

Helping families to thrive

Welcome to Lewisham's

Family Hubs



What is a Family Hub?

A Family Hub is a place where children, young people and their families can go for help and support – or just to meet other families and socialise.

A Family Hub is a one-stop shop with different support services in one location.

Who can access a Family Hub?

Any family with a child between the ages of 0 and 19 (or 25 with special educational needs and disabilities) can access a Family Hub. Pregnant women and birthing people can also access Family Hubs.

What services are offered within a Family Hub?

- Stay and Play activities that enable children and families to socialise, connect and play!
- Parenting support
- Employment and benefits advice
- Housing advocacy
- Special educational needs and disabilities (SEND)
- Low mood and mental health
- Domestic abuse support
- Midwifery
- Support for fathers and male carers
- Health Visiting
- Much, much more!

How can I access a Family Hub?

To access a Family Hub, simply walk-in during opening times or call the Family Hub. All Family Hub services are free and interpreters are available for families where English is an additional language. You can also access Family Hub services by reaching out to our Family Navigators (more information below).



Is a Family Hub just for families who need help?

No! While help is available at the Family Hubs for those who need it, their doors are open to all parents, carers and young people – whether they feel they need support or not.

Everyone is very welcome, even if you just want to pop in for the activity sessions that give children, parents and carers the chance to socialise and support their children's development.

Where are the Lewisham Family Hubs?

1. **Clyde Family Hub**, Alverton Street, SE8 5NH
2. **Downderry Family Hub**, Shroffold Road, BR1 5PD
3. **Bellingham Family Hub**, 109 Randlesdown Road, SE6 3HB

Who are Family Navigators?

Family Navigators are based within Family Hubs and offer free, confidential, and non-judgmental support by connecting you with on site and local support services, led by you.

Family Navigators can:

1. Provide advice and information on a range of different topics
2. Signpost you to local support and services
3. Introduce you to services located within Family Hubs and elsewhere
4. Provide you with a listening ear
5. Support you with form filling
6. Provide practical advice and guidance

Family Navigators can be accessed by asking a Family Hub member of staff or by scanning the QR code below.



What do families that have used a Family Hub say about it?

'It makes you feel listened to and part of a family who cares about you and your problems'.

'Good, friendly environment. I love that they have included services to support us with childcare and financial help'.

'My baby daughter enjoys all the activities and especially singing the songs. She repeats the movements while singing. She is very excited about coming to Stay and Play'.

'Being in a group with people going through the same sort of thing as you is comforting and lets you feel less alone'.



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