

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 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 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 link and details above to book.

Toileting Tips Drop-in

19th Sept, 1.30pm - 2.30pm
This session is to learn tips and techniques for successfully toilet training your child.
Age group: 18 months to 5 yrs
See link and details above to book.

Fussy Eating Workshop

10th Oct, 1.00pm - 2.00pm
Help to make mealtimes less stressful and encourage a balanced diet.
See link and details above to book.



Feel Positive about Parenting

12th Sept & 24th Oct
1.30pm - 3.00pm
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.

Portion Size Workshop

24th Oct, 1.00pm - 2.00pm
Learn about the size of your child's tummy and how to ensure your child is eating the right amount.
See link and details above to book.



Breastfeeding Hub

1.00pm - 3.00pm
Drop in for breastfeeding support from Lewisham Health Visiting Team

Wednesday

OWL Babies Course

1.00pm - 2.00pm
13th Sept - 11th Oct
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
Starts 8th November
Spend quality time with your baby at this 5 week course.
Age group: non-crawlers
See link and details above to book.



Thursday

Baby Weighing Drop-In

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

Starting Solids Workshop

1.00pm - 2.00pm
14th September
Our hour long workshops will help you get your baby off to a great start when starting solids.
See link and details above to book.



Triple P for Baby Course

12.45pm - 2.45pm
Starts 21st Sept
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 enquiries @lewishamcfc.org.uk or call 07377 724243



Friday

Mindful Mums

12.30pm - 3.00pm
15th Sept - 13th Oct
Mindful 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/

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

All sessions are FREE and start, unless otherwise stated, from Monday 11th September - Friday 20th October 2023.

To ensure that all parents get a chance to book onto a session, bookings for multiple weeks cannot be accepted and bookings for Explorers and Little Explorers will open on a Friday

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



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

Health Visiting

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

Tuesday

Baby Messy Play

10.00am - 11.00am
Sensory, fun & messy 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

Starting Solids Workshop

12th Sept, 10.30am - 11.30am
Help get your baby off to a great start when starting solids.
See link and details above to book

Portion Size Workshop

17th Oct, 10.30am - 11.30am
Learn about the size of your child's tummy and how to ensure your child is eating the right amount.
See link and details above to book

Fussy Eating Workshop

10th Oct, 10.30am - 11.30am
Learn techniques to make mealtimes less stressful and encourage a balanced diet.
See link and details above to book

Feel Positive about Parenting

10th Oct, 1.00pm - 3.00pm
5th Dec, 10.00am - 11.30am
Being a parent can be difficult, but these 30 minute 1:1 sessions with our parenting practitioner can help.
Age Group: 18 mths - 10 yr
See link and details above to book.

Outdoors Explorers

1.00pm - 2.00pm **Until 17th Oct**
Age group: Birth to 18 months
Bookings for this session will be released online at 12 noon the Thursday before.
See link and details above to book.

Toileting Tips Drop-in

3rd Oct, 1.30pm - 2.30pm
This session is to learn tips and techniques for successfully toilet training your child.
Age group: 18 months to 5 yrs
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 link and details above to book.

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.

Baby Massage

10.00am - 11.30am
Starts 13th Sept
Spend quality time with your baby at this 5 week course.
Age group: non-crawlers
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.

Developments Reviews

Contact your Health Visitors for an appointment

OWL Babies Course

1.00pm - 2.00pm
21st Sept - 19th Oct
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.



Friday

Triple P for Baby Course

10.00am - 12noon
Starts 22nd Sept
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 enquiries@lewishamcfc.org.uk or call 07377 724243

Mindful Mums

1.00pm - 2.30pm
15th Sept - 13th Oct
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/



All sessions are FREE and start, unless otherwise stated, from Monday 11th September - Friday 20th October 2023.

To ensure that all parents get a chance to book onto a session,
bookings for multiple weeks cannot be accepted.

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

Starting Solids Workshop

10.30am - 11.30am

18th Sept

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

See link and details above to book

Portion Size Workshop

10.30am - 11.30am

2nd Oct

Learn about the size of your child's tummy and how to ensure your child is eating the right amount.

See link and details above to book.

Fussy Eating Workshop

10.30am - 11.30am

16th Oct

Our hour long workshops help you with techniques to make mealtimes less stressful and encourage a balanced diet.

See link and details above to book.

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 call 07432 739032 or email Nicholas.white@lewisham.gov.uk



Tuesday

Toileting Tips Drop-in

1.30pm - 2.30pm

12th Sept

This session is to help you learn tips and techniques for successfully toilet training your child.

Age group: 18 months to 5 yrs

See link and details above to book.

Feel Positive about Parenting

1.30pm - 3.00pm

26th Sept

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 - 10 years

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

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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 link and details above to book.

Triple P Parenting Course

10.00am - 12noon

Starts 19th Sept

6-8 week course for parents of primary school aged children that offers positive parenting strategies to manage behaviour.

Age group: 2-10 years

To book call 07377 724243

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.

Baby Massage

1.00pm - 2.30pm

Starts 22nd Sept

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

Age group: non-crawlers
See link and details above to book.



All sessions are FREE and start, unless otherwise stated, from
Monday 11th September - Friday 20th October 2023.

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

Finding Childcare in Lewisham

11:00am - 12 noon

11th Sept & 9th Oct

Need help finding a nursery or childminder? Come and join us for this FREE ZOOM session.

Information on:

- 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

Tuesday

Starting Solids via Zoom

1.00pm - 2.30pm

26th Sept & 17th Oct

Our hour long workshops help you get your baby off to a great start when starting solids.

See link and details above to book

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

Baby Massage at Marvels Lane Children & Family Centre

65 Riddons Rd, SE12 9RA

2.00pm - 3.00pm

Starts 4th October

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

Age group: under 1s

To book call Marvels Lane directly on 020 8857 3904

Baby Massage at Sydenham Green Health Centre

26 Holmshaw Close, SE26 4TH

10.30am - 11.30am

Starts 4th October

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

Age group: under 1s

See link and details above to book.



Thursday

Baby Massage at Clyde Family Hub

Alverton Road, SE8 5NH

11.30am - 12.30pm

Starts 5th October

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

Age group: under 1s

See link and details above to book.

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

