

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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

**Tel Number 07513 727797**

**Story Telling Sessions**  
24th July & 14th August  
10.30am - 11.15am  
Join us for these fun interactive family Storytelling and Song Sessions.  
Age group: 0 - 8 years



**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

**Outdoor Explorers**  
1.00pm - 2.00pm  
Come and experience how the outdoor environment benefits your child's physical and mental wellbeing.  
Age group: Under 5's

**Arts & Crafts**  
8th August only  
1.00pm - 2.30pm  
Join us for these fun arts & crafts activities.  
Age group: 0 - 8 years

**Feel Positive about Parenting**  
22nd August only  
10.00am - 11.30am  
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.  
Age Group: 18 mths - 10 years

**Little Explorers Sessions**  
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 months

**Explorers**  
26th July only  
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 - 5 years

**Mud, Mess & More**  
1.00pm-2.30pm  
Explore and discover your senses at our messy play sessions.  
Age group: 0 - 8 years



Book your sessions here



**Gilbert Giggles**  
11th & 25th August  
10.00am - 11.00am  
Come and join us for fun, magic and mayhem with Gilbert Giggles.  
Age group: 0 - 8 years



**African Drumming**  
11th August  
1.30pm - 2.30pm  
Come and join us for African rhythms and drumming.  
Age group: 0 - 8 years



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

**Tel Number 07513 727795**

**Story Telling Sessions**  
31st July only  
10.30am - 11.15am  
Join us for these fun interactive family Storytelling and Song Sessions.  
Age group: 0 - 8 years



**Circus Skills**

Come and join us for FREE fun circus skills workshops

**Forster Park**, Southend Lane, SE6

**Tuesday 25th July, 10.30am -12.00 noon**

**Hilly Fields Park**, Adelaide Avenue, SE4

**Tuesday 1st August, 10.30am -12.00 noon**

**Bellingham Green Park**, Bellingham Green, SE6

**Tuesday 8th August, 10.30am -12.00 noon**

**Deptford Park**, 23 Scawen Rd, SE8

**Friday 18th August, 10.30am -12.00 noon**

Age group: Under 10 years olds

Adults must stay and supervise their children during the session.

Bookings open a week before each session

To book your FREE place

go to [www.lewishamcfc.org.uk/booking-form](http://www.lewishamcfc.org.uk/booking-form) or call a centre

**Little Explorers Sessions**  
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 months

**Explorers**  
26th July only  
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 - 5 years

**Arts & Crafts**  
16th August only  
1.00pm - 2.30pm  
Join us for these fun arts & crafts activities.  
Age group: 0 - 8 years

**Mud, Mess & More**  
2nd, 9th & 23rd August  
1.00pm - 2.30pm  
Explore and discover your senses at our messy play sessions.  
Age group: 0 - 8 years

**Baby Messy Play**  
27th July only  
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

**Feel Positive about Parenting**  
17th August only  
10.00am - 11.30am  
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.  
Age Group: 18 mths - 10 years



**Mud, Mess & More**  
4th, 11th, 18 & 25th August  
1.00pm-2.30pm  
Explore and discover your senses at our messy play sessions.  
Age group: 0 - 8 years



Book your sessions here



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

**Tel Number 07513 727793**

**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: Under 18 mths

**Explorers**  
24th July only  
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 - 5 years

**Mud, Mess & More**  
31st July, 7th, 14th, 21st Aug  
1.00pm-2.30pm  
Explore and discover your senses at our messy play sessions.  
Age group: 0 - 8 years

**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

**Story Telling Session**  
15th August only  
1.00pm - 1.45pm  
Join us for these fun interactive family Storytelling and Song Sessions.  
Age group: 0 - 8 years

**Gilbert Giggles**  
9th August  
10.00am - 11.00am  
Come and join us for fun, magic and mayhem with Gilbert Giggles.  
Age group: 0 - 8 years



**Gilbert Giggles**  
24th August  
1.00pm - 2.00pm  
Come and join us for fun, magic and mayhem with Gilbert Giggles.  
Age group: 0 - 8 years

**Feel Positive about Parenting**  
10th August only  
1.30pm - 3.00pm  
Being a parent can be difficult, but these 1:1 sessions with our parenting team can help.  
Age Group: 18 mths - 10 yrs

**African Drumming**  
4th August  
10.30am - 11.30am  
Come and join us for African rhythms and drumming.  
Age group: 0 - 8 years



**Triple P 'Tip Sheets' via Zoom**

10.00am - 11.00am  
Join us online for discussions and tips that provide suggestions for preventing and managing common parenting, developmental issues and behaviour difficulties.

**Interrupting - Wednesday 26th July**  
**Sharing - Wednesday 9th August**  
**Overcoming Fears - Wednesday 23rd August**

Age Group: 18mths-10yrs



Book your place here