

SOUTHWARK HOUSING SUPPORT AND ADVICE



Drop in Advice
Monthly
9.30am -4pm
Wednesday
Dates
8th April & 13th May 2026

Do you need
support with
housing issues?

Have you got questions,
queries about any
current housing issues?



Where to come
South Bermondsey
Children and Family
Hub
Tenda Road- SE16
3PN

Tel. No. 0207 3582878

Email.

Familyhub@pilgrimsway.southwark.sch.uk

Contact:
Emmanuel Olaleye
Gateway Prevention Officer
Housing Needs and
Support
[Emmanuel.olaleye@southwark.](mailto:Emmanuel.olaleye@southwark.gov.uk)
[gov.uk](http://southwark.gov.uk)

South Bermondsey Best Start Hub

Monday 23rd February – Friday 27th March 2026

Bermondsey & Rotherhithe Locality

South Bermondsey, Rotherhithe, Ellen Brown & Pilgrims' Way

SOUTH BERMONDSEY

ROTHERHITHE

ELLEN BROWN PILGRIMS' WAY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Toilet Training Workshop 15 months + 10:00am – 11:30am South Bermondsey 9th March 2026</p> <p>For more details and to book a place please email familyhub@pilgrimsway.so ufhwork.sch.uk</p>	<p>Chattertime 1 year – 5 years 10:00am – 11:30am South Bermondsey</p> <p>26th February and every Tuesday until 24th March 2026</p> <p>Meet a speech and language therapist and practice general communication strategies with your child.</p>	<p>Southwark Housing Advice Clinic 9:00am – 4:00pm South Bermondsey</p> <p>11th March 2026</p> <p>For more details and to book a place please email familyhub@pilgrimsway.southwark.sch.uk</p>	<p>Melodies for Mums 0 – 9 months 1:30pm – 2:50pm and 3:15pm – 4:30pm South Bermondsey</p> <p>29th January 2026 – 2nd April 2026</p> <p>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@breathechr.org 0203 290 2013</p>	<p>'Going Back Strong' Parents returning to work following maternity/paternity leave may like to explore with professionals some tips and guidance for smooth and supportive transition.</p> <p>10:00am – 12:00 noon South Bermondsey 20th March 2026</p> <p>BOOKING NOT REQUIRED</p> <p>Best Start in Life Campaign Community Session 10:00am – 12:00 noon South Bermondsey 27th March 2026</p> <p>With lunch provided. Join us for your chance to ask questions, share experiences and let us know what you need from the Best Start in Life Hubs!</p>
<p>For more details and to book your place please email familyhub@pilgrimsway.so ufhwork.sch.uk</p>	<p>Welcome to Parenthood' Support Group 1:00pm – 3:00pm South Bermondsey (booking ONLY)</p> <p>Dates to be confirmed.</p> <p>Email to book your place familyhub@pilgrimsway.so ufhwork.sch.uk</p>	<p>Family Community Work Coaching</p> <p>Email Aaron Lambert for more information</p> <p>Aaron.lambert@dwp.gov.uk</p>	<p>Starting Solids Workshop Henry Programme 10:00am – 12 noon South Bermondsey 3rd March 2026</p> <p>To book or more details for Starting Solids Workshop and Fussy Eating Workshops please email below gst-tr.nvsupportanddevelopmentworker@nhs.net</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Little Explorers 12 – 18 months Rotherhithe 10:00am – 11:30am</p>	<p>SEND Parenting Support Group 10:00am – 12:00 noon South Bermondsey (booking ONLY) Commencing in April 2026. Email to book your place familyhub@pilgrimsway.southwark.sch.uk</p>	<p>Tiny Moments – Baby Group 0-12 months Rotherhithe 1:30pm – 2.45pm</p>	<p>Play Together (TWIN GROUP) 0-3 years Rotherhithe 10:00am – 11:30am</p>	<p>Adolescent Sure Start Team Drop In 11+ years 2:30pm to 5:00pm South Bermondsey Every week</p> <p>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</p>
<p>Little Explorers 12 – 18 months Rotherhithe 10:00am – 11:30am</p>	<p>Tiny Moments – Baby Group 0-12 months Rotherhithe 1:30pm – 2.45pm</p>	<p>Play Together (TWIN GROUP) 0-3 years Rotherhithe 10:00am – 11:30am</p>	<p>Breastfeeding Café Infant Feeding Drop in Rotherhithe 10:00am – 12 noon</p> <p>Walk & Talk in a group @ Southwark Park</p> <p>Starts on the 12th March 2026 – weather permitting</p> <p>Meet outside Rotherhithe Children and Family Centre 1:30pm – 2:30pm</p>	<p>Adolescent Sure Start Team Drop In 11+ years 2:30pm to 5:00pm South Bermondsey Every week</p> <p>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</p>
<p>Little Explorers 12 – 18 months Rotherhithe 10:00am – 11:30am</p>	<p>Tiny Moments – Baby Group 0-12 months Rotherhithe 1:30pm – 2.45pm</p>	<p>Play Together (TWIN GROUP) 0-3 years Rotherhithe 10:00am – 11:30am</p>	<p>Breastfeeding Café Infant Feeding Drop in Rotherhithe 10:00am – 12 noon</p> <p>Walk & Talk in a group @ Southwark Park</p> <p>Starts on the 12th March 2026 – weather permitting</p> <p>Meet outside Rotherhithe Children and Family Centre 1:30pm – 2:30pm</p>	<p>Adolescent Sure Start Team Drop In 11+ years 2:30pm to 5:00pm South Bermondsey Every week</p> <p>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</p>
<p>Little Explorers 12 – 18 months Rotherhithe 10:00am – 11:30am</p>	<p>Tiny Moments – Baby Group 0-12 months Rotherhithe 1:30pm – 2.45pm</p>	<p>Play Together (TWIN GROUP) 0-3 years Rotherhithe 10:00am – 11:30am</p>	<p>Breastfeeding Café Infant Feeding Drop in Rotherhithe 10:00am – 12 noon</p> <p>Walk & Talk in a group @ Southwark Park</p> <p>Starts on the 12th March 2026 – weather permitting</p> <p>Meet outside Rotherhithe Children and Family Centre 1:30pm – 2:30pm</p>	<p>Adolescent Sure Start Team Drop In 11+ years 2:30pm to 5:00pm South Bermondsey Every week</p> <p>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</p>

Little Explorers
12 – 18 months
Rotherhithe
10:00am – 11:30am

Tiny Moments – Baby Group
0-12 months
Rotherhithe
1:30pm – 2.45pm

Play Together (TWIN GROUP)
0-3 years
Rotherhithe
10:00am – 11:30am

Breastfeeding Café
Infant Feeding Drop in
Rotherhithe
10:00am – 12 noon

Baby Boogie Mites
0-12 months
Rotherhithe
10:00am – 10:45am

Toddler Boogie Mites
12 months – 24 months
Rotherhithe
11:30am – 12:15pm

Saturday

Wellbeing through Nature
2 years +
Rotherhithe
10:00am – 11.30am
14th March 2026
Weather permitting

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.

Contact us!

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

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 ✓

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Baby Boogie Mites 0-12 months Ellen Brown 10:00am – 10:45am</p> <p>Boogie Mites – Song time 12 months + Pilgrims' Way 10:30am – 11:15am</p> <p>Parent Advice and Support 0-19 years Pilgrims' Way 10:00am – 12:00 noon</p> <p>Email to book an appointment familyhub@pilgrimsway.southwark.sch.uk or call 0207 358 2878</p>	<p>Tiny Moments – Baby Group 0-12 months Ellen Brown 10:00am – 11:30am</p> <p>Rose Vouchers Collection Ellen Brown 9:30am – 12:00 noon</p> <p><small>Rose VOUCHERS</small> for fruit&veg</p>	<p>Toddler Group – prepare for nursery 18 months – 3 years Ellen Brown 10:00am – 11:30am</p> <p>Early Words Together 5-week workshop 2-3 years Pilgrims' Way 10:00am – 11:00am 25th February 2026 4th March 2026 11th March 2026 18th March 2026 25th March 2026</p> <p>BOOKABLE COURSE – FULL</p> <p>Parent Advice and Support 0-19 years Pilgrims' Way 11:30am – 12:30 noon</p> <p>Email to book an appointment familyhub@pilgrimsway.southwark.sch.uk or call 0207 358 2878</p>	<p>Early Words Together 5-week workshop 2-3 years Pilgrims' Way 10:00am – 11:00am 25th February 2026 4th March 2026 11th March 2026 18th March 2026 25th March 2026</p> <p>BOOKABLE COURSE – FULL</p> <p>Stay & Play 12 months + Pilgrims' Way 10:00am – 11:30am</p>	<p>Little Explorers 12-18 months Ellen Brown 10:00am – 11:30am</p> <p>Rose Vouchers Collection Pilgrims' Way 9:30am – 12:00 noon</p> <p><small>Rose VOUCHERS</small> for fruit&veg</p> <p>Coffee Morning Come and meet the team 9:30am – 12:00 noon Pilgrims' Way</p>

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



Southwark Children & Family Hubs



FAMILY HUBS



50 FIVE

easy PEASY

Southwark 2030

Southwark Council

<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