



Low Cost/No Cost Family Fun in London

Please look at the organisations' websites to double check times and arrangements

In the Making – Sound and Music 2026

A week-long summer residential (26 - 31 July 2026)

A year of online development (September 2026 – June 2027)

Application deadline: Monday 20th April 2026

'In the Making' is the UK's only year-long artist development programme for talented young music creators and composers aged 14-18. Suitable for all young people and all types of music – beats, songs, sound art, classical, experimental, electronic and everything in-between. Each year, 50 young creators with a passion for music come together from all over the UK for an unforgettable summer residential, followed by a flexible 12-month programme of online creative development, mentoring, peer support, progressions pathways and careers support. They have been running programmes for young music creators for 18 years and helped launch the creative journeys of 1000s of young musicians across the UK – could your child be next? It supports those passionate about making music in any form and is open to all, regardless of instrument, musical interests, creative goals, background or location.

For additional guidance, you can find a full list of FAQs and information via the link below:

<https://soundandmusic.org/programmes/in-the-making/>

Application form <https://soundandmusic.fillout.com/inthemaking26>

Creative Communities Creating Change (4Cs) – **FREE**

Raw Material - 2 Robsart Street, Brixton, SW9 0DJ

Wednesdays 6:30 – 8:30pm (Starting 22nd April)

Creative Communities Creating Change (4Cs) is a new Creative Health programme which has been funded for 3 years to support young people aged 11-19 and parents and carers across Lambeth, Southwark, Lewisham and Croydon. Launching in April 2026, the programme is based at Raw Material's community hub in Brixton and combines creative practice, community-based support and evidence-informed wellbeing approaches. The programme responds to the growing need for accessible, community-based mental health and wellbeing support for young people and families. 4Cs is delivered through three connected strands: Creative programmes for young people, Support for parents and carers. A participatory research project reimagining mental health support. Together these strands aim to improve mental, emotional and social wellbeing, strengthen social connections and support sustained engagement in arts and culture.

4Cs is delivered through a partnership between Raw Material, NHS DISCOVER, NHS EPEC (Empowering Parents, Empowering Communities), Tony Cealy and London Arts and Health.

[Creative Communities Creating Change \(4Cs\) – Raw Material Music & Media Education Ltd.](#)

Free water safety course at Canada Water Leisure Centre - **FREE**

Canada Water Leisure Centre, 7 Deal Porters Way, SE16 2AJ.

Course one: Thursday 16 April to Thursday 14 May: 7pm to 8pm

Course two: Thursday 21 May to Thursday 18 June: 7pm to 8pm

If you have had a negative experience, feel afraid, or lack confidence in the water, you can sign up for a free five-week safety course with The Black Swim Association. Learn lifesaving water skills in a friendly and supportive environment. For anyone 18+ who lives, works, or studies in Southwark.

[Canada Water Leisure Centre – Leisure Facilities in Southwark](#)

St Stephen's Children's Centre - Parenting Course

Meadow Place, SW8 1XZ

Fridays from Friday 24th April - 13 weeks, 9:30am - 12:30pm - Birth to Adulthood

Strengthening families, strengthening communities. A structured course designed to equip parents with practical guidance and essential skills to raise confident, healthy, and happy children.

Free creche and lunch provided each week.

Course includes: - expert guidance, child development, meet others and share ideas and effective discipline techniques.

Contact Maryam Chowdhry 07568 116298

Email ccadmin@st-stephens.lambeth.sch.uk

<https://www.st-stephens.lambeth.sch.uk/Children/Children-s-Centre/>

Mindful Conversations

Academy of Medical Sciences, 41 Portland Place, W1B 1QH

Saturday 25th April, Saturday 23rd May, 11am - 15:30

(Participants attend one session)

Supported by, UK Dementia Research Institute, The Academy of Sciences & UCL.

Are you 40+ and from a Black African or Caribbean background, living in London?

Join Brain Health Workshops - an open, welcoming space to talk wellbeing, brain health and dementia in Black communities.

What will happen in the Workshops:-

- Guided discussions and brain health, memory and wellbeing.
- Creative activities to encourage reflection and conversation.
- Space to share your views on what brain health support should look like in Black communities.

What they offer:-

- A welcoming and respectful space where your voice matters.
- The chance to shape a community exhibition on brain health.
 - A delicious Afro-Caribbean lunch.
 - £30 honorarium to thank you for your time.

Contact, Project Lead Dr. Nathasia Muwanigwa, 07762 013 893 n.uwanigwa@ucl.ac.uk

<https://bit.ly/mindfulconvos>

Welcome to the Royal Mint Museum's Short Story Competition pages.

For the sixth year running, we are holding our popular annual Short Story Competition.

The competition is open to children aged 7 to 11.

Students are invited to submit a story of no more than 500 words based on Gold. From buried treasure to secret vaults filled with gold bars and coin hoards, we are asking students to engage their imagination and write about glistening gold. You can read our inspiration page to find out more about what gold is, how it is used and how it has captured people's imagination. We hope it will inspire you to write your own original story. If you would like to, you can download our [Story Guidance Worksheet](#) to help plan and write your story. The competition is open for entries from 16th February until 17th April 2026. Simply submit your entries [here](#) or you can also post your entries to us following the guidance in our FAQs.

The winner will receive a gold coin, £5,000 for their school or local library, and their story illustrated by an artist. Winners will be announced on our website in May. Please note that due to the very high numbers of expected entries, we will only be able to contact you if you have won a prize.

storycompetition@royalmintmuseum.org.uk

Mix & Move: Bollywood Groove - **FREE**

Fri 17 Apr – Fri 19 Jun 2026

3pm – 5pm: dance workshop, 5pm – 6pm: social dance

The Clore Ballroom, Level 2, Royal Festival Hall – no ticket required.

Come on down to our dancefloor for easy-to-learn routines, good energy and fresh takes on Bollywood dance. Showcasing dance styles and dancers from across the globe, *Mix & Move* is our monthly programme of accessible dance workshops to get you moving to the music.

For these sessions, let dance artist Krupa Chavda whisk you away with her fresh take on the traditions of Bollywood.

Together, we dance through classic footwork, traditional hand gestures, accessible adaptations and simple routines to make you feel like a pro. Come for the steps, stay for the vibe.

Chavda is joined at each session by dancers Damien Anyasi and Natasha Khanjani, who provide seated adaptations and alternatives to allow everyone to light up the dance floor and discover new rhythms.

Each *Mix & Move* event lets you explore different forms of dance, learn new moves and meet new people. Running in blocks of three, first you get to grips with a dance style for two sessions, and then you can break out your moves in the final social dance session.

You don't need to be a dancer, and no experience or dance partner is needed.

Chavda is a global dance artist performing a fusion of styles including street, hip-hop, Bollywood and contemporary. She has over 20 years of performance credits including *Britain's Got Talent*.

For all ages. Under-12s must be accompanied by an adult on our site.

[Mix & Move: Bollywood Groove | Southbank Centre](#)

Lambeth's Digital Family Hub

Our digital family hub provides information about services and resources to help support you and your family.

[Family Information Directory | Lambeth Council](#)

Healthy Relationships Matter

Advice and guidance for parents and young people on how to support healthy relationships and manage conflict.

[Healthy Relationships Matter | Lambeth Council](#)

Positive Support Group

The Parenting Support Service offers a range of group based or online parenting courses for families living in Lambeth.

[Parenting and Co-Parenting support service](#)

Parent's/carers can register directly using the [Lambeth Positive Behaviour Support Webinar Sign Up form](#), with workshop dates available from next week.

Jock McFadyen with Jem Finer: Underground (and Surface) Exhibition - FREE
Step into the sensory world of London's Tube in Guildhall Art Gallery's immersive exhibition by Jock McFadyen RA and Jem Finer of The Pogues.

Jock McFadyen with Jem Finer: Underground (and Surface) brings together Jock McFadyen's large-scale Tube station paintings, revisiting his Underground series from the late 1990s, with a layered soundscape by Jem Finer of The Pogues, composed from field recordings on the Northern and Central lines. Image and sound combine to transform familiar stations, signage and everyday noises into an immersive experience, encouraging visitors to see and listen to the Underground anew. The exhibition then opens out into a sequence of works, presenting McFadyen's expansive cityscapes and earlier paintings featuring people. Set above ground, these works offer a striking counterpoint to the enclosed spaces of the subway, shifting the focus from subterranean movement to the broader rhythms and human presence of the city.

Time: Daily 10am to 5pm.

Admission: Pay What You Can. You can pay as much or as little as you like for your ticket or visit for free. Income from this exhibition will help the Gallery to put on new public exhibitions and support their education and conservation programmes.

Highlights include:

- A reimagining of the acclaimed 'Underground' series, first created in the late 1990s and brought into the present through this unique collaboration.
- The debut of a newly completed work from McFadyen's Underground series, shown publicly for the first time.
- An immersive soundscape by Jem Finer, using field recordings from the Northern and Central lines to bring the Underground to life.
- Large-scale artworks of iconic London locations, from shadowy Underground stations to open, sunlit cityscapes.
- Captivating artworks such as 'Bank', 'Ghost' and 'Popular Enclosure', capturing both the intensity and calm of the city.
- Each artwork is linked to a specific Tube station, inviting visitors to see London's transport network - and the city - in a new way.

Please note: this exhibition features background music incorporating the sound of a tube train passing through a tunnel, which some visitors may find uncomfortable. Ear defenders will be available to borrow at the reception desk; feel free to ask a member of our team for a pair if you would like to use them during your visit.

[Jock McFadyen with Jem Finer: Underground \(and Surface\) Exhibition - City of London](#)
[General Admission & Jock McFadyen - Guildhall Art Gallery](#)

Patricia Henry Christ Church Streatham (p.henry@ccsprimary.org.uk)

Rachel Thomas, Windmill Cluster (rthomas@sudbourne.com)

