

## 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 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-11.45am

## Contact us

### Northern Parade Family Hub

Doyle Avenue, Hilsea, Portsmouth, PO2 9NE

Phone: 023 9266 0866

Email: [northernparadecc@portsmouthcc.gov.uk](mailto:northernparadecc@portsmouthcc.gov.uk)

### Paulsgrove Family Hub

Cheltenham Road, Paulsgrove, PO6 3PL

Phone: 023 9238 5995

Email: [paulsgrovecc@portsmouthcc.gov.uk](mailto:paulsgrovecc@portsmouthcc.gov.uk)

### Highbury Community Centre

Hawthorn Crescent, Cosham, PO6 2TL

#### Sensory Sessions

Available daily between 9.30am - 3.30 pm

At Northern Parade Family hub

Call 02392 660866 to book

#### Playtime Sessions

Call to book a space

#### Northern Parade Family Hub

Fridays - 12.00 - 3.00pm

Paulsgrove Family Hub

Monday 9.30am - 12.30pm

Thursday 1.00pm - 3.30pm

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

Home-Start Portsmouth

T 023 92734400 Txt 07860 017 490

W [www.hsportsmouth.org.uk](http://www.hsportsmouth.org.uk)

## What's on at the Weekend?

**Simon Says** (Child Bereavement Support Group)

Sunday 20th January & 17th February- 1.30pm-4.30pm

@ Northern Parade Family Hub

For more information please contact:

Tel: 023 8064 7550

Email: [info@simonsays.org.uk](mailto:info@simonsays.org.uk)

# stronger futures




## What's on in Portsmouth Family Hubs - North?

Monday 7th January -  
Friday 15th February 2019

Northern Parade Family Hub  
Paulsgrove Family Hub

For more information,  
visit [www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)  
and search **Family Hubs**

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Northern Parade Family Hub	<p><b># Midwife Clinic</b> (by appointment) 8.30am - 3.00pm</p> <p><b># Little Stars</b> Volunteer led (for children with additional needs) 9.30 am - 11 am <i>(booking required)</i></p> <p><b># Health Visitor Clinic</b> Self-weigh &amp; Health Visitor Led 1.30pm - 4.00pm (Last entry: 3.45pm)</p> <p><b>#Breast Feeding Network Drop In</b> (alongside clinic) 1.30 - 2.45pm</p>	<p><b># Breastfeeding Support Group</b> 10.00am -11.30am</p> <p><b># Family Information Service Appointments</b> 9.30am -12.00pm <i>(booking required)</i> Please call 02392 688830 (Alternate weeks)</p>	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>Find more Stay and Play groups Information on Facebook!</p>  <p>Search for: <b>Portsmouth Family Hub</b> <b>Stay and Play groups.</b></p> </div>	<p><b># Stay and Play</b> (0-5 years) Volunteer led 10.00am - 11.30am <i>(booking required)</i> term time only</p> <p><b>#Parent Buddies</b> 12.15pm - 2.45pm <i>24th January - 14th February</i></p>	<p><b># Connors Toy Library</b> 9.15am -11.15am Drop in session £2 per family term time only</p>
Paulsgrove Family Hub	<p><b>Special Guardians Support Group</b> 9.30am -11.30am (The last Monday of each month) <i>28th January</i></p> <p><b>Child Brain Injury Drop In</b> 10am -12noon <i>7th January</i> <i>4th February</i></p> <p><b>Speech &amp; language Nuffield Research</b> (by appointment only) 12.30pm - 3.00pm <i>4th February - 11th February</i></p>	<p><b># Family Information Service Appointments</b> 9.30am -12.00pm <i>(booking required)</i> Please call 02392 688830 (Alternate weeks)</p> <p><b># Health Visitor Clinic</b> Self-weigh &amp; Health Visitor Led 1.00pm-3.00pm (Last entry: 2.45pm) <b>@ Highbury Community Centre</b></p>	<p><b># Midwife Clinic</b> (by appointment) 9.00am - 4.00pm</p> <p><b># Health Visitor Clinic</b> Health Visitor Led only 1.00pm - 3.00pm (Last entry 2.45pm)</p> <p><b># Breastfeeding Support Group</b> 12.30pm - 2.00pm</p> <p><b># Rock Pool</b> (by appointment only) 9.00am - 12.00 noon <i>9th January - 13th February</i></p> <p><b># Rock Pool</b> (by appointment only) 4.00am - 6.00 noon <i>6th February - 13th February</i></p>	<p><b># Midwife Clinic</b> (by appointment) 9.00am – 4.30pm</p> <p><b># Dadzclub</b> <i>5.00pm -7.00pm</i></p>	<p><b># Stay &amp; Play - Messy Play</b> (0-5 years) Volunteer led 10.30am - 12noon <i>(booking required)</i></p>

**# Delivered as part of the 0-19 Portsmouth City Council and Solent NHS service**

**Please note:** groups are term time only. Please call for information regarding Parenting Support, Sensory Sessions (Northern Parade only), Garden Play and Playtime sessions.