

# What's on

## in the Lewes/Havens area

Covering Peacehaven, Newhaven, Lewes and beyond

June, July & August 2025





# Weekly Groups



Drop In Groups - Free of Charge please just show up at the group

## Monday's

**First Steps Group** 12 mths - 35 mths - 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.

**SEND Group Rainbow Rockets** 0 - 5 years - Peacehaven FH 1.15pm - 2.30pm

A calming, relaxing group for children with additional needs.

## 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.



# Bookable First Aid Workshops

For more information on any of the workshops and to book onto our waiting lists, please email us at [EHLewesHavens@eastsussex.gov.uk](mailto:EHLewesHavens@eastsussex.gov.uk)

## Peacehaven Family Hub

**Wed 2<sup>nd</sup> July 2025**

9.30am - 11.30am

Parents/Carers with Babies  
under 12 month NO creche

**Tues 12<sup>th</sup> August 2025**

10am - 12 noon

Parents/Carers with child  
1yr plus with Creche

## Lewes Family Hub

**Tues 29<sup>th</sup> July 2025**

10am - 12 noon

Parents/Carers with Babies  
under 12 months NO creche

**Tues 26<sup>th</sup> August 2025**

10am - 12 noon

Parents/Carers with child  
1 yr plus with Creche

A 2-hour session for parents/carers to gain confidence in what to do in an emergency with their little one(s). The session will cover CPR, choking, bumps, breaks, burns, bleeding, febrile seizures and meningitis & sepsis awareness for babies and children.



# Bookable Workshops/Courses

For more information on any of the workshops and to book onto our waiting lists, please email us at [EHLewesHavens@eastsussex.gov.uk](mailto:EHLewesHavens@eastsussex.gov.uk)



**GRH Training**  
LEARNING IN THE COMMUNITY

## Busy Bears

Follow the clues! Dance, sing, get musical & work together to find the Big Bear.

(Based on a popular bear hunt book)

Children aged 2 - 4 years

Weds 23<sup>rd</sup> July 2025 LFH

10am - 12 noon



**GRH Training**  
LEARNING IN THE COMMUNITY

## Mighty Mini Beasts

Learn about and encourage bugs to visit the garden by making feeders and homes

Children aged 3 - 5 years

Fri 4<sup>th</sup> July 2025 PFH

10am - 12 noon

## Starting a New School or Nursery

How everyday interactions and activities with children contribute to building those essential skills.

Children aged 1 - 4 years

Tues 5<sup>th</sup> August PFH

10am - 11.30am

## Bring a Story to Life (REAL)

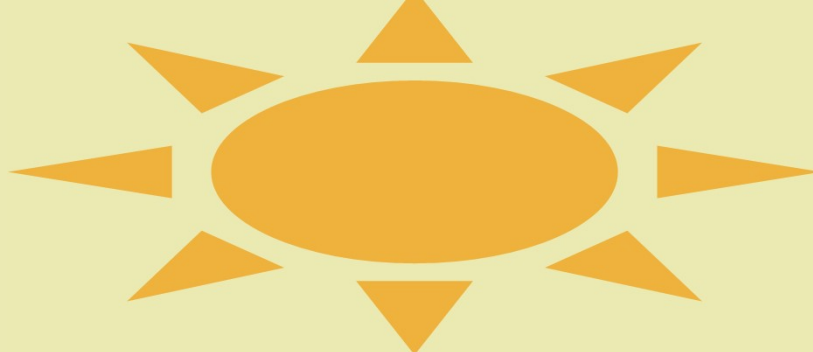
Using Books and stories to support early literacy and language development

Children aged 2- 4 years

Tues 19<sup>th</sup> August PFH

9.30am - 11.30am





# Summer Fun - Drop In Groups

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

## Monday's - 28<sup>th</sup> July, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> Aug & 1<sup>st</sup> Sept

**First Steps Group** 12 mths - 35 mths - 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.

**SEND Group Rainbow Rockets 0 - 11 years** - Peacehaven FH 1.15pm - 2.30pm

A calming, relaxing group for children with additional needs.

## Wednesday's - 23<sup>rd</sup> July, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> Aug

**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 - 25<sup>th</sup> July, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> Aug

**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.



# Babbling Babies



1 session

**FREE** for  
parents/carers

**0-12**  
months

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

For more information or to book a place contact.....

 01273 336930  [EHLewesHavens@eastsussex.gov.uk](mailto:EHLewesHavens@eastsussex.gov.uk)

# Early Words



2 sessions

**FREE** 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.

For more information or to book a place contact.....

 01273 336930  [EHLewesHavens@eastsussex.gov.uk](mailto:EHLewesHavens@eastsussex.gov.uk)

# Self-Weigh Service

**Wednesday's** from 12.30pm—2.30pm

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

**Friday's** from 10am—11.30am

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



**FREE!**

Baby self-weighing service  
No booking required



**FAMILY HUB**  
EAST SUSSEX

# Understanding your baby

## Supporting relationships and wellbeing

What this group includes:

- Understanding your and your baby's feelings
- Baby's brain development, communication and crying
- Baby's rhythms and developing healthy sleep patterns
- Understanding your baby's feeding
- Play and development
- Planning ahead- childcare and things to consider



A 6-week face to face or online group for  
Parent/carers with a new baby up to 6 months

**BOOK  
NOW**

**To book or find out more information:**

**FACE TO FACE GROUP: 01323 463204**

**ONLINE GROUP: 01424 725800**



**Early Help 0-19**

**START4LIFE**

East Sussex Healthcare **NHS**  
NHS Trust







# 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:



# Future Options Advisors

**Do you want to go back to work or have questions about your finances?**

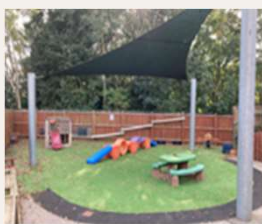
**Come to one of our drop-in sessions - no need to book!**

**You can talk to Future Options Advisors about:**

- **How moving into work affects your finances**
- **Put you in touch with valuable initiatives like the national career service.**
- **Childcare choices**
- **How childcare and Universal Credit work together**
- **Volunteering**
- **Training options**



# 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

**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**



**Drop in to see us at one of our Family Hubs across East Sussex. Scan the QR code to find your local Family Hub or send us an email at [familyhubs@eastsussex.gov.uk](mailto:familyhubs@eastsussex.gov.uk)**

