

Healthy Child Clinics in Portsmouth
Portsmouth Health Visiting: 0300 1236629

Monday

Milton Park Family Hub

Perth Road, Southsea, PO4 8EU
023 9282 7392
9.30am -11.30am (Last entry: 11.15am)

Northern Parade Family Hub

Doyle Avenue, Hilsea, PO2 9NE
023 9266 0866
1.30pm-4.00pm (Last entry: 3.45pm)

Tuesday

Somerstown Family Hub

Omega Street, Southsea, PO5 4LP
023 92821816
9.30am-11.30am (Last entry: 11.15am)

Highbury Area Community Centre

Hawthorn Crescent, Cosham, PO6 2TL
1.00pm-3.00pm (Last entry: 2.45pm)

Wednesday

Landport Family Hub

221 Arundel Street, Portsmouth, PO1 1NF
023 9281 5005
9.30am-11.00am (Last entry: 10.45am)

Paulsgrove Family Hub

Cheltenham Road, Paulsgrove, PO6 3PL
023 9238 5995
1.00pm-3.00pm (Last entry 2.45pm)

Thursday

Milton Park Family Hub

Perth Road, Southsea, PO4 8EU
023 9282 7392
1.00pm-2.30pm (Last entry: 2.15pm)

Somerstown Family Hub

Omega Street, Southsea, PO5 4LP
023 9282 1816
9.30am-11.30am (Last entry: 11.15am)

Friday

Buckland Family Hub

Turner Road, Buckland, PO1 4PN
023 92733440
9.30am-11.45am

Contact us

Milton Park Family Hub

Perth Road, Southsea, PO4 8EU
Phone: 023 9282 7392
Email: miltoncc@portsmouthcc.gov.uk

Cockleshell Community Centre

Henderson Road, Eastney, PO4 9SJ

Family Information

The Family Information Officer provides free information, advice and guidance on all aspects of family life to parents, carers and those working with Portsmouth families.

For more info go to portsmouth.gov.uk & search 'family information', call **023 9268 8830** or email fis@portsmouthcc.gov.uk

Self-weigh & Health Visitor /Community Health Nurse Led Healthy Child Clinics

There is now the option to self-weigh or see a Health Visitor or Community Health Nurse at Milton Park Family Hub clinics (see clinic days & times on this leaflet)

You will need to see the Health Visitor or Community Health Nurse if:

- ◆ It's your first time at clinic
- ◆ If you have any health or weight queries
- ◆ If you've used self-weigh more than 3 times in a row

Sensory Sessions

Call or pop in to book a 30 min sensory session 9.30-2.30pm
Tuesday & Fridays (booking required)

Internet Stations

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

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What's on in Portsmouth
Family Hubs - South

Milton Park Family Hub
Monday 7th January-
Friday 15th February 2019

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p># Healthy Child Clinic Self-weigh & Health Visitor/Community Health Nurse Led 9.30am -11.30am (Last entry: 11.15am)</p>	<p># Sensory Sessions 9.30am-2.30pm (30 minute session - booking required)</p> <p># BfN Volunteer Led Breastfeeding Support Group 1.00pm - 2.30pm</p> <p># Dadzclub For dads and their children every Tuesday. Coffee, a dad-chat with other dads & take part in some fun activities for you and your child! Please check Dadzclub on Facebook for details & updates</p>	<p># Volunteer led Stay and Play (0-5 years) 9.30 - 11.00am <i>term time only</i></p> <p>First Steps to Talking Change Self-help and talking therapies for people with common mental health difficulties 9.30am-12.30pm (Fortnightly) (Booking required - 9.30,10.30 &11.30 first step appointments available)</p> <p># Playtime Anytime 12.30pm - 3.00pm</p> <p># Volunteer led Stay and Play (0-5 years) 12.00pm - 1.30pm @ Cockleshell Community Centre, Henderson Road <i>term time only</i></p> <p># Parenting Surgery (for parents of children aged 5 - 19yrs) (fortnightly) 30 min slots 12.30 - 4.00pm (booking required)</p>	<p># Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p># Family Information Appointments 9.00am-12.00pm (booking required)</p> <p>PACEY Local Childminder stay and play for childminders 9.15am-11.15am <i>term time only</i></p> <p># Healthy Child Clinic Self-weigh & Health Visitor/Community Health Nurse Led 1.00pm -2.30pm (Last entry: 2.15pm)</p>	<p># Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p># Sensory Sessions 9.30am-2.30pm (30 minute session - booking required)</p> <p># Parent Buddies <i>starting 25th January</i> 9.45am - 12.15pm Volunteer led drop-in for parents of children aged 5 - 19yrs. If you have concerns about your child's education/behaviour/ relationships, come and see the friendly volunteers and find the best service to support you. For further info contact Rachael: Rachaelh@hspportsmouth. org.uk</p> <p># Volunteer led Stay and Play (0-5 years) 1.00pm -2.30pm <i>term time only</i></p>
<p>If you are interested in volunteering to support our services, please contact:</p> <p>Home-Start Portsmouth The Haven, 17 Lake Road, Portsmouth, PO1 4HA T 023 92734400 Txt 07860 017 490 W www.hspportsmouth.org.uk</p>			<p># Delivered as part of the 0-19 Portsmouth City Council and Solent NHS Service</p>	