

Monday

Tuesday

Wednesday

Thursday

Friday

Evelyn Children and Family Centre - 231 Grove Street, SE8 3PZ - 07513 727797

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.



Explorers

2nd April
10.00am - 11.00am
Help your child learn through play using indoor and outdoor environments. Building self-awareness, confidence and resilience.
Age group: Birth to 8 years
See link and details above to book.

African Drumming

9th April
10.00am - 11.00am
Come and join us for African rhythms and drumming.
Age group: 0 - 8 years
See link and details above to book.

Little Explorers

3rd & 10th April
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: Under 18 mths
See link and details above to book.

Explorers

3rd & 10th April
1.00pm - 2.00pm
Help your child learn through play using indoor and outdoor environment. Building self-awareness, confidence and resilience.
Age group: Birth to 8 years
See link and details above to book.

Gilbert Giggles

11th April
10.00am - 11.00am
Come and join us for fun, magic and mayhem with Gilbert Giggles.
Age group: 0 - 8 years
See link and details above to book.

Breastfeeding Hub Drop - In

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



Explorers Plus

run with Portage
5th & 12th April
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.

Ladywell Children and Family Centre - 30 Rushey Mead, SE4 1JJ - 07513 727795

Mud, Mess & More

2nd & 9th April
10.00am-11.00am
Explore and discover your senses at our messy play sessions.
Age group: Under 8s
See link and details above to book.



Little Explorers

3rd & 10th April
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: Under 18 mths
See link and details above to book.

Explorers

3rd & 10th April
1.00pm - 2.00pm
Help your child learn through play using indoor and outdoor environment. Building self-awareness, confidence and resilience.
Age group: Birth to 8 years
See link and details above to book.

Explorers

4th & 11th April
1.00pm - 2.00pm
Help your child learn through play using indoor and outdoor environment. Building self-awareness, confidence and resilience.
Age group: Birth to 8 yrs
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.



Bellingham Children and Family Centre - 109 Randlesdown Rd, SE6 3HB - 07513 727793

Little Explorers

8th April
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: Under 18 mths
See link and details above to book.

Explorers

8th April
1.00pm - 2.00pm
Help your child learn through play using indoor and outdoor environments. Building self-awareness, confidence and resilience.
Age group: Birth to 8 years
See link and details above to book.

Explorers Plus

run with Portage
2nd & 9th April
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.

Breastfeeding Hub

1.00pm - 3.00pm
Drop in for breastfeeding support from Lewisham Health Visiting Team.
No need to book

Gilbert Giggles

10th April
10.30am - 11.30am
Come and join us for fun, magic and mayhem with Gilbert Giggles.
Age group: 0 - 8 years
See link and details above to book.



Baby Weighing Drop-In

9.30am - 11.15am
Baby weighing drop-in session run by the Health Visiting Team.



Explorers

5th & 12th April
10.00am - 11.00am
Help your child learn through play using indoor and outdoor environments. Building self-awareness, confidence and resilience.
Age group: Birth to 8 years
See link and details above to book.

