

What's on

in the Lewes/Havens area

Covering Peacehaven, Newhaven, Lewes and beyond

June - July - August 2024



EHLewesHavens@eastsussex.gov.uk

01273 336930





Weekly Groups



Drop In Groups - Just show up at the group

Monday's

First Steps Group 12 mths - 3 yrs - Peacehaven FH 9.15am - 10.30am.
Singing, messy play and social interaction with other parents.

Baby Time Group 0-12 months - Peacehaven FH 11.15am - 12.15pm
A chance to meet other parents/carers and babies.

Wednesday's

Just Play Group 0 - 5 years - Peacehaven FH 1pm - 2.30pm
Planned activities, singing, free play, messy play and physical.
A chance to meet other parents/carers and children.

Baby & Me Group 0 - 12 months - Lewes FH 1pm - 2pm
A chance to meet other parents/carers and babies.

Friday's

Malling Munchkins 0 - 5 years - Lewes FH 10am - 11.30am
This group is delivered within Malling Community Centre, behind the Hub.

Planned activities, singing, free play and messy play. A chance to meet other parents/carers with children.



Courses & Workshops

Early Words - 2 sessions Parents/Carers & Babies together - Babies aged 12 - 24 months @ Peacehaven & Lewes Family Hub's.

Sessions run on various days and times please phone to book a place on next available session. 2 one-hour sessions focusing on speech, language and communication development.

Babbling Babies - 2 sessions Parents/Carers & Babies together - Babies aged 6 weeks to 12 months @ Peacehaven & Lewes Family Hub's.

Sessions run on various days and times please phone to book a place on next available session. 2 one-hour sessions focusing on quality interactions which support speech, language and communication development.

Small Beginnings - 4 & 6 week courses Parents/Carers and Children together.

Wednesday's in Lewes Family Hub 4-week sessions 10am - 11am.

Thursday's in Peacehaven Family Hub 6-week sessions 1pm - 2.30pm.

These sessions run on a rolling program. These sessions are for families who have concerns around their child's development, communication, interaction and/or play skills.

Family First Aid 3 Week Courses with creche.

Sessions run on various days and times please phone to book a place on next available session. Course to prepare adults to deal with first aid involving their families.

Early Years Play & Learn sessions - under 4 years Parents/Carers and children together.

Sessions run on various days and times please phone to book a place on next available session. Support for families where you have concerns around development and play Interactions and attunement.

Parent & Child Signing Course - Parents & Children together - children aged 6 months onwards upto 4 years. A five week course teaching parents/carers key signs to support their child's/children's communication skills. Dates are Tuesday's 30th July, 6th, 13th, 20th & 27th August 2024 10am - 11.30am. @ Lewes Family Hub

HENRY Course - 8 week course with creche.

Health, Exercise & Nutrition in the Really Young. Looking at a whole family approach to exercise, healthy eating, parenting and behaviour support.

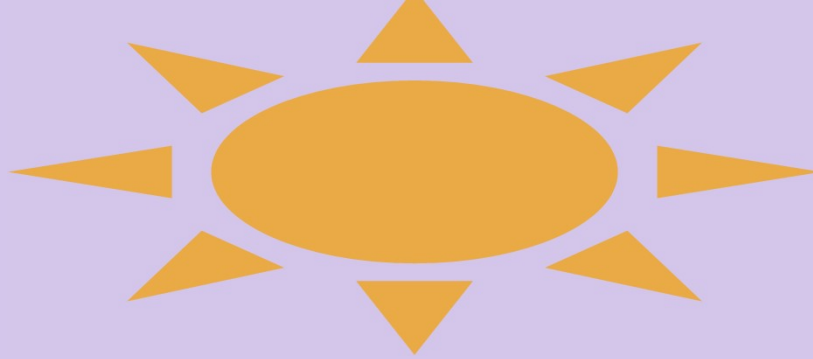
Dates are Tuesday's 4th, 11th, 18th & 25th June, 2nd, 9th, 16th & 23rd July 2024 9.30am - 12 noon @ Lewes Family Hub.

Fun With Learning - 5 week course with creche.

Aimed at parents/carers to encourage their children to develop their skills in speaking and listening. Make/play games with their children to reinforce phonics, reading, spelling and maths development. Dates are Wednesday's 12th, 19th & 26th June, 3rd & 10th July 2024 9.30am - 11.30am @ Peacehaven Family Hub.

To book a place please contact:

EHLewesHavens@eastsussex.gov.uk or phone 01273 336930.



Summer Fun - Drop In Groups

Just show up at the group-no need to book
Parents & Children Together

Monday's - 29th July, 5th, 12th, & 19th August

Baby Time Group 0-12 months - Peacehaven FH 11.15am - 12.15pm
A chance to meet other parents/carers and babies.

Wednesday's - 24th & 31st July, 7th, 14th, 21st & 28th August

Just Play Group 0 - 11 years - Peacehaven FH 1pm - 2.30pm
Planned activities, singing, free play, messy play and physical.
A chance to meet other parents/carers and children.

Baby & Me Group 0 - 12 months - Lewes FH 1pm - 2pm
A chance to meet other parents/carers and babies.

Friday's - 26th July, 2nd, 9th, 16th, 23rd & 30th August

Malling Munchkins 0 - 11 years - Lewes FH 10am - 11.30am

This group is delivered within Malling Community Centre, behind the Hub.

Planned activities, singing, free play and messy play. A chance to meet other parents/carers with children.





UNLOCK YOUR OPTIONS

Are you thinking of moving into work?

Come along to our drop-in sessions at **Family Hubs** (no appointment needed). You can talk to specialist advisers about:

- Moving in or out of work
- Information, advice and guidance to help support families with progress into work
- Childcare choices for working parents and how this works with Universal Credit
- Volunteering opportunities
- Training options

Peacehaven, Meridian Way, BN10 8NF

10am – 12:30pm Second Monday of each month

- 13th May 2024
- 10th June 2024
- 8th July 2024
- 12th August 2024
- 9th September 2024
- 14th October 2024
- 11th November 2024









Juggling family life...?



...we're here to help.

**Every family goes through ups and downs.
Let us help you to find the answers.**


We can offer you a wide range of support with

-  emotional wellbeing
-  special educational needs and disabilities
-  financial, housing or employment challenges
-  supporting your child's behaviour
-  support for new parents
-  activities for children of all ages

 **01323 46 46 55**

 **familyhubs@eastsussex.gov.uk**





For families with children and young people with special educational needs and disabilities in Sussex

- ADVICE LINE
- WEBSITE
- SUPPORT & SOCIAL GROUPS
- WORKSHOPS
- BENEFITS HELP
- COMPASS CARD

AMAZE

amazesussex.org.uk



Information, advice and support on special educational needs and disability for parents, carers, children and young people up to 25 in Brighton & Hove and East Sussex. We work with families with children with any disability and your child does NOT need a diagnosis to get in touch.

01273 772289
sendiass@amazesussex.org.uk

Where to find us



Peacehaven Family Hub
Meridian Way, Peacehaven
East Sussex, BN10 8NF



Lewes Family Hub
Malling Community Centre,
Spences Lane, Lewes, BN7 2HQ