



Spring Term Timetable

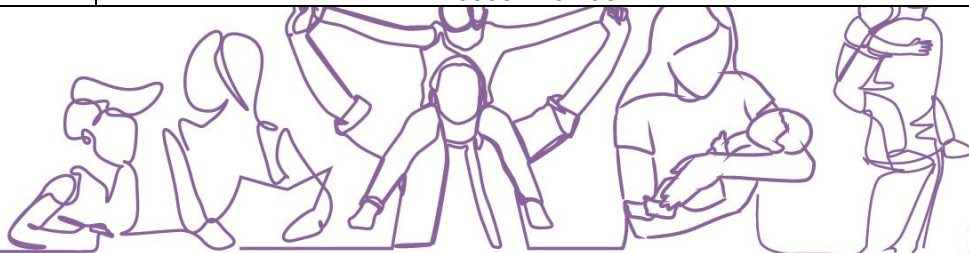
Monday				
Time	Session	Venue	Cost	Provider
10-11am	Sensory Session - A session for children aged 0-3 years that will excite the senses. Children can explore the world around them using touch, taste, smell, sight, and hearing.	Marfleet Family Hub	£1	FH
10-11am	HKR Mini Rugby - An introductory session into the world of rugby for young beginners. Suitable for children aged 2-4 years.	Craven Park	£1	HL
10.30-11.15am	Toddler Time – A group session with crafts, stories, toys, and rhymes for under -5s. Please ask the library or contact 01482 210000 as booking is required.	East Park Library	Free	OA
Tuesday				
Time	Session	Venue	Cost	Provider
9.30-10.30am	Busy Babies - A play session for babies aged 0-12 months with sensory play, outdoor opportunities, and singing time. This session also incorporates PEEP into the activities.	Mersey Family Hub	£1	HL
10-11am	Us Mums - Legs, Bums and Mums - This session is suitable for both pre and postnatal women (once you've had the okay to exercise from a medical professional) and you can bring your non-mobile baby with you too! The session focuses on strengthening and toning your legs and bum using body weight exercises and movements to help improve your fitness levels. We also focus on your pelvic floor muscles too!	Marfleet Family Hub	£1	HL
10.45-11.30am	Tots Football - An introductory session into the world of football for young beginners. Suitable for children aged 2-5 years.	St. Stephen's Neighbourhood Centre	£1	HL
11am-12 midday	Early Explorers - A session for children aged 1-3 years which includes indoor messy sensory play, singing, and outdoor time. This session help promote toddlers' brain development and early language skills.	Mersey Family Hub	£1	HL
1-2pm	Baby and Me - This is a 6-week course which includes sensory play, infant massage (which helps with colic, teething, speech, language and muscle development) and GroBrain Baby which helps with bonding, attachment and brain development. This session is for children over 6 weeks. Please contact the Family Hub as booking is required.	Mersey Family Hub	Free	FH
1.30-2.15pm	Toddler Time – A session with crafts, stories, toys and rhymes for under -5s	Waudby Library	Free	OA





Wednesday				
Time	Session	Venue	Cost	Provider
10-11am	Nature Learners - An outdoor session where children aged 0-4 years can explore messy sensory activities and natural materials through play. Please dress your child in appropriate clothing for the weather.	Marfleet Family Hub	£1	HL
10-11.30am	Baby and Me - This is a 6-week course which includes sensory play, infant massage (which helps with colic, teething, speech, language and muscle development) and GroBrain Baby which helps with bonding, attachment and brain development. This session is for children over 6 weeks. Please contact the Family Hub as booking is required.	Marfleet Family Hub	Free	FH
1.30-3.30pm	Child Health Clinic - This session is run by local Health Visitors. You can have your child weighed and discuss any issues about your child's development. You can also spend time in the sensory room. Breastfeeding support is available between 1.30-2.30pm. For more information, please call 01482 344 301.	Marfleet Family Hub	Free	FH

Thursday				
Time	Session	Venue	Cost	Provider
9.45-11.45am	KIDS Learn to Talk Together - A group session for children with communication, speech, and language delays. This session will help build communication, speech, and language skills through play. This is a referral only session – for more information call KIDS on 01482 467 540.	Marfleet Family Hub	Free	OA
9.30-11.30am	Child Health Clinic - This session is run by local Health Visitors. You can have your child weighed and discuss any issues about your child's development. For more information, please call 01482 344 301.	Asda Mount Pleasant	Free	FH
10.30-11.15am	Tots Tumble - An introductory session into the world of gymnastics and cheerleading for young beginners. Suitable for children aged 2-5 years.	St. Stephen's Neighbourhood Centre	£1	HL
1-2pm	Babbling Babies - A fun filled session with singing, puppets, parachute, bubbles and lots of stories. Suitable for babies 0 to crawling. Breastfeeding support will be available throughout the session.	Marfleet Family Hub	£1	FH
1-2pm	Tiny Talkers - This session focuses on a different book each half term and includes a variety of exciting activities, songs, and action rhymes to build on your child's language skills! This session is suitable for children aged crawling to 4 years.	Mersey Family Hub	£1	HL
2-3pm	FareShare - A bag containing up to 10 items of food and toiletries for £1.50 each week. To qualify you must have a child under the age of 18. Please bring your own bag for life.	Marfleet Family Hub	£1.50	FH
All Day	Citizens Advice Drop-in - A drop-in session to provide support with benefits, debt, housing, family and relationships, consumer problems, immigration or utilities. Drop into the Hub fortnightly and speak to an experienced advisor in a private room. For more information, please call 0808 278 7981.	Marfleet Family Hub	Free	OA





Friday				
Time	Session	Venue	Cost	Provider
9.30-10:30am	Stay and Play - A drop-in session for parents/carers to have a chat and refreshments whilst little ones play in our activity room. A range of professionals will be invited each week to answer any questions you may have.	Mersey Family Hub	Free	FH
10-11am	FareShare - A bag containing up to 10 items of food and toiletries for £1.50 each week. To qualify you must have a child under the age of 18. Please bring your own bag for life.	Mersey Family Hub	£1.50	FH
10.30 – 11.15	Baby Bounce – A session with rhymes, singing, and fun with your baby. Please ask at the library or contact 01482 210000 to book as booking is required.	East Park Library	Free	OA
Various times	Antenatal and Postnatal Tobacco Dependence Clinic - A support clinic to help you quit smoking during pregnancy and 12-weeks post-natal. This is a referral only session. For support, please speak to the Family Hub team.	Marfleet Family Hub	Free	OA

Please note Family Hub sessions are term time only unless otherwise stated.
 If you have any questions about any of the sessions, please contact Marfleet Family Hub on 01482 705 333.
 Updates can also be found on Facebook - Marfleet and Mersey Family Hubs and Healthy Lifestyles Hull.
 FH=Family Hub HL= Healthy Lifestyles OA= Outside Agency

Addresses

- Marfleet Family Hub - 359 Preston Road, HU9 5AN
- Mersey Family Hub - Derwent Street, HU8 8TX
- St. Stephen's Neighbourhood Centre - 96 Annandale Road, HU9 4LA
- Craven Park - Poorhouse Lane, HU9 5HE
- East Park Library – Holderness Road, HU8 8JU
- Waudby Library – Hemswell Avenue, HU9 5LD



www.familyhubshull.org.uk
 Tel: 01482 705 333