



Paulsgrove Family Hub



		Mondays		Tuesdays		Wednesdays		Thu		Fridays	
Mornings		<div>Understanding Your Baby</div> <div>A Solihull Approach Postnatal Group - for families with children up to 9 months old.</div> <div>Delivered by: Home-Start Portsmouth and HIOWH NHS Trust</div> <div>9.30am–11.30am</div> <div>Booking essential</div> <div>Starts 9 November</div>		<div>0–5 Stay & Play</div> <div>Stay & Play with craft, play and fun for children aged 0-5.</div> <div>Delivered by: Home-Start Portsmouth</div> <div>10am–11.30am</div> <div>Term time only</div>		<div>Infant Feeding Advice</div> <div>See an Infant Feeding Specialist to support your breastfeeding journey. Discuss maximising breastmilk for prolonged breastfeeding and get support with safe formula feeding.</div> <div>Delivered by: HIOWH NHS Trust</div> <div>9am–12pm</div> <div>Every other week</div> <div>By Appointment Only</div>					
						<div>Breastfeeding Drop-in</div> <div>Find out more about breastfeeding, expressing or combi feeding in a friendly supportive group.</div> <div>Delivered by: The Breastfeeding Network</div> <div>10.30am–12pm</div> <div>Term time only</div>		<div>Speak to your Family Hub Champion about what's on</div>		<div>Incredible Years 3–5</div> <div>Incredible years helps parents and carers build positive relationships and encourage their child's social and emotional development.</div> <div>Delivered by: PCC Housing Options</div> <div>9.30am–12pm</div> <div>Starts 18 September</div> <div>Booking essential</div>	
Afternoons		<div>Starting Solids Workshop</div> <div>Informal workshops to help you prepare for the next stage in your parenting journey.</div> <div>Delivered by: The Parenting Network</div> <div>12.30pm–2.30pm</div> <div>Every 4 weeks</div> <div>Booking essential</div>				<div>Big Steps for Little People – 1–5 Stay & Play</div> <div>Stay & Play Groups supporting parents and children to learn together.</div> <div>Delivered by: Home-Start Portsmouth</div> <div>16 September 12.45pm–2.15pm</div> <div>14 October 1pm–2.30pm</div> <div>Booking essential</div>					
						<div>Little Steps Baby Group</div> <div>A NEW baby group with play, songs and reading together, using the Peep learning together method.</div> <div>Delivered by: Home-Start Portsmouth</div> <div>1pm–2.30pm</div> <div>23 September</div>		<div>Neurodiversity Advice Clinic</div> <div>ND advice clinics offering advice and practical strategies in a welcoming and supportive space for families with neurodivergent children and young people.</div> <div>Delivered by: PCC Neurodiversity Team</div> <div>1.30pm–3.30pm</div> <div>Booking essential</div> <div>First Wednesday of the month</div>		<div>Housing Drop-in</div> <div>30-minute sessions to offer support for private tenants or homeowners who may be facing financial difficulties or homelessness.</div> <div>Delivered by: PCC Housing Options</div> <div>2pm–3pm</div> <div>First Friday of the month</div> <div>Booking essential</div>	
		Mondays		Tuesdays		Wednesdays		Thu		Fridays	
By appointment	Midwife Clinic										
	Health and development reviews										
	Health Visitor Clinic										