



Bexley Children's Centres Timetable - January to April 2025

Day	Activity/ Session	Dates & Times	Venue / Centre	Booking Details
Monday	Coffee Morning with interactive play sessions For parents/carers and children 0-3 years	10:00-11:30	NorthCray Neighbourhood Centre 1 Davis Way, Sidcup DA14 5JR	Sessions are FREE No need to book - just come along
Monday	Mindful Mums (run by MIND in Bexley) Wellbeing & support for you and your baby	11:30 – 1:00 13 Jan – 10 Feb	Danson CC Brampton Road DA7 4EZ	For more information and to book a space visit Mindinbexley.org.uk/mindful-mums
Monday	Chill and Chat A safe space for families with children 0-2 yrs to meet others in a similiar situation	2:00-3:30 Starting 03 Feb	Danson CC Brampton Road DA7 4EZ	Sessions are FREE Please note this session is by invite only
Monday	Sing, Sign & Story Time For ages 0-3 years	1:30-2:30 20 Jan – 10 Feb	Haberdashers Iron Mill Lane, Crayford DA1 4RS	4-week sessions are FREE Must be booked Call 0203 045 5480 to book
Tuesday	Terrific Tuesdays To support babies & toddlers 0-3 years through interactive activities	10:00 – 11:30	Greenmead Community Centre, Lime Row, Thamesmead DA18 4HW	Sessions are FREE No need to book - just come along
Tuesday	Triple P –Positive Parenting Events For parents/carers aimed at children 18 mths-10 yrs Sessions on 14/01 , 28/01, 25/02, 11/03	9:30 –11:30	Central Library Townley Road Bexleyheath DA6 7HL	Sessions are FREE Need to be booked through eventbrite See Central Library website for more details
Tuesday	PEEPS Parent & Child Interactive sessions To help with your children's development For ages 12-24 months	2:00-3:00 4-week course 21 Jan – 11 Feb	West Street CC 174 Chandlers Drive, Erith DA8 1LW	Sessions are FREE For more information and book a place please call 0203 045 5480



Please also check **Bexley Childrens Centres** and **Places to visit & things to do with kids in and around Bexley** facebook pages for additional sessions / activities.



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Tuesday	Bouncing Babies For new parents and babies 0-12 months (sorry, unable to accommodate older siblings)	2:00 – 3:30	Northumberland Heath CC 141 Brook Street, Erith DA8 1JD	Sessions are FREE No need to book - just come along
Tuesday	Information / Parenting advice Afternoons Find out about services and activities in the community or talk to a practitioner about any parenting concerns	1 st Tuesday of every month 1:00 – 3:00 07 Jan, 04 Feb, 04 Mar, 01 April	The Nest Community Library Cygnet Square, Thamesmead SE2 9FA	Sessions are FREE No need to book - just come along Advice given on Behaviour, Toilet Training, Fussy Eating and child development
Wednesday	HENRY Right from the Start 8 week course on becoming more confident as a parent to include; healthy lifestyle, family routines, reduce mealtime stress	10:00-12:00 Starting 21 Jan X 8 weeks	West Street 174 Chandlers Drive, Erith DA8 1LW	Please call centre on 0203 045 5480 for more information and to book a place. Please note that we can only accommodate babies under 1 year. We can not accommodate older children in the group (we are unable to provide any childcare)
Wednesday	Mindful Mums (run by MIND in Bexley) Wellbeing & support for you and your baby	10:30-12.00 15 Jan – 12 Feb	Greenmead Community Centre, Lime Row, Thamesmead DA18 4HW	To book visit Mindinbexley.org.uk/mindful-mums
Wednesday	Baby Bank For families on a low income to be able to receive 'pre loved' baby clothes and other items at no cost (depending on donations)	Monthly 9:30-11:30 29 Jan, 26 Feb, 26 Mar, 30 April	Greenmead Community Centre, Lime Row, Thamesmead DA18 4HW	No appointment needed –just come along Call centre for more details on 0203 045 5480
Wednesday	Wild Wednesdays To support babies & toddlers 0-3 years through interactive activities	1:30 – 3:00	Greenmead Community Centre, Lime Row, Thamesmead DA18 4HW	Sessions are FREE No need to book –just come along
Wednesday	Baby Yoga 4 week course For babies 3 months to pre crawling	1:30-2:30 08 Jan- 29 Jan 05 Feb – 26 Feb 05 Mar – 26Mar	West street CC 174 Chandlers Drive, Erith DA8 1LW	£5.00 per course Call 0203 045 5480 to book a place Please note that priority is given to families on a low income

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Thursday	<p>PEEPS Sing, Sign and Story time</p> <p>For babies and children 0-3 years to support their early communication skills</p>	10:30-11:30	<p>The Nest Community Library Cygnet Square, Thamesmead SE2 9FA</p>	<p>Sessions are FREE</p> <p>No need to book –just come along</p>
Thursday	<p>Baby Massage 4-week course</p> <p>For babies 6 weeks – pre crawling</p>	<p>10:00 –11:00</p> <p>09 Jan – 30 Jan</p> <p>06 Feb – 27 Feb</p> <p>06 Mar – 27Mar</p>	<p>Northumberland Heath CC 141 Brook Street, Erith DA8 1JD</p>	<p>£5.00 per course</p> <p>Call the centre on 0203 045 5480 to book a place Please note that priority is given to families on a low income</p>
Thursday	<p>Toddler Time</p> <p>For parents/carers and toddlers up to 3 years old</p>	<p>1:00 – 2:30</p> <p>Term-Time Only</p>	<p>East Wickham school – via Rosemary Road, Wickham Street, Welling DA16 3BP</p>	<p>Sessions are FREE</p> <p>No need to book –just come along Please come along to Rosemary road for entrance (next to school)</p>
Thursday	<p>Young Parents Group & play session</p> <p>For all parents under 23 years and their children 0-18 months</p>	1:30 – 3:00	<p>Northumberland Heath CC 141 Brook Street, Erith DA8 1JD</p>	<p>Sessions are FREE</p> <p>No need to book – just come along</p>
Friday	<p>Bouncing Babies (with introduction to PEEPS special time) For new parents and babies 0-12 months</p>	10:00-11:30	<p>West Street CC 174 Chandlers Drive, Erith DA8 1LW</p>	<p>Sessions are FREE</p> <p>No need to book – just come along</p>
Friday	<p>Starting Solids Session</p> <p>For families looking to start weaning with their baby</p>	<p>1:00-2:30</p> <p>31 Jan, 28 Feb & 28 March</p>	<p>West Street CC 174 Chandlers Drive, Erith DA8 1LW</p>	<p>Sessions are FREE</p> <p>Please call the centre to book a place</p>
Other Services held in the Bexley Children's Centres				
Monday to Friday	<p>QE – Lewisham and Greenwich Midwifery Clinics</p>	9:00-5:00	<p>Danson CC Brampton Road, DA7 4EZ</p>	<p>Appointments via your Midwifery Team For more information contact: 07787841986</p>

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Monday to Friday	DVH – Gravesham & Dartford Midwifery Clinics	9:00-5:00	Held at Northend CC & Northumberland Heath CC	Appointments via your Midwifery Team For more information contact: 01322 428754
Monday to Friday	1 & 2 year Development Reviews 6 –8 week baby health checks	9:00-5:00	Held at West Street CC Danson CC Northend CC	Appointments via your Health Visitor Contact Bexley 0-19 Service 0300 330 5777
Monday	BCG Vaccination Clinic	9.00-4.00	Northumberland Heath CC	By appointment only email HRCH.BCG@nhs.net
Tuesday	Well baby drop-in clinic & Infant feeding support	9:30-11:30	North Cray Neighbourhood Centre 1 Davis Way, Sidcup DA14 5JR	Drop-in clinics for parents/carers to weigh their baby/child (0-4 yrs) and speak to a Health visitor about any concerns
Tuesday, Wednesday & Friday	Speech and Language Groups	9.00 - 4.00	West St and Northumberland Heath CC	Sessions are for children referred to Oxleas Speech & Language Service only
Wednesday	Infant Feeding Support (Bexley 0-19 Service)	1:30 – 3:30	Danson CC Brampton Road DA7 4EZ	Free drop In No need to book, just come along
Thursday	Infant Feeding Support (Bexley 0-19 Service)	9:00- 1:00	West Street CC 174 Chandlers Drive, Erith, DA8 1LW	For Appointments Contact Bexley 0-19 Service on 0300 330 5777
Thursday	Well baby drop-in clinic run by Bexley 0-19 Service	1.30-3.30	Howbury Centre, Chrome Rd, Slade Green DA8 2EL	No need to book - just come along

Our Children's Centres services and sessions aims to improve the outcomes for families with babies and young children, ensuring they are happy, healthy and ready to start preschool/nursery.

Scan our QR code to take you to our website and to register online.

In addition to what we have on offer, if you would like ideas to support your child's learning and development at home, look at [Introduction to the Born Ready, School Ready, Bexley Ready guide | London Borough of Bexley](#) and see the BBC Tiny Happy People: [BBC Tiny Happy People](#).



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