



# Buckland Family Hub



|                |  | Mondays                                                                                                                                                                                                                                                           |  | Tuesdays                                                                                                                                                                                                                                                                                                   |  | Wednesdays                                                                                                                                                                                                                                                                                                         |  | Thursdays                                                                                                                                                                                                                                                                                                                                           |  | Fridays                                                                                                                                                                                                                                                                                      |  | Saturdays                                                                                                                                                                                                                                                                                                                             |  |
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| Mornings       |  | <b>Big Steps for Little People – 1–5 Stay &amp; Play</b><br>Stay & Play Groups supporting parents and children to learn together.<br>Delivered by: Home-Start Portsmouth<br><b>10am–11.30am</b><br>7 Sept & 19 Oct<br><b>Booking essential</b>                    |  | <b>Triple P Fearless</b><br>A course to help parents and carers manage their child's anxiety.<br><b>9.30am–11.30am</b><br>Starting 2 November<br><b>Booking essential</b>                                                                                                                                  |  | <b>Infant Feeding Advice Clinic</b><br>See an Infant Feeding Specialist to support your breastfeeding journey. Discuss maximising breastmilk for prolonged breastfeeding and get support with safe formula feeding.<br>Delivered by: HIOWH NHS Trust<br><b>9am–12pm</b><br>Every other week<br>By appointment only |  | <b>NHS Talking Therapies</b><br>For anyone struggling with low mood, anxiety, or fatigue. Meet a member of the team for an initial assessment. The service can provide talking therapies to help you cope and feel better.<br>Delivered by: HIOW NHS Trust<br><b>9am–1pm</b><br>Book directly with the hub<br>Every other week<br>Booking essential |  | <b>Triple P Stepping Stones</b><br>Supports parents and carers of children with additional needs to build confidence and manage behaviour positively.<br>Delivered by: Families in Mind<br>Email parenting.service@portsmouthcc.go.uk to book<br><b>9.30am–12pm</b><br>Starting 16 September |  | <b>Young Mums' Club</b><br>Nurturing and supportive group for young mums and families up to the age of 25.<br>Delivered by: The Parenting Network<br><b>10am–11.30am</b><br>Booking essential                                                                                                                                         |  |
|                |  | <b>Mobile Toy Library</b><br>A play and toy session for families. Toy and book loan is available at this session.<br>Delivered by: Connors Toy Library<br><b>1.15pm–2.45pm</b><br>Term time only                                                                  |  | <b>Neurodiversity Advice Clinic</b><br>ND advice clinics offering advice and practical strategies in a welcoming and supportive space for families with neurodivergent children and young people.<br>Delivered by: PCC Neurodiversity Team<br><b>1pm–3pm</b><br>First Monday of month<br>Booking essential |  | <b>0–5 Stay &amp; Play</b><br>Stay & Play with craft, play and fun for children aged 0–5.<br>Delivered by: Home-Start Portsmouth<br><b>12.45pm–2.15pm</b><br>Term time only<br>Booking advisable                                                                                                                   |  | <b>Mobile Toy Library</b><br>A play and toy session for families. Toy and book loan are available at this session.<br>Delivered by: Connors Toy Library<br><b>1pm–2.30pm</b><br>Term time only<br>£3 per family                                                                                                                                     |  | <b>0–5 Stay &amp; Play for Polish Families</b><br>Stay & Play with craft, play and fun for children aged 0–5 and Polish families.<br>Delivered by: Home-Start Portsmouth<br><b>10am–11.30am</b><br>Term time only<br>Booking advisable                                                       |  | <b>Starting Solids Workshop</b><br>Informal workshops to help you prepare for the next stage in your parenting journey.<br>Delivered by: The Parenting Network<br><b>12.30pm–2.30pm</b><br>Every 4 weeks<br>Booking essential                                                                                                         |  |
| Afternoons     |  | <b>Housing Drop-in</b><br>30-minute sessions to offer support for private tenants or homeowners who may be facing financial difficulties or homelessness.<br>Delivered by: PCC Housing Options<br><b>2pm–3pm</b><br>Last Monday of the month<br>Booking essential |  | <b>0–5 Stay &amp; Play</b><br>Stay & Play with craft, play and fun for children aged 0–5.<br>Delivered by: Home-Start Portsmouth<br><b>12.45pm–2.15pm</b><br>Term time only<br>Booking advisable                                                                                                           |  | <b>0–5 Stay &amp; Play for Polish Families</b><br>Stay & Play with craft, play and fun for children aged 0–5 and Polish families.<br>Delivered by: Home-Start Portsmouth<br><b>10am–11.30am</b><br>Term time only<br>Booking advisable                                                                             |  | <b>Starting Solids Workshop</b><br>Informal workshops to help you prepare for the next stage in your parenting journey.<br>Delivered by: The Parenting Network<br><b>12.30pm–2.30pm</b><br>Every 4 weeks<br>Booking essential                                                                                                                       |  | <b>Understanding Your Baby Postnatal Group</b><br>A 6-week postnatal course taking you through topics such as your baby's development, feeding, sleeping and play.<br>Delivered by: Home-Start Portsmouth<br><b>12.30pm–2.30pm</b><br>Booking essential                                      |  | <b>Bright beginnings</b><br>A supportive group for parents with babies under 12 months to explore emotional wellbeing, share experiences, and learn practical, evidence-based strategies to build confidence and resilience in early parenthood.<br>Delivered by: Families in Mind<br><b>12.30pm–2pm</b><br>4 September to 23 October |  |
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| By appointment |  | Mondays                                                                                                                                                                                                                                                           |  | Tuesdays                                                                                                                                                                                                                                                                                                   |  | Wednesdays                                                                                                                                                                                                                                                                                                         |  | Thursdays                                                                                                                                                                                                                                                                                                                                           |  | Fridays                                                                                                                                                                                                                                                                                      |  | Saturdays                                                                                                                                                                                                                                                                                                                             |  |
|                |  | Health and Development Reviews                                                                                                                                                                                                                                    |  |                                                                                                                                                                                                                                                                                                            |  | Health and Development Reviews                                                                                                                                                                                                                                                                                     |  | Midwife Clinic                                                                                                                                                                                                                                                                                                                                      |  | Health and Development Reviews<br>Health Visitor Clinic<br>Olive Clinic                                                                                                                                                                                                                      |  |                                                                                                                                                                                                                                                                                                                                       |  |

To book the sensory room please call the Family Hub directly on 023 9288 2588

Speak to your Family Hub Champion about what's on