

# WHAT'S ON

**Lewes and Havens area**



**Children over 11? Check out our Youth Hubs on p.22**

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# STAY & PLAY GROUPS

*Free drop-in playgroups for parents/carers and their babies and toddlers*

MON

**Baby Time (0 - 12 months)**, 10.30am – 12pm  
*at Peacehaven Family Hub*

**Rainbow Rockets (0 - 5s SEN group)**, 1.15 – 2.30pm  
*at Peacehaven Family Hub*

TUE

**NEW Music Group (0 - 5s)**, coming soon 1pm – 2pm  
*at The Joff Youth Hub*

WEDS

**Just Play (0 - 5s)**, 1 – 2.30pm  
*at Peacehaven Family Hub*

**Baby & Me (0 - 12 months)**, 1 – 2pm  
*at Lewes Family Hub*

FRI

**Malling Munchkins (0 - 5s)**, 10 – 11:30am  
*Lewes – this group is held within Malling Community Centre, behind the hub.*

Check out our Facebook page for live updates on services:  
***Lewes and Havens Family Hubs***



01273 336930



EHLewesHavens@eastsussex.gov.uk

# COURSES & WORKSHOPS

## Understanding your baby

Meet other new parents and carers who understand the highs and lows of caring for a new baby. The course covers basic skills, including:

- understanding baby's feelings, relaxation and breathing
- brain development, communication and crying
- rhythms and sleep patterns
- feeding – transition to solids
- play and development

## Baby Self-Weigh Service

We provide a private room with all the equipment you need to weigh your child yourself.

If you have concerns about your child's development, please make an appointment with the health visitors instead (details below).

### **Peacehaven Family Hub**


Wednesday, 12.30 – 2.30pm

### **Lewes Family Hub**

Fridays, 10 – 11.30am



Call the  
Health Visitor  
Duty Hub



01323 463204



esht.hv-duty@nhs.net

# COURSES & WORKSHOPS

## TUESDAY

### Family First Aid

4<sup>th</sup> November

10am – 12pm

*An award winning 2-hour workshop for parents/carers to gain confidence in emergency first aid for their little ones.*

**Contact us to be added to the waiting list.**

PEACEHAVEN

## TUESDAY

### Baby Proofing & Accident Prevention

9<sup>th</sup> October

12.30 – 2.30pm

*Special session with additional teaching on baby proofing and accident prevention.*

**Contact us to be added to the waiting list.**

PEACEHAVEN

Dates to be confirmed for **Lewes Family Hub**. Enquire below to be added to the waiting list.

MINI<sup>®</sup>  
FIRST  
AID 



01273 336930



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# COURSES & WORKSHOPS

## TUESDAY

### **Early Words**

**12 to 24 months**

18<sup>th</sup> & 25<sup>th</sup> November

10am – 11am

### **REAL – Raising Early Achievement in Literacy**

**4 week course**

**Parents/Carers &  
Children together**

**2.5 years – 4 years**

23<sup>rd</sup> & 30<sup>th</sup> Sept & 7<sup>th</sup> &  
14<sup>th</sup> Oct

10am – 11.30am

Fun with stories,  
singing & rhymes, mark  
making and  
environmental print,  
the writing around us

**PEACEHAVEN**

## WEDNESDAY

### **HENRY Course with Creche**

5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>  
Nov & 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>  
Dec

9.30am – 12 noon

Settle & play session  
for creche 29<sup>th</sup> Oct

**LEWES**

## THURSDAY

### **Play & Learn**

**4 sessions**

**Parents/Carers &  
Children together**

2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> Oct

10am – 11.30am

**PEACEHAVEN**



01273 336930



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# COURSES & WORKSHOPS

**FRIDAY**

**Early Words**  
**12 to 24 months**  
10<sup>th</sup> October 2025  
10am – 11am

**LEWES**

## Work & Finance

**Peacehaven**

10<sup>th</sup> September

**1 – 2.30pm**

**Other Dates TBC**

**Lewes**

12<sup>th</sup> September

**10.30am - 11.30am**

*Information,  
advice and  
guidance to  
support parents  
and carers moving  
into employment,  
training or  
education.*



01273 336930



EHLewesHavens@eastsussex.gov.uk





# Baby Feeding Group

NEWHAVEN



**Free  
drop-in**



Join us to receive support and encouragement in a warm and welcoming environment.

This group is run by the Infant Feeding team and peer supporters.

**We look forward to seeing you there!**

**Fridays, 10:30am - 12pm**

Newhaven Youth Centre,  
Denton Island, BN9 9BA

01273 517250





# Youth Provision

Lewes & The Havens



## Mondays

Sexual Health Drop In – Plumpton College 11am – 1pm

Senior Youth Session – Landport Youth Hall - 6pm – 8pm

## Tuesdays

LGBTQ+ Session – Joff Centre 4pm – 5:30pm

Young Women's Group – Joff Centre 5:30pm – 7:30pm

Sessions @ Rendezvous Rooms (Peacehaven) from March 2024

## Wednesdays (monthly)

Youth Advisory Group – Joff Centre 4pm – 6pm

Sessions @ Rendezvous Rooms (Peacehaven) from March 2024

## Fridays

Young Men's Group – Joff Centre 4pm – 5:30pm

Friday Night Project – Joff Centre 5:30pm – 7:30pm

Sessions @ Community House (Peacehaven) from March 2024

## Saturdays (fortnightly)

Funky Teens (Youth disability Group) Joff Centre 12pm – 3pm

Sessions @ Kempton House (Peacehaven) from March 2024

## Seasonal Youth Sessions

HAF – Spring / Summer / Winter – Joff Centre 11am – 3pm

Beepoke sessions to support the most vulnerable young people during school holidays.

For more info: please contact:  
[ehlewshavens@eastsussex.gov.uk](mailto:ehlewshavens@eastsussex.gov.uk)  
01273 336930

scan the QR Code below for session posters:



SCAN ME



# 'Time For Me' support groups

Support groups for mums with babies  
up to 2-years in East Sussex

**Lewes Family Hub**

**Settle and play session:**

**Tuesday 28<sup>th</sup> October 10-11am**

**6-week course: 4<sup>th</sup> Nov - 9<sup>th</sup> Dec  
10-12pm**



If you have recently had a baby and are struggling with your mental health, it can help to talk to others. Come along to one of our free 'Time for me' postnatal groups.

Topics include:

- How our mental health can change after having a baby
- Communication
- Expectations
- Relationships

You are not alone. We can support you to feel better, build a strong bond with your baby and enjoy new family moments.

## How to access support

Contact your Health Visiting team on 01323 463204 or email [esht.hv-duty@nhs.net](mailto:esht.hv-duty@nhs.net) and they will pass on your details and one of our team will contact you.

Alternatively, visit or contact your local Family Hub, open Monday to Friday 9am - 5pm

East Sussex  
County Council

East Sussex Healthcare  
NHS Trust



FAMILY HUB  
EAST SUSSEX



START4LIFE

Early Help 0-19  
Respect | Partnership | Strength







## A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme is free to join and helps you give your child the best possible start in life.



*"This programme changed my life."*

[www.henry.org.uk](http://www.henry.org.uk)

### Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

### What is HENRY?

HENRY is a UK charity working to give babies and young children a healthy start in life.

### About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

### What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

*"I'm so glad I did this programme. Do it!"*

*"This was the best thing I could possibly have done to help me be a better mum"*

### What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.



The HENRY Parent Toolkit – free to everyone joining a HENRY programme

### Sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

**Week 1** – Decide what changes you want to make and set your own goals

**Week 2** – How to juggle life with young children so you all get what you need

**Week 3** – How to respond to children's needs without giving in to all their demands

**Week 4** – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

**Week 5** – Ideas for active play to help children learn, develop and stay happy

**Week 6** – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

**Week 7** – Understanding and managing your child's behaviour for a happier home

**Week 8** – Celebrate your success as a parent and plan the future for your family

*"I highly recommend it. It was brilliant."*



### How can I join a programme?

HENRY programmes are running locally. Talk to your local Children's Centre or Family Hub, Early Intervention or Family Support Service to find out more, help you decide if you would enjoy it, or to join a programme.

Lewes Family Hub  
Wednesday's 5th, 12th, 19th & 26th Nov  
3rd, 10th & 17th December 2025  
Settle & Play session for creche is 29th October 2025.

Time - Course 9.30am - 12 noon  
Settle & Play - 10am - 11am

### For more information about HENRY go to:

- [www.henry.org.uk](http://www.henry.org.uk)
- @HENRYHealthy
- [facebook.com/HENRY.HealthyFamilies](https://facebook.com/HENRY.HealthyFamilies)
- 01865 302973



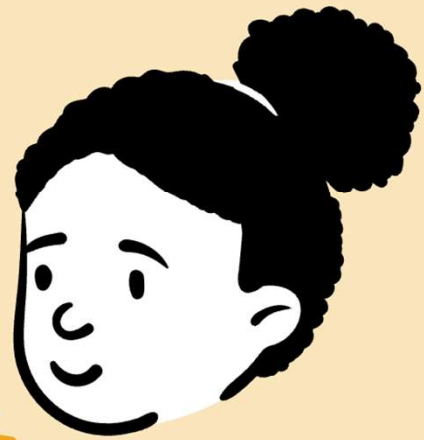
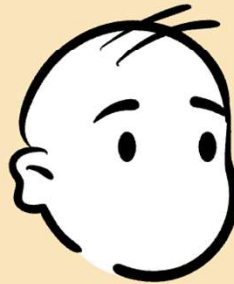
Charity number 1132581 | Company number 6952404





**FAMILY HUB**  
EAST SUSSEX

# Babbling Babies



**1 session**

**FREE** to book for  
parents/carers

**0-12**  
months

Top tips for recognising and supporting your baby's early communication skills through interaction, play, books and rhymes.

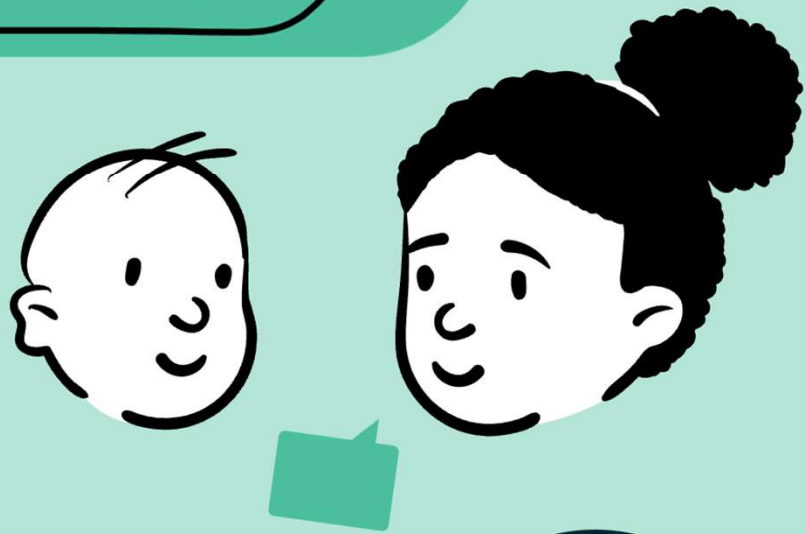


01323 463244



EHEastbourneHailshamSeaford@eastsussex.gov.uk

# Early Words



**2 sessions**

**FREE to book for  
parents/carers**

**12-24  
months**

Information and ideas on how to help support your child's communication and early language skills. Ideal for those with questions about their child's progress.



01323 463244



EHEastbourneHailshamSeaford@eastsussex.gov.uk



Boost your CV  
Travel reimbursed  
Full support &  
Training



## Youth Work Volunteers Needed

Volunteer in Peacehaven to support young people aged 11-19 to learn new skills and make a difference.

Join our team to start your journey!

Find out more:  
[YHVolunteers@eastsussex.gov.uk](mailto:YHVolunteers@eastsussex.gov.uk)

Volunteer from age 16





# FAMILY HUB

EAST SUSSEX

Menu



How can we help you?



## Check out our website 🖱️



### Support for families

How we help families from pregnancy onwards.



### Activities & events

Free events for families.



### About family hubs

Find your local family hub and get involved.



SCAN ME

# WHERE TO FIND US

## Peacehaven Family Hub

Meridian Way  
Peacehaven, BN10 8NF

## Lewes Family Hub

Malling Community Centre  
Spences Lane, Lewes, BN7 2HQ

## The Joff Youth Hub

Roderick Avenue  
Peacehaven, BN10 8BL

*Find our Family Hubs  
Facebook Page here:*



EHLewesHavens@  
eastsussex.gov.uk



01273 336930



**FAMILY HUB**  
EAST SUSSEX

**Early Help 0-19**  
Respect | Partnership | Strength



East Sussex  
County Council

