



Somerstown Family Hub



		Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Mornings		<div>Sensory room available to book</div>		<div>Sensory room available to book</div>	<div>Sensory room available to book</div>	<div>Sensory room available to book</div>	
		<div>Young Mums' Club Nurturing and supportive group for young mums and families up to the age of 25. Delivered by: The Parenting Network 10am–11.30am Booking essential</div>	<div>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 Booking essential 10 October</div>	<div>NVR Advice Clinic NVR support for parents. Delivered by: NVR Advice Clinic 9.30am–11.30am Second Wednesday of month You must have attended an NVR Parenting Course</div> <div>Speech and Language Therapy Clinic A monthly drop-in clinic to assess speech and language and offer advice to families. Delivered by: ELSEC (HIOW NHS Trust) 9.30am–12pm Invite only by Health Visiting team Second Wednesday of every month</div>	<div>0–5 Stay & Play Stay & Play with craft, play and fun for children aged 0–5. Delivered by: Home-Start Portsmouth 9.30am–11am Term time only Booking advisable</div> <div>Breastfeeding Drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 9.30am–11am Term time only</div> <div>Infant Feeding Advice Drop-in Clinic See an infant feeding specialist to support your breastfeeding journey. Discuss maximising breastmilk for prolonged breastfeeding and get support with safe formula feeding. Delivered by: HIOWH NHS Trust 9.30am–11am</div>	<div>Outdoor Explorers – 0–5 Stay & Play Stay & Play with craft, play and fun for children aged 0–5 outdoors in the garden. Delivered by: Home-Start Portsmouth 10am–11.30am Term time only Booking advisable</div>	<div>Starting Solids Workshop Informal workshops to help you prepare for the next stage in your parenting journey. Delivered by: The Parenting Network 9am–11am Booking essential Selected dates every 4 weeks</div> <div>Families Stay & Play Stay & Play sessions with indoor and outdoor fun, messy play and crafts. Delivered by: The Parenting Network 9.30am–11am Booking essential</div>
Afternoons		<div>Little Steps Baby Group A NEW baby group with play, songs and reading together, using the Peep learning together method. Delivered by: Home-Start Portsmouth 12.45pm–2.15pm Term time only Booking advisable</div>		<div>Housing Drop-in A session to offer support for private tenants or home owners who may be facing financial difficulties or homelessness. Delivered by: PCC Housing Options 2pm–3pm Second Wednesday of the month Booking essential</div>	<div>Little Stars – 0–5 Stay & Play Stay & Play with craft, play and fun for children with special educational needs. Delivered by: Home-Start Portsmouth 1pm–2.30pm Booking advisable</div> <div>Mobile Toy Library A play and toy session for families. Toy and book loan are available at this session. Delivered by: Connors Toy Library 1pm–2.30pm Term time only</div> <div>TEDS and Friends Join the TEDS team at Little Stars for additional advice. Delivered by: HIOWH NHS Trust 1pm–2.30pm Booking advisable 6 August</div>		<div>Baby Massage Sessions Relaxed sessions to help you bond with your baby and learn baby massage techniques. Delivered by: The Parenting Network 12pm–1pm Booking essential Selected dates every 4 weeks</div> <div>Birth Preparation Workshop Informative workshops to help you prepare for labour and birth. Delivered by: The Parenting Network 2pm–5pm Booking essential Selected dates every 4 weeks</div>
By appointment		<div>Health Visitor Clinic</div> <div>Health and Development Reviews</div>	<div>Targeted Early Development Support (TEDS) Team</div>	<div>Newborn Behaviour Observation</div>	<div>Health and Development Reviews</div>		

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