Welcome to Croydon Family Hubs
Timetable Support Services

Family Hubs are welcoming spaces where families can access support, advice, and activities — all under one roof. Whether you're expecting a baby or raising a teenager, we're here to help your family thrive. We support families from pregnancy through to age 19, and up to age 25 for young people with Special Educational Needs (SEN).

COURSES / WORKSHOPS DATES:

November to December 2026

Please note: all services listed on this timetable require either advance booking or a referral to access the service.

GET IN TOUCH:

Selhurst Family Hub: 0208 684 3777 option 1
Woodlands Family Hub: 0208 916 0543

Email: familyhubs@croydon.gov.uk

FAMILY HUB LOCATIONS:

Woodlands
Quest Primary School, Farnborough Ave, South Croydon, CR2 8HD

Winterbourne
Winterbourne Road, Thornton Heath, CR7 7QT

Kensington Avenue
Buckingham Avenue, Thornton Heath, CR7 8AS

Rowdown
Calley Down Crescent, New Addington, CR0 0EG

Purley Oaks
Purley Oaks Primary School, Bynes Road, South Croydon, CR2 0PR

Selhurst
23 Dagnall Park, Selhurst, SE25 5PL

Shirley
34 Lilac Gardens, Shirley, CR0 8NR

Samuel Coleridge-Taylor
194 Selhurst Road, South Norwood, SE25 6XX

STAY CONNECTED WITH US!

Keep up to date with Family Hubs news, activities and support through email, WhatsApp, Facebook and Instagram.

Follow or join our channels to stay informed!

BEST START IN LIFE

Family Hubs CROYDON

CROYDON
www.croydon.gov.uk

CROYDON FAMILY HUBS

Support Schedule · Autumn/Winter 2026

Please book or obtain a referral before attending.
Contact your Local Family Hub for more information.

Mondays

Stepping Stones Programme
28/09 – 07/12
9:30am–12:30pm
• Kensington Avenue

Family Hub Navigators
(advice, support, guidance)
10am–1.30pm
• Woodlands

HENRY Brighter Futures
(Parents/Carers with children 0–7 years)
17/9 - 09/11
10am–12 noon
• Selhurst

Croydon Talking Therapies
1:1 sessions
1–4:30pm
• Selhurst

Tuesdays

You're Never Alone
Parent/Carers only
9:30-11:30am • Woodlands

Citizen's Advice Croydon
Weekly
10am–2pm • Selhurst

Benefits Advice
Shirley Residents Only
Weekly
10am–12 noon • Shirley

Income Officer
Weekly
10am–12 noon • Shirley

HENRY Starting Solids
0–6 months
3/11
10am– 12noon • Selhurst

DWP Employment & Benefits advice
10am - 12 noon
• Woodlands

Breathe Melodies for Mums
0–9 months
13/10 to 15/12
2–3pm
• Woodlands

Wednesdays

NAS Early Bird (National Autistic Society)
9:30am–3pm
30/09 to 25/11
• Woodlands

Teen Triple P
14/10 – 09/12
10am-12:30pm
• Selhurst

Non Violent Resistance (NVR)
23/09–16/12
5:30–8:00pm
• Shirley

HENRY Starting Solids
0–6 months
09/12
10am– 12noon
• Woodlands

Thursdays

Citizen's Advice Croydon
10am–2:30pm
05/11, 19/11, 03/12, 17/12
• Woodlands

HENRY Brighter Futures
(Parents/Carers with children 0–7 years)
08/10 to 03/12
9:30am-12:30pm
• Woodlands

Breathe Melodies for Mums
0–9 months
15/10–17/12
10–11am or 11:40am–12:40pm
• Selhurst

HENRY Starting Solids
0–6 months
12/11
10am– 12noon
• Woodlands

Fridays

Stepping Stones Programme
25/09 – 04/12
9:30am–12 noon
• Woodlands

DWP Employment & Benefits advice
10am - 12 noon
• Winterbourne

Referrals & Bookings

To obtain a referral or make a booking, please contact your local Family Hub.

You can call:
📞 **Selhurst Family Hub:** 020 8684 3777 (Option 1)
📞 **Woodlands Family Hub:** 020 8916 0543
📧 **Email:** familyhubs@croydon.gov.uk

A Family Hub Navigator will support you in accessing any of the services listed above.

CROYDON FAMILY HUBS

Support Schedule · Autumn/Winter 2026

Please book or obtain a referral before attending.
Contact your Local Family Hub for more information.

Tuesdays

Barnardo's Virtual Family Space
Potty Training
08/12
6pm
Online

Barnardo's Virtual Family Space
Child and Family Safety Inside The Home
20/10
6pm
Online

Wednesdays

Barnardo's Virtual Family Space
Potty Training
25/11
10am
Online

Barnardo's Virtual Family Space
Sleep
04/11
10am
Online

Barnardo's Virtual Family Space
Toddler Talk
09/12
6pm
Online

Barnardo's Virtual Family Space
Child and Family Safety Inside The Home
18/11
10am
Online

Thursdays

Barnardo's Virtual Family Space
Toddler Talk
19/11
6pm
Online

Barnardo's Virtual Family Space
Child and Family Safety Inside The Home
03/12
6pm
Online

Barnardo's Virtual Family Space
Empowering Dads and Male Carers
12/11
6pm
Online

Saturdays

Barnardo's Virtual Family Space
Ready for Reception
14/11
10am
Online

Barnardo's Virtual Family Space
Toddler Talk
17/10
10am
Online

Barnardo's Virtual Family Space
Sleep
24/10
10am
Online

Barnardo's Virtual Family Space
Healthy Smiles, Oral Health
28/11
10am
Online

Barnardo's Virtual Family Space
Sleep
05/12
10am
Online

Barnardo's Virtual Family Space online workshops

These short, practical sessions are designed to give parents and carers tips, tools, and confidence to support their children's development and wellbeing.

Future Dads: Empowering New & Expectant Fathers
Croydon University Hospital (face to face)
Saturdays: 10am to 4pm

Upcoming Dates: · 21 November
· 19 December

Supporting dads-to-be and new fathers with information, guidance and confidence for their parenting journey. A midwife is available during part of each session to offer expert support and advice.

CROYDON FAMILY HUBS

Please book or obtain a referral before attending.
Contact your Local Family Hub for more information.

Support Schedule · Autumn/Winter 2026

Family Hub Navigators
We support families from conception to children aged 0–19 (up to 25 with SEND), offering a listening ear and guidance to help you find the right support. You can access support by phone, or we can arrange a 1:1 appointment in a private, confidential setting.

DWP Family Communication Work Coach:
- Benefits
- Employment
- Job searching
- Interview skills prep
- CV support

Breathe Melodies for Mums
Free weekly group singing sessions for new mums and their babies (0-9 months), designed to support emotional wellbeing, build confidence, and help you connect with other local parents in a friendly, supportive environment.

NAS EarlyBird Programme
A supportive programme for parents and carers of autistic children, offering practical strategies to support communication, development, and everyday family life.

Citizen's Advice Croydon:
- Welfare benefits
- Consumer
- Money and debt
- Tax and utilities
- Travel/transport
- Employment
- Education
- Immigration
- Health and community care
- Relationships and family

Croydon Talking Therapies
Provides free NHS support for adults experiencing stress, anxiety, depression, and other common mental health challenges. Support includes therapy, workshops, and self-help programmes to improve wellbeing and build resilience.

Benefits Advice:
- Benefit applications
- Paper forms
- Appeal support
- Benefits check

Income Officer:
Council Tenants in Shirley only.
- Financial hardship
- Bedroom tax & downsizing
- Benefits advice
- Rent options

South West London Law Centre: Referrals ONLY
- Housing
- Money Advice
- Debt
- Cost-of-Living Work
- Employment Benefits
- Immigration/Asylum
- Community Care
- Free one-off legal advice on a number of other legal problems

NVR: (Non-Violent Resistance)
A group parenting programme designed to support parents and carers who may be experiencing aggressive, violent, self-destructive and/or controlling behaviour from their children, equipping them with tools and strategies to effectively respond and manage behaviours.

Schools Attendance Officer:
- Need help identifying any concerns?
- Having difficulty communicating with the school?
- Issues with your child's attendance?
- Support understanding your attendance responsibilities?

Triple P Stepping Stones
A strength-based, 9 week parenting programme to support parents' confidence in managing and understanding their child's behaviour in the context of their additional needs and/or disability. This group is aimed at parents and carers of children aged 0-12 who have a special educational need or disability (SEND). Sessions consist of a mix of one to one discussions and group sessions.

Teen Triple P
A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their teens' behaviour. This group is aimed at parents and carers of teenagers aged 13-18. Sessions consist of a mix of one to one discussions and group sessions.

Triple P 0-12
A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their children's behaviour. Triple P is aimed at parents and carers of children aged 0-12. Sessions consist of a mix of one to one discussions and group sessions.