

WHAT'S ON IN THE LEWES AND HAVENS AREA



Children over 11? Check out our Youth Hubs

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STAY & PLAY GROUPS

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



MON

PEEP Stay and Play Baby Time 11am to 12pm (0 to 12 months)
at Peacehaven Family Hub

PEEP Stay and Play SEND Rainbow Rockets 1.30 to 2.30pm
(0 to 5 years) at Peacehaven Family Hub

TUE

PEEP Stay and Play Music Group 10 to 10.45am (15 months to 5 yrs)
& 11 to 11.45am (0 - 14 months) at The Joff Youth Hub

Term time only 08.09.26 to 20.10.26 and 03.11.26 to 08.12.26

WEDS

PEEP Stay and Play Just Play (0 - 5s), 1 - 2.30pm
at Peacehaven Family Hub

PEEP Stay and Play Baby & Me (0 - 12 months), 1 - 2pm
at Lewes Family Hub

FRI

PEEP Stay and Play 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

Togetherness - 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

To book call the Health Visitor Duty Hub 01323 463204

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).

Drop in - no need to book

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

Work & Finance

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



Please use the above QR code to send a message to the Future Options Advisors for information and advice



01273 336930



EHLewesHavens@eastsussex.gov.uk

Come along to a Peep Learning Together Group



For children aged 0 to 5 years
and their parents or carers

fun

free

local

friendly

relaxed



Get to know other families
Chat, sing, play, read



Non-judgemental space

Simple activities

Find out how to support your child's
development through your normal day-to-day
life

To find out more, please contact your local
family hub: EHLewesHavens@eastsussex.gov.uk
01273 336930



Scan QR code to
watch video

Stay and Play Music Group



Come along to these drop-in play sessions. A fun, friendly, and enjoyable space for children to play, learn, and grow

- Build confidence and independence through songs, rhymes and making music.
- Our friendly Early Years Team is here to support you and your child.



NEW TIMES

10am to 10.45am 15 months to 5 years

11am to 11.45am 0 to 14 months

Term time only - 08.09.26 to 20.10.26 and 03.11.26 to 08.12.26



The Joff Youth Hub, Peacehaven

01273 336930

| EHLewesHavens@eastsussex.gov.uk

No booking needed - Just Drop in!



Understanding your baby

Postnatal Group for parents or carers of newborn babies

Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour, and more. A six week programme to help you raise confident, kind, emotionally aware and resilient people.



This group covers:

- Early years development and emotional processing
- Support to reflect on your own baby's health and wellbeing, their behaviour and your relationship with them
- Ideas and techniques for nurturing wellbeing
- Helping you feel more connected with your baby, feel less anxious and more confident about your parenting.

Dates: 08.09.26 to 13.10.26

Time: 1.00 to 2.30pm

Location: Lewes Family Hub

05.11.26 to 10.12.26

1.00 to 2.30 pm

Peacehaven Family Hub

Call the Health visitor Duty Hub on: 01323 463204 or e-mail: esht.hv-duty@nhs.net to book

FAMILY FIRST AID

LEWES FAMILY HUB
PEACEHAVEN FAMILY HUB

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

- CPR and choking
- Bumps, breaks and burns
- Bleeding
- Febrile seizures
- Meningitis & sepsis awareness for children



No creche provided -
suitable for
parent/carers/guardians
with children under 5 years.

Call or email to book your place:



01273 336930



EHLewesHavens
@eastsussex.gov.uk

East Sussex
County Council



East Sussex Healthcare
NHS Trust

Early Help 0-19

Respect | Partnership | Strength





Bump and Beyond Antenatal Classes



 Various days and times

 Virtual and countywide venues



- ✦ Free four-week antenatal course for any expectant parent living in East Sussex
(4th session is an optional virtual session)
- ✦ Helping you prepare for the birth of your baby and beyond
- ✦ Face to Face and virtual classes run by Midwives and Community Nursery Nurses



Scan the QR Code to register your interest via our enquiries form or for more information email us at bumpandbeyond@eastsussex.gov.uk

Clear information, plenty of opportunity to ask questions and talk to other parents to be
(October 2025 Attendee)

Very helpful with lots of tips. Very useful for someone like me who already has a young child.
(November 2025 attendee)



<https://forms.office.com/r/TgtqMACn6b>

Really enjoyed the sessions. Was quite anxious about what to expect but the classes were really enjoyable. The team running it were amazing and made it really fun! Feeling much more prepared to when baby arrives! Thank you
(October 2025 attendee)

Updated January 2026

Time for Me support group

Birth - 2 years

The next Lewes group in 2026:

3rd Nov, 9:30-10:30am - Settle & Play

10rd Nov - 15th Dec, 9:30am-11:30pm –

Weeks 1-6

Tuesdays at Lewes Family Hub



Parent & Child Wellbeing team

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 held throughout the year at our East Sussex family hubs.

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. They will then pass on your details to one of our team who will contact you to discuss your options.

Please call duty hub on: 01323 463204 or e-mail:
esht.hv-duty@nhs.net to book

East Sussex
County Council

East Sussex Healthcare
NHS Trust



FAMILY HUB
EAST SUSSEX



START4LIFE

Early Help 0-19
Prevent, Promote, Support





Did you know there's a **FREE** Family Advice Line?

If you have a concern that is impacting your family life – such as parenting, SEND, mental health, debt, and more – we're here to help you find the right place to get support. Call the Family Advice Line on

01323 464655

**Monday to Thursday 8.30am to 5pm
or Friday 8.30am to 4.30pm**

Or visit

**[familyhubs.eastsussex.gov.uk/
AdviceLine](https://familyhubs.eastsussex.gov.uk/AdviceLine)**





FAMILY HUB
EAST SUSSEX

Menu



SCAN ME

How can we help you?

Search our site



Check out our website -
scan the QR code



Support for families

How we help families from pregnancy onwards.



Activities and courses

Free events and courses for parents and families.



About family hubs

Find your local family hub and get involved.



Lewes and Havens Food Banks

Lewes Community Fridge

Town Hall Kitchen, accessible from Market Lane, (through rear car park of Town Hall)

Open: Saturdays 10.30am to 12.30pm no referral needed.

Contact: lewescommunityfridge@gmail.com

Malling Food Bank

Unit 3, kings Church, Brooks Road, Lewes BN7 2BY Open: Mondays 11.00pm to 1.00pm no referral needed.

Contact: 07539306585 admin@mallingsfoodbank.org

Landport Food Bank

Landport Community Room, 2a Horsfield Road, Lewes BN7 2TA

Open Mondays 2.00pm to 2.30pm. Referral needed.

Contact: ra.landport@gmail.com

Fitzjohn's Food Bank

Christ Church, Prince Edward's Road, Lewes BN7 1BL

Mondays 12.00 to 2.30pm Self referral 6 weeks emergency food, then £3.50 after.

Contact: 07395156873 Mondays only, fitzjohnsfoodbank@gmail.com



FOOD BANKS PEACEHAVEN, NEWHAVEN AND SEAFORD

SEAFORD

SEA community larder, Old Natwest Bank, Clinton Place, Seaford Open: Thursdays, Fridays and Saturdays 10.00am to 11.30am surplus food for anyone to collect.

Contact: hello@seafuture.org

Seahaven Storehouse Foodbank Seaford Community Church, 115-117 Vale Road, Seaford BN25 3HB Open: Thursday 12.00 to 2.00pm Referrals needed Contact: 07921844930 seahavenstorehouse@gmail.com

Friends of Bishopstone Station, Bishopstone Station, Station Road, Bishopstone Open: Monday 10.00am to 1.00pm Contact: 07501 672424

PEACEHAVEN

Peacehaven Community Supermarket, Community House, Meridian Way. Peacehaven BN10 8BB Open: Thursdays 11.00am to 1.00pm. No formal referral, 6 weeks free emergency food support then £3.00 after Contact: 01273 517250

NEWHAVEN

Newhaven Community Supermarket, Denton Island Community Centre, Denton Island, Newhaven BN9 9BA Open: Wednesday 11.00am to 1.00pm No formal referral, 6 weeks free emergency food support then £3.00 after. Contact 01273 517250

Newhaven Baptist Church, Church Hill, Newhaven BN9 9NA Open: Wednesdays and Fridays 09.30am to 12.00pm Drop in, no referral needed. Contact 07312063310

Havens Community Hub, 2a Thompson Road, Denton, BN9 0RS Open: daily from 9.00am no referral needed Contact: havenscommunityhub@gmail.com

The JOFF Youth Hub

Monday

SIBS Youth Group (10-17yrs)

First Monday of the month

For young people with a sibling with special educational needs or disabilities. Referral only.

Group 1: 10-13yrs 4pm-5:30pm

Group 2: 14-17yrs 5:30pm-7pm

Tuesday

LGBTQ+ Youth Group (11-17yrs)

Email us for timings.

Young Women's Group (11-17yrs)

6pm-8pm. Open session.

Thursday

Young Men's Group (11-17yrs)

6pm-8pm. Open session.

Free sessions for young people

Friday

Juniors Youth Group (Yrs 6 & 7)

3:30-5:30pm. Open youth session.

Seniors Youth Group (13-17yrs)

6pm-8pm. Open youth session.

Saturday

Funky Teens (11-16 yrs)

12pm-3pm.

Nik Naks (17-25 yrs)

3pm-5pm.

Every other Saturday.

For young people with mild to moderate disabilities. Referral only. Email for more info.

ALSO:

The Young Leaders Programme 14-18yrs.
Learn new skills. Limited spots.
Email for more.

AND

Wednesdays Gardening Club 9+.

Term-time only. 3:30pm-5pm. Run by Groundwork.



Call: 01273 336 930

Email: EHYouthHubs@eastsussex.gov.uk





THE JOFF
YOUTH HUB



LGBTQ+

YOUTH CLUB

FREE

For 11 to 17 year olds within
the LGBTQ+ community.

Allyship welcome

Email for details

EHYouthHubs@eastsussex.gov.uk



AT THE JOFF YOUTH HUB,

PEACEHAVEN

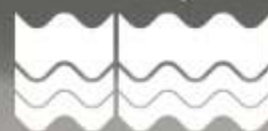
Join our inclusive space for fun,
activities, and connection!



THE JOFF
YOUTH HUB

Just drop-by!

East Sussex
County Council



FREE

FUN



JUNIORS YOUTH CLUB!

3:30pm to 5:30pm

For Yr6 and Yr7

Every Friday

AT THE JOFF YOUTH HUB, PEACEHAVEN

WE ARE
THE JOFF



Email: EHYouthHubs@eastsussex.gov.uk



9+



Gardening Club

At The JOFF

**Help plant and build a fun
new outdoor space.**

Learn awesome skills!



Wednesdays 3:30-5pm

Term- time only



Email: jodie.gregson@groundwork.org.uk

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:*



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eastsussex.gov.uk



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FAMILY HUB
EAST SUSSEX

Early Help 0-19
Respect | Partnership | Strength



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