: under 1s See details above to book.</p> <p>Feel Positive about Parenting 10.00am - 11.30am 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.</p> <p>First Aid Course for Parents and Carers 10.00am - 2.00pm 26th March FREE course for Parents and Carers with Free creche 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 months 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 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.</p> <p>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/</p>	<p>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</p> <div style="border: 1px solid orange; padding: 10px; margin-top: 10px;"> <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 ladywell.cc@lewishamcfc.org.uk or call 07513 727795</p>  </div>	<p>Triple P for Baby Course 10.00am - 12.00noon 16th Feb - 8th March 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 your place please email @lewishamcfc.org.uk or call 07377 724243</p> <p>Breastfeeding Hub Drop - in 1.00pm - 3.00pm Get support and discuss any breastfeeding issues that you may be having.</p> <div style="text-align: right; margin-top: 20px;">  <div style="display: flex; align-items: center; justify-content: center;">   </div> </div>

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OTHER LEWISHAM VENUES & ONLINE TIMETABLE

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

Monday

Starting Solids ZOOM Workshop

1.00pm - 2.30pm

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.

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



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

