

SEPTEMBER 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 Mindful Mums Danson CC 9am – 3pm	8 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	9 NEW SEND Advice Erith – 9:30am – 11am Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	10 PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	11 Bouncing Babies Erith 10am – 11:30am
14 Mindful Mums Danson CC 9am – 12:30pm	15 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	16 NEW SEND Advice Erith – 9:30am – 11am Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	17 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	18 Bouncing Babies Erith 10am – 11:30am
21 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	22 Talk it Through (DWP) 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	23 NEW SEND Advice Erith – 9:30am – 11am Job Club Erith 10am – 11:15am Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	24 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	25 Bouncing Babies Erith 10am – 11:30am
28 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon Starting Solids HENRY Erith 1:30pm – 3pm	29 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Giggles'n'Play with Grandparents Erith 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	30 NEW SEND Intervention Erith – 9:30am – 11am Job Club Erith 10am – 11:15am Dad Zone Erith 10:30-11:30am Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm		

To book or enquire call 020 3045 5480 or email childrenscentres@bexley.gov.uk

Please also search online: “Places to visit & things to do with kids in and around Bexley”

OCTOBER 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	2 Bouncing Babies Erith 10am – 11:30am
5 Mindful Mums Danson CC 9am – 3pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon Play All Day Erith 10am – 2pm	6 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	7 NEW SEND Session Erith – 9:30am – 11am Job Club Erith 10am – 11:15am Wild Wednesdays Greenmead 1:30pm – 3pm	8 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	9 Bouncing Babies Erith 10am – 11:30am
12 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	13 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	14 NEW SEND Session Erith – 9:30am – 11am Job Club Erith 10am – 11:15am Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm	15 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	16 Bouncing Babies Erith 10am – 11:30am
19 NEW Young Parents Connecting Thamesmead 10:30am – 12noon	20 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	21 Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm	22 PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	23 Bouncing Babies Erith 10am – 11:30am
26 Starting Solids HENRY Erith 1:30pm – 3pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	27 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Giggles'n'Play with Grandparents Erith 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	28 NEW SEND Session Erith – 9:30am – 11am Dad Zone Erith 10:30-11:30am Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm	29 PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	30 Bouncing Babies Erith 10am – 11:30am

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NOVEMBER 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindful Mums Danson CC 9am – 3pm Play All Day Erith 10am – 2pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	3 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies 2pm – 3:30pm	4 Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	5 PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	6 Bouncing Babies Erith 10am – 11:30am
9 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	10 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	11 NEW SEND Session Erith – 9:30am – 11am Wild Wednesdays Greenmead 1:30pm – 3pm	12 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	13 Bouncing Babies Erith 10am – 11:30am
16 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	17 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	18 NEW SEND Session Erith – 9:30am – 11am Wild Wednesdays Greenmead 1:30pm – 3pm	19 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	20 Bouncing Babies Erith 10am – 11:30am
23 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	24 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	25 NEW SEND Session Erith – 9:30am – 11am Dad Zone Erith 10:30-11:30am Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm	26 Mindful Mums Erith – 11am – 12:30pm PEEPS ing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	27 Bouncing Babies Erith 10am – 11:30am
30 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon Starting Solids HENRY Erith 1:30pm – 3pm				

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DECEMBER 2026				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	2 NEW SEND Session Erith – 9:30am – 11am Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	3 Mindful Mums Erith – 11am – 12:30pm PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	3 Bouncing Babies Erith 10am – 11:30am
7 Mindful Mums Danson CC 9am – 12:30pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	8 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	9 NEW SEND Session Erith – 9:30am – 11am Baby Massage Erith 1:30pm – 2:30pm Wild Wednesdays Greenmead 1:30pm – 3pm	10 ARTS'n'CRAFTS DAY	11 Bouncing Babies Erith 10am – 11:30am
14 Mindful Mums Danson CC 9am – 3pm Play All Day Erith 10am – 2pm NEW Young Parents Connecting Thamesmead 10:30am – 12noon	15 Talk it Through (DWP) Erith 9:30am – 3:30pm Terrific Tuesdays Greenmead 10am – 11:30am Bouncing Babies Erith 2pm – 3:30pm	16 NEW SEND Session Erith – 9:30am – 11am Wild Wednesdays Greenmead 1:30pm – 3pm Baby Massage Erith 1:30pm – 2:30pm	17 PEEPS Sing & Story Thamesmead 10:30am – 11:30am Young Parents Connecting Erith 1:30pm – 3pm	18 Bouncing Babies Erith 10am – 11:30am
21 NO GROUPS	22 Talk it Through (DWP) Erith 9:30am – 3:30pm	23	24 CENTRE CLOSED CHRISTMAS EVE	25 CENTRE CLOSED CHRISTMAS DAY
28 CENTRE CLOSED BANK HOLIDAY	29 Talk it Through (DWP) Erith 9:30am – 3:30pm Giggles'n'Play with Grandparents Erith 10am – 11:30am	30 Dad Zone Erith 10:30-11:30am	31 NO GROUPS	

What are the sessions on at the Hub?

Baby Massage (age 8 weeks to pre-crawling) Erith A gentle, supportive session for parents and carers to learn soothing massage techniques for their babies, helping with bonding, relaxation, and wellbeing. Booking is required. £10 per block booking	Mindful Mums Erith & Danson A supportive group for mothers to learn mindfulness techniques, reduce stress, and improve emotional wellbeing. Booking is required: mindfulmums@mindinbexley.org.uk	Bouncing Babies (age 0 – 12months) Erith Play and learning sessions for babies and their carers, with age-appropriate activities to encourage social, emotional, and physical development. No booking required.
Baby Bank Erith & Greenmead Providing essential clothes and equipment for families in need. Greenmead: age 0 – 3 years Erith: age 0 – 18months Booking is required: 020 3045 5480	Job Club/Talk it Through Tuesdays Erith Practical support for adults seeking work, including CV writing, applications, and interview preparation. Exploring childcare, accessing benefits and Debt support. Booking is required: danny.graham@dwp.gov.uk	HENRY Starting Solids (from age 5 months) Erith Guidance and support for parents on introducing solid foods to babies in a healthy and confident way. Booking is required: 020 3045 5480
Giggles'n'Play with Grandparents NEW Erith A relaxed and fun play session just for grandparents and children, offering a special time for bonding through play, laughter, and shared activities, while creating fond memories to be cherished by grandparents and families. No booking required.	Sing & Story (age 0 – 3 years) - Lakeside Music, rhyme, and song sessions to support children's communication, language, and social skills. Booking is required: 020 3045 5480	Play All Day (age 0 – 3 years) NEW Erith An open play session with toys and activities, giving children space to learn, socialise, and explore in a safe environment. No booking required.
Wild Wednesdays (age 0 – 3 years) - Greenmead Outdoor play and exploration sessions to encourage children's curiosity, creativity, and confidence in nature. No booking required.	Terrific Tuesdays (age 0 – 3 years) - Greenmead Play and learning activities designed to explore children's creativity and confidence. No booking required.	Young Parents Connecting (age 0 – 18months) NEW Lakeside & Erith A supportive group for young parents up to age 23 years old, to connect, share experiences, and access guidance and resources. No booking required.
Dad Zone NEW Erith A relaxed stay-and-play session just for dads and male carers to enjoy fun activities with their children. It's a great opportunity to bond, play, and meet other fathers in a supportive and welcoming environment. No booking required.	Best Start In Life – SEND Session NEW Erith A welcoming and supportive space for families with babies and young children who have additional needs or where there may be concerns about their development. No diagnosis is needed to attend – if you have questions or would simply like some advice and support. No booking required.	

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Please also search online: “Places to visit & things to do with kids in and around Bexley”

What else is on in the Community?

Asthma Clinic Provides asthma reviews, inhaler checks, and care plans for children and young people, with advice and support for parents to manage symptoms confidently. Booking is required: 020 3004 0092 Option 1 Location: Erith	Infant Feeding Support Offers guidance and practical help with breastfeeding or formula feeding, including positioning, preparation, and recognising hunger cues, to promote safe feeding, bonding, and healthy infant development. Tuesday: 9:30-11:15 at North Cray Neighbourhood Centre, 1 Davis Way, Sidcup DA14 5JR Wednesday: 1:30-3:15 PM at Danson Children's Centre, Brampton Road Bexleyheath DA7 4EZ. Thursday: Erith Family Hub (Booking is required: 0300 330 5777)	Wellbaby Clinic Provides regular health checks, weighing, and developmental reviews for babies, offering advice, reassurance, and early support to promote healthy growth and parent–infant wellbeing. No booking required. Tuesday: 9:30-11:15 at North Cray Neighbourhood Centre, 1 Davis Way, Sidcup DA14 5JR Thursday: 1:30- 3:15 PM at Howbury Community Centre, Chrome Road DA8 2EL.
Solace Women's Aid Drop-In Confidential support and advice for women affected by domestic abuse, provided by Solace Women's Aid. Drop in: Weds 4pm -6pm, Thurs 12pm – 3:30pm Location: Erith	Speech & Language Therapy A supportive session to help children develop their communication skills, including listening, understanding, and early speech. Families will receive practical tips and activities to support language development at home in a fun and engaging way. Booking is required 0203 004 0092 (the Spa at Acorns)	Development Reviews A supportive session to review your child's development, including communication, play, movement, and social skills. Families can discuss progress, share any concerns, and receive guidance and signposting to support their child's ongoing development. Booking is required 0300 330 5777 Location: Erith

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Our Locations

Erith Best Start in Life Family Hub

 105 West Street, Erith, DA8 1AW

 020 3045 5480

 childrenscentres@bexley.gov.uk

Greenmead Community Centre

 Lime Road, Thamesmead, DA18 4HW

Thamesmead Best Start in Life Family Hub

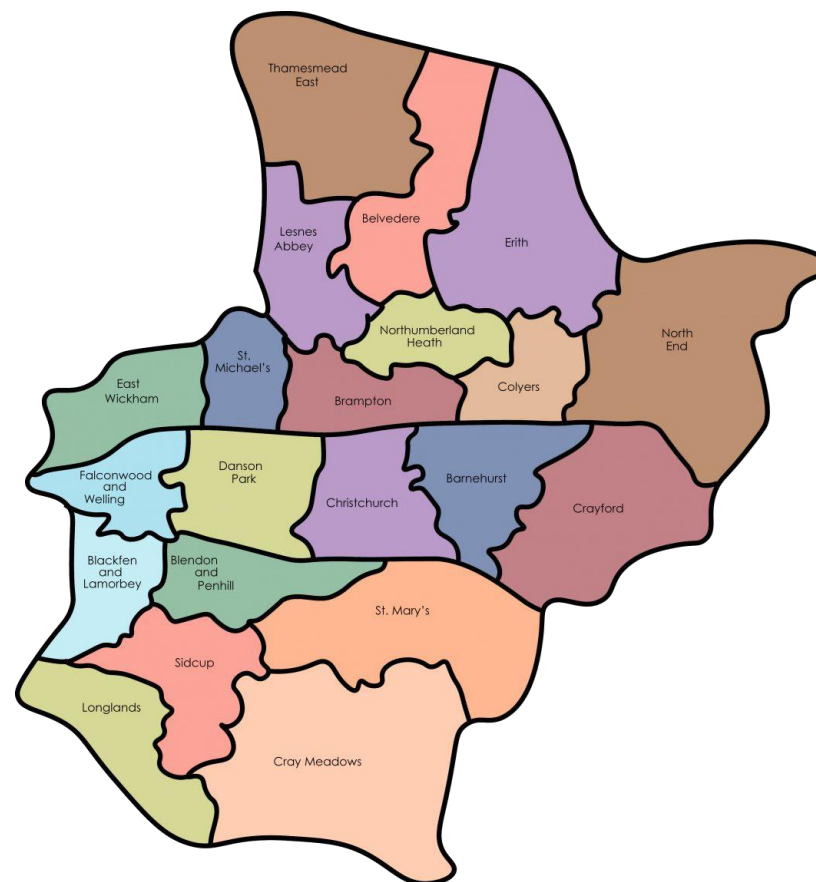
 Yarnton Way, Thamesmead, SE2 9LH

Danson Children's Centre

 Danson Youth Centre, Brampton Rd, Bexleyheath DA7 4EZ

Slade Green & Howbury Community Centre

 Chrome Road, Erith DA8 2EL



Scan the QR Code to register with the Children's Centre