South Bermondsey Best Start Family Hub
Tuesday 3rd November – Friday 18th December 2026

Bermondsey & Rotherhithe Locality
South Bermondsey, Rotherhithe, Ellen Brown & Pilgrims' Way

SOUTH BERMONDSEY **ROTHERHITHE** **ELLEN BROWN** **PILGRIMS' WAY**

South Bermondsey Best Start Family Hub

Monday	Tuesday	Wednesday	Thursday	Friday	PARENTING COURSES
Chattertime 1-5 years **South Bermondsey** 10:00am – 11:30am **9th November – 14th December** Meet a speech and language therapist and practise general communication strategies with your child. **Baby Boogie Mites** 0-12 months **South Bermondsey** 1:30pm – 2:15pm **NO GROUP ON 2ND NOVEMBER**	**Parent Advice and Support** **South Bermondsey** 10:00am – 4:00pm Email or call to make an appointment 0207 358 2878 familyhub@pilgrimsway.southwark.sch.uk Advice on housing, SEND, navigating Southwark services. All members of staff are available to assist or signpost to **'What's on in the Best Start Family Hub'.**	**Southwark Housing Advice Clinic** 9:00am – 4:00pm **South Bermondsey** **11th November & 9th December** **For more details and to book a place please email familyhub@pilgrimsway.southwark.sch.uk**	**Tiny Moments** 0-12 months **South Bermondsey** 1:30pm – 2:30pm	**Adolescent Sure Start Team Drop In** 11+ years 2:30pm to 5:00pm **South Bermondsey** Every week **Citizen Advice Advisor** 10:00am to 4:00pm **South Bermondsey** **Email to book an appointment** **familyhub@pilgrimsway.southwark.sch.uk** **or call** **0207 358 2878** **Rose Vouchers** Collection **South Bermondsey** 9:30am – 12:00 noon	

Rotherhithe

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Crocs Football 22 months - 3 years **Rotherhithe** 10:00am – 11:00am **NO GROUP ON 2ND NOVEMBER**	**Little Steps to Nursery** 18 months – 2 years **Rotherhithe** **10:00am – 11:30am** **Bookable course** **Baby Boogie Mites** 0-12 months **Rotherhithe** 2;00pm – 2:45pm	**Play Together** **(Twin & Triplet group)** 0-3 years **Rotherhithe** 10:00am – 11:30am	**Breastfeeding Café** Infant Feeding Drop in **Rotherhithe** 10:00am – 12 noon **Starting Solids Workshop** Henry Programme 10:00am – 12 noon **Rotherhithe** **1:30pm – 3:30pm** **10th December** To book or more details for Starting Solids Workshop and Fussy Eating Workshops please email below **gst-tr.hvsupportanddevelopmentworker@nhs.net**	**Toddler Boogie Mites** 1-2 years **Rotherhithe** 10:00am – 10:45am **Toddler Boogie Mites** 2-4 years **Rotherhithe** 11:30am – 12:15pm	**'Welcome to Parenthood' Support Group** **FULLY BOOKED** **14TH November** **21st November** **28th November** **5th December** **12th December** **Email to book your place familyhub@pilgrimsway.southwark.sch.uk** **Sunday** **Junior Park Run every Sunday – 9am** **4-11 years** **Free, fun and friendly 2K run in the park. Southwark Park, Gomm Road, SE16 2TX.** **southwarkjuniors@parkrun.com**

Ellen Brown

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Steps to Nursery 18 months – 2 years **Ellen Brown** 10:00am – 11:30am **Bookable course** **Tiny Moments – Baby Group** 0-12 months **Ellen Brown** 1:30pm – 2:30pm **NO GROUP ON 2ND NOVEMBER**	**Stay & Play (Childminders ONLY group)** 12 months + **Ellen Brown** 10:00am – 11:30am **Rose Vouchers** Collection **Ellen Brown** 9:30am – 12:00 noon Rose VOUCHERS for fruit&veg	**Toddler Steps to Nursery** 2 -3 years **Ellen Brown** 10:00am – 11:30am **Bookable course** **Baby Boogie Mites** 0-12 months **Ellen Brown** 1:30pm – 2:15pm	**Melodies for Mums** 0-9 months **Ellen Brown** **8th October until 10th December 2026** Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing. **Email to join group or for more information.** **melodies@breatheahr.org** **0203 290 2013**	**Little Explorers** 12 -18 months **Ellen Brown** 10:00am – 11:30am	**21st November** **5th December** **Toddler Boogie Mites Group 1** 1-2 years **Ellen Brown** 10:00 – 10:45 am **Toddler Boogie Mites Group 2** 2-4 years **Ellen Brown** 11:15am – 12:00 noon

Pilgrims' Way – TEMPORARY BUILDING CLOSED DUE TO BUILDING MAINTENANCE

Monday	Tuesday	Wednesday	Thursday	Friday	

If you have any concerns or would like advice on your child's development, appointments to speak with a SEND practitioner can be arranged by speaking with any member of staff or email familyhub@pilgrimsway.southwark.sch.uk or call 0207 358 2878

We would like to keep EVERYONE safe and healthy, and some groups have a limited number of families permitted in our centres.

We kindly ask everyone NOT to use their mobile phones whilst in our sessions. This is for safeguarding purposes, and it is an opportunity to spend quality time with your child/ren.

South Bermondsey Children and Family Hub

Tenda Road, London, SE16 3PN

Ellen Brown Children and Family Centre

145 Grange Road (Spa Park) SE1 3EU

Pilgrims' Way Children and Family Centre

Tustin Estate, Manor Grove, SE15 1EF

Rotherhithe Children and Family Centre

Southwark Park (Hawkstone Road entrance) SE16 2PF

Telephone: 0207 358 2878

familyhub@pilgrimsway.southwark.sch.uk

Please visit our website for further information

br-cc.org.uk

Free Vitamin D
Pregnant women, new mums, and children under four in the borough can get free vitamin D supplements.

Dolly Parton Imagination Library

If you live in Southwark and have a child under 5, you can register to receive a FREE book every month until their 5th birthday. Sign up and make bedtime fun. Check your eligibility and sign up on the Dolly Parton Website.

https://imaginationlibrary.com/check-availability/

50 Things To Do Before Five!

Download the app or visit the website for free fun activities to do with your child and have fun, play, and learn.
Website: https://50thingstodo.org/

SOUTHWARK START FOR LIFE offer includes help with:

- Feeding your baby ✓
- Making friends and connections ✓
- Mental health & wellbeing ✓
- Building relationships with your baby ✓
- Support for children special needs & disabilities ✓
- Early education at home ✓
- Everyday parenting challenges ✓
- Accessing information, advice, and your free childcare offer ✓

https://services.southwark.gov.uk/

All sessions are free of charge. For more information about our sessions and services please contact familyhub@pilgrimsway.southwark.sch.uk 0207 358 2878 South Bermondsey Best Start Hub, Tenda Road, London, SE16 3PN