




Monday	Tuesday	Wednesday	Thursday	Friday	Information and Services
<p><b>Family Navigator— Mon-Fri, 9am-5pm</b></p> <p>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><b>Food Bank Vouchers— Mon-Fri, 9am-5am</b></p> <p>FREE Food Bank Vouchers providing access to our local foodbanks.</p>	<p><b>Stay &amp; Play—9am-11am</b> A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p><b>Employment and Benefits Advice—9am-3pm</b> A FREE drop-in session offering employment and benefits advice, delivered by the DWP. Get help looking for employment, writing your CV, Cover Letters and more!</p> <p><b>Citizens Advice—9am-5pm</b> 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><b>Stay &amp; Play—9am-11am</b> A FREE drop-in for families with children under the age of five. Experience messy play, craft activities, singing and much more!</p> <p><b>Lewisham Refugee and Migrant Network—10.30am-12.30pm</b> A FREE programme for refugees, asylum seekers and migrant communities. To book your place, or to find out more, please call 020 8694 0323.</p>  <p><b>To find out more about Family Hubs, scan below!</b></p> 	<p><b>Benefits and Housing Advice — 10am-12pm</b> A FREE drop-in delivered by BENCH, providing specialist housing and benefits advice and information. Term-time only.</p> <p><b>Baby Massage—11.30am-1pm</b> A FREE programme to support you with bonding with your baby, delivered by the Early Years Alliance. To book your place, call 07377742243 or visit <a href="http://www.lewishamcfc.org.uk/booking-form/">www.lewishamcfc.org.uk/booking-form/</a></p> <p><b>Latino Bambino—2pm-2.45pm</b> A FREE music and movement drop-in to support you with bonding with your baby! Dance away the baby weight with the help of your baby! Exercise, keep fit, have fun and bond with your baby whilst dancing to Latin rhythms.</p>	<p><b>Health Visitor Child Development Checks— 9am-5pm</b> 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><b>Drumbeat Stay &amp; Play—9am-12.30pm</b> 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><b>Health Visitor Baby Hub—10am-12.30pm</b> A FREE baby weighing clinic. Come and meet your Health Visitor who will weigh your baby and answer any questions you may have.</p>	<p><b>Clothing Bank—Mon-Fri, 9am-5am</b> A FREE clothing bank including items such as: clothing for ages 0-10 years, shoes, nappies, wipes, toiletries, home safety resources and much more!</p> <p><b>Vitamin D Supplements Mon—Fri, 9am-5pm</b> At Clyde Family Hub we offer free Vitamin D supplements for children under four and pregnant people.</p> <p><b>Booktrust Packs— Mon-Fri, 9am-5am</b> A FREE pack of books for ages 0-5 years. Packs are available in a range of languages and for children with special educational needs and disabilities. Just ask for your free pack at reception!</p> <p><b>Please email Family.Hubs@lewisham.gov.uk for any enquiries you may have.</b></p>