

# What's on

## in the Lewes/Havens area

Covering Peacehaven, Newhaven, Lewes and beyond  
June, July & August 2025



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

01273 336930





# 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

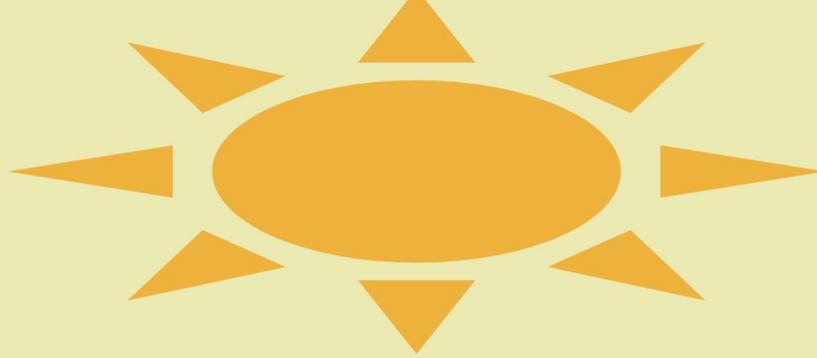
## Bring a Story to Life (REAL)

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:

[ehleweshavens@eastsussex.gov.uk](mailto:ehleweshavens@eastsussex.gov.uk)

01273 336930

scan the QR Code below for session posters:



SCAN HERE



# 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)**

