

Health Visitor Clinics in Portsmouth

Portsmouth Health Visiting: 0300 123 6629

Monday

Milton Park Family Hub

Perth Road, Southsea

9.30am -11.30am (Last entry: 11.15am)

Northern Parade Family Hub

Doyle Avenue, Hilsea

1.30pm-4.00pm (Last entry: 3.45pm)

Tuesday

Somerstown Family Hub

Omega Street, Southsea

9.30am-11.30am (Last entry: 11.15am)

Highbury Area Community Centre

Hawthorn Crescent, Cosham

1.00pm-3.00pm (Last entry: 2.45pm)

Wednesday

Landport Family Hub

221 Arundel Street, Portsmouth

9.30am-11.00am (Last entry: 10.45am)

Paulsgrove Family Hub

Cheltenham Road, Paulsgrove

1.00pm-3.00pm (Last entry 2.45pm)

Thursday

Milton Park Family Hub

Perth Road, Southsea

1.00pm-2.30pm (Last entry: 2.15pm)

Somerstown Family Hub

Omega Street, Southsea

9.30am-11.30am (Last entry: 11.15am)

Friday

Buckland Family Hub

Turner Road, Buckland

9.30am-12.00pm (last entry 11.45pm)

Contact us

Buckland Family Hub

Turner Road, Buckland, PO1 4PN

Phone: 023 9273 3440

Email: bucklandcc@portsmouthcc.gov.uk

Landport Family Hub

221 Arundel Street, Portsmouth, PO1 1NF

Phone: 023 9281 5005

Email: landportcc@portsmouthcc.gov.uk

Somerstown Family Hub

Omega Street, Southsea, PO5 4LP

Phone: 023 9282 1816

Email: somerstowncc@portsmouthcc.gov.uk

Family Information

The Family Information Service is a free and impartial information service for mums, dads and carers of (as well as professionals working with) children and young people aged 0-19 years. The service provides free information, advice and guidance on all aspects of family life.

For more info go to www.portsmouth.gov.uk/fis

T 023 9268 8830

Email fis@portsmouthcc.gov.uk

If you are interested in volunteering to support our services, please contact:

Home-Start Portsmouth

The Haven, 17 Lake Road,
Portsmouth, PO1 4HA

T 023 92734400

Txt 07860 017 490

Internet stations at Family Hubs

Pop along and use our laptops to do anything from paying bills to completing online applications and creating your CV.

stronger futures

What's on in Portsmouth Family Hubs - Central?

Monday 7th January

to

Friday 15th February 2019

Buckland Family Hub

Landport Family Hub

Somerstown Family Hub



For more information,
visit www.portsmouth.gov.uk
and search **Early Help & Prevention**

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Buckland Family Hub	<p>#Sensory Sessions 1.00pm - 4.00pm (30 minute session) Booking Required</p> <p>Freedom Programme Drop-in group for women experiencing domestic abuse. 9.30 am -11.30am Term time only</p> <p>#Childminder Sing Along Group (Childminders only) 9.30am - 11.00am Term time only</p> <p>Dadzclub Various groups/activities each week. Facebook "Dadzclub Portsmouth" for more details</p>	<p>#Midwife Clinic By Appointment 8.30am - 4.30pm</p> <p>#Sensory Sessions 9.00am - 4.00pm (30 minute session) Booking Required</p> <p>#Childminder Group (Childminders only) 9.30am - 11.00am Term time only</p> <p>#Stay and Play Volunteer Led (0-5 Years) 1.00pm - 2.30pm Term time only</p>	<p>#Midwife Clinic By Appointment 8.30am - 4.30pm</p> <p>#Polish Group Volunteer Led (0-5 years) 9.30am - 11.30am</p> <p>#Sensory Sessions 9.00am - 4.00pm (30 minute session) Booking Required</p> <p>#Breastfeeding Support Group 1.30pm - 2.45pm Term time only</p> <p>Connors Toy Library (Stay & Play) 13.00pm -14.30pm £2 per family Term time only</p> <p>#Stay and Play Volunteer Led 0-5 years Stamshaw Community Centre 9.45am—10.45am Term time only</p>	<p>#Midwife Clinic By Appointment 8.30am - 4.30pm</p> <p>#Sensory Sessions 1.00pm - 4.00pm (30 minute session) Booking Required</p> <p>Stay and Play Volunteer led (0-2 years) 9.45am - 11.15 am Term time only</p>	<p>#Midwife Clinic By Appointment 8.30am - 4.30pm</p> <p>#Family Information Service 8.30am - 12.30pm By Appointment</p> <p>#Health Visitor /Self Weigh Clinic 9.30am - 12.00pm Last entry: 11.45am</p> <p>#Parenting Surgery for parent/carers of children aged 5 - 19yrs 9.00am - 12::200pm (30 minute session) 11th January 9.00am — 12.00pm Booking Required</p>
Landport Family Hub	<p>#Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>Connors toy library 12.30-2.30pm Term time only. £2 per family.</p>	<p>#Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p>	<p>#Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>#Health Visitor Clinic 9.30am-11.00am (Last entry: 10.45am)</p> <p>Stay and Play (0-5 Years) Volunteer Led 10am –11.30am Term time only.</p>	<p>#Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>PACEY Childminder Group (Childminders only) 10.00m - 11.30am</p> <p>#Midwife Clinic 8.30am-4.30pm By appointment</p> <p>#Family Information Service 1.00pm-4.00pm By appointment</p>	<p>#Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>#Parenting Surgery (30 minute slots) for parents of children aged 5 - 19yrs 9.00am—1.00pm 25th January 2019, 8th March 2019, 19th April 2019 Booking required</p> <p>#Teen Triple P Discussion Groups 12-16yrs—Reducing Family Conflict 10am-12.30pm 1st March 2019 Booking required</p>
Somerstown Family Hub	<p>#Midwife Clinic (by appointment) 8.30am-4.00pm</p> <p>#Playtime Anytime 9.00am-4.00pm</p> <p>#Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p> <p>#Family Information Services (By appointment) 8.30am-12.30pm</p>	<p>#Health Visitor Clinic 9.30am-11.30am (Last entry: 11.15am)</p> <p>#Midwife Clinic (by appointment) 9.00am-4.00pm</p> <p>#Playtime Anytime 1.00pm-4.00pm</p> <p>#Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p> <p>#Stay and Play Volunteer Led 0-5 Years Term time only. 10.00am-11.30am</p> <p>#Young Parents Programme (By invitation) 9.00am-15.00pm Not running in half term.</p> <p>#Triple Discussion Group– Dealing with Disobedience, Tuesday, 25.02.2019, 12.00pm-2.30pm.</p> <p>#Triple Discussion Group– Developing Good Bedtime Bed Routine, Tuesday, 22.01.2019, 10.00-12.30pm</p>	<p>#Playtime Anytime 9.00am-4.00pm</p> <p>#Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p> <p>#Non Violent Resistant (By Invitation) Wednesday, 16.01.2019-03.04.2019, 11 weeks ,6.00-8.00pm .</p> <p># Triple P Primary (By Invitation) Wednesday, 16.01.2019-27.03.2019, 10.00-12.30, 10 weeks Course. Not running in the half term (30 minute slots) Booking Required.</p>	<p>#Breastfeeding Support Group (All year round) 10.00am-11.30am</p> <p>#Health Visitor Clinic 9.30am-11.30am (Last entry: 11.15am)</p> <p>#Playtime Anytime 1.00pm-4.00pm</p> <p>#Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p> <p>#Triple P Discussion Group, Getting Teenagers to Cooperate. Thursday, 31.01.2019, 10.00-12.30pm</p>	<p>#Playtime Anytime 9.00am-3.30pm</p> <p>#Russian Group (All year round) 9.30 am-11.30 am</p> <p>#Sensory Sessions 9.00am-3.30pm (30 minute session - booking required)</p> <p>#Parenting Surgery for parents of children aged 5 - 19yrs 08.02.2019, 9.00am-12.30pm, 22.03.2019, 9.00am-12.30pm 03.05.2019, 9.00am-12.30pm (30 minute slots) Booking Required</p> <p>#Outdoor Explorers Group (Booking Required) Starting Friday, 18.01.2019, 10.00am-11.30am Not on in half term.</p> <p>Volunteer led Breastfeeding Clinic. 10.00am-11.30am, Throughout the year.</p>