Milton Park Family Hub

Mornings

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
0–5 Stay & Play Stay & Play with craft, play and fun for children aged 0–5. Delivered by: Home-Start Portsmouth 10am–11.30am Booking advisable · Term time only	Speak to your Family Hub Champion about what's on	**Understanding Your Pregnancy** A 6-week antenatal course taking you through topics such as pregnancy, birth, feeding and the early stages of parenthood. 10am–11.30am Starting 11 November	**Big Steps for Little People - 1-5 Stay & Play** Stay & Play Groups supporting parents and children to learn together. Delivered by: Home-Start Portsmouth 10am–11.30am Third Thursday of the month 24 September	**Bump & Beyond Stay & Play** Friendly Stay & Play group for parents-to-be and those with babies up to 2 years old. Delivered by: Home-Start Portsmouth 10am–11.30am Booking advisable
Breastfeeding Drop-in Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 11.30am–12.30pm · Term time only				**Bright Beginnings** 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. Delivered by: Families In Mind 12.30pm–2.30pm Booking essential

Afternoons

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Families in Mind – Chat & Play Come along and meet the team, enjoy a hot drink and find out about the free sessions Families in Mind offer. Delivered by: HIOW NHS Trust 1.30pm–3pm	**Neurodiversity Advice Clinic** ND advice clinics offering advice and practical strategies in a welcoming and supportive space for families with neurodivergent children and young people. Delivered by: PCC Neurodiversity Team 1.30pm–3.30pm First Tuesday of month Booking essential	**Baby Massage Class** Relaxed sessions to help you bond with your baby and learn baby massage techniques. Delivered by: The Parenting Network 1.30pm–2.30pm Booking essential	**Housing Drop-in** 30-minute sessions to offer support for private tenants or homeowners who may be facing financial difficulties or homelessness. Delivered by: PCC Housing Options 2pm–3pm Third Thursday of the month Booking essential	

By appointment

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Health and Development Reviews	Health Visitor Clinic	Health and Development Reviews		
	Neurodiversity Advice Clinic	Health Visitor OLIVE Clinic	Midwife Clinic	

Find out more and book at www.portsmouthfamilyhubs.co.uk

Correct as of September 2026 – please see our website for the most up to date information