



Low Cost/No Cost Family Fun in London

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

Books in the Park - entrance is FREE **Beckenham Place Park, Beckenham BR3 5BS** **Saturday 25th April 2026, 9am - 8pm**

Books in the Park is thrilled to be back for a third successive year at Beckenham Place Park. They have got a captivating programme of adult and children's authors, stimulating writing workshops, free guided walks, interactive festival events, a pop-up book shop and the park's much-loved Food and Farmers Market. They will be welcoming two passionate David Bowie fans and authors to a special event celebrating his life and legacy. As many will know, David Bowie was a former Beckenham resident, and this year marks the 10th anniversary of his death. Since last year's event, profits from Books in the Park have helped fund their community outreach efforts. The sponsored author and illustrator workshops at the literacy festival, hosted by ABC Book Club, designed to encourage and inspire a love of stories and reading for more than 100 children from schools in under-resourced communities. Also helping them to offer fun, author-led reading adventures in Beckenham Place Park, the Co-operative Group chose Books in the Park as one of its local community causes. The more people who vote for them, the more funds they receive from the Co-op. This helps them to create a welcoming, inclusive space at Beckenham Place Park for local families from all backgrounds to enjoy, bringing people together, boosting wellbeing, and making books accessible to families and communities who need it most. Don't forget, Books in the Park festival entrance is free. Each event is individually ticketed, and some discounted tickets are available. Ticket holders will enjoy 10% off food and drink at the Mansion Cafe and The Homestead Cafe by showing their tickets.

[Books in the Park Home](#)

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.](#)

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>

Nature Counts: From Observation to Action - **FREE**

Natural History Museum, Cromwell Road, SW7 5BD

Saturday 25 April 2026, 11:30-12:30 and 14:30-15:30

Explore their Nature Discovery Garden with their scientist Ed Baker and discover research in action.

Spot hidden wildlife and turn your observations into evidence that helps monitor and protect urban nature worldwide. On this garden walk you'll learn how urban nature is studied in real time. Discover the methods that have collectively transformed their gardens into a living data lab, providing evidence that guides nature recovery across the city. You'll learn about traditional approaches, such as bird transects and moth trapping, as well as cutting-edge tools, including DNA barcoding and acoustic monitoring. From observation to action, discover how your curiosity can help make nature count.

Living in a city, it's easy to overlook the wild world around us. Yet right here in the heart of London, their gardens are home to around 26% of the city's total species diversity. What began in 1995 as a one-acre experiment is now five acres of woodland, grassland and wetland, and is one of the UK's most studied urban biodiversity sites. More than 57,000 observations have been recorded there, with new discoveries still being made each year, and you have a chance to be part of it.

[Nature Counts: From Observation to Action | Natural History Museum](#)

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

Now until 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 their 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 their 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, you will 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](#)

Family Space - South London Gallery - **FREE**

Saturday 25th April 2026, 11am - 1pm

South London Gallery, 65-67 Peckham Rd, SE5 8UH

Join artist John Macedo for an exciting family workshop exploring performance, play and sound.

Suitable for children aged 5-12 years with their parents and carers. Family Space is a programme of free workshops that take place on the last Saturday of the month. Sessions are self-directed and designed for families with children aged 5-12 years old. The space is supported by the SLG's Communities and Step into *The Music is Black: A British Story* and travel through time as over 120 tracks from every era play directly through your headset. More than an exhibition, this immersive sound experience explores the power and impact of Black British music. [John Macedo](#). The residency will end in April with a moment to celebrate the collective work of participating families. The room is likely to be noisy. Sensory materials are available on request.

This event is seated. Ear plugs, ear defenders, magnifying glasses and wheelchairs are all available.

Please note that Family Space runs on a first come first serve basis and you may be required to wait a short while for a space to become available if we are at maximum capacity.

[Family Space with John Macedo: Apr 2026 - South London Gallery](#)

[Attendee sign-up - Upshot](#)

Replay : Relaxed - £7.50 for adults & children

Thursday 23rd April - Saturday 4th July 2026

Southbank Centre, Spirit Level 1, Royal Festival Hall

Enjoy a world of play and imagination in their recycled playground, in sessions for children and their families who would benefit from a gentler, less busy space. Part installation, part adventure playground,

REPLAY is a space built entirely out of waste materials repurposed for fun by The Herd Theatre.

Children and their grown-ups are invited to play side-by-side in this space full of things you can move, change, wear and reimagine. It is a one-hour experience from start to finish, including 45 minutes of self-led play time.

[REPLAY: Relaxed | Southbank Centre](#)

[Book | Southbank Centre](#)

Living With Teenagers (LWT)

29th April – 8th July (Wednesdays, 10 weeks), 6:30pm – 8:30pm

Raw Materials, 2 Robsart Street, Brixton SW9 0DJ

Living with Teenagers (LWT) is an evidence-based parenting programme delivered through The NHS EPEC (Empowering parents, Empowering Communities) model. Running over ten weeks, the programme provides practical tools, peer support and guided discussion to help parents and carers navigate the challenges of raising teenagers. Built into the programme is Mindful Music – a collaborative and improvisatory music-making workshop where parents/carers create music together in a relaxed and supportive environment. It is designed for complete beginners – no music experience required! The session offers an opportunity to experience the wellbeing benefits of creative participation whilst connecting with others. Together these sessions aim to strengthen relationships with teenagers, build confidence in supporting young people's wellbeing and connect parents/carers with community support networks.

[RAW MATERIAL: SIGN UP FORM](#)

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

Young Social Action Boxing - **FREE**

Longfield Hall, 50 Knatchbull Road, SE5 9QY

Fridays from 4:00pm – 5:00pm

Are you 11 – 17 years of age around Camberwell/Brixton then join us every Friday. This event is designed to inspire and empower young people in Camberwell or Brixton to reach their full potential through the art of boxing. Their boxing empowerment programme is expected to empower participants to become the best versions of themselves through structured training and development platforms which includes goal setting, self assessment and peer review of performance. The key objectives of the boxing empowerment programme are to:

- Manage emotions in a constructive way
 - Build confidence and self-esteem
 - Build positive relationships
 - Improve life choices through mentoring, career advice, and skills training
- Foster a sense of community amongst attendees

[Free Youth Social Action Boxing Empowerment Project - Longfield Hall](#)

The Music is Black: A British Story

Now until 2nd January 2027

V&A East Museum, 107 Carpenters Rd, E20 2AR

Adults £20, 12 – 17 year olds £10, 0-11 free (but must be accompanied by an adult)

The museum will explore how Black Music has shaped British culture from 1900 to the present day and reveal its global impact. 125 years of Black music-making in Britain. Spanning four continents, this is a story of excellence, struggle, resilience and joy. Step into *The Music is Black: A British Story* and travel through time as over 120 tracks from every era play directly through your headset. More than an exhibition, this immersive sound experience explores the power and impact of Black British music. Expect to see objects like Joan Armatrading's childhood guitar (going on display for the first time) alongside fashion worn by Little Simz and newly acquired photographs by artist including Jennie Baptiste, Beezer, Dennis Morris, Eddie Otchere, Sam White and more!

[The Music is Black: A British Story - Exhibition at V&A East Museum · V&A](#)

[The Music Is Black: A British Story | Tickets | V&A Shop](#)

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](#)

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

