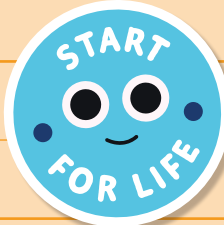


Paulsgrove Family Hub



		Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
Mornings	Afternoons	Dadzclub coffee morning Bringing together Dads and father figures over a coffee. Delivered by: The Parenting Network 9am-10am This session is at Beacon View Primary Academy	0-5 Stay & Play For babies, crawlers and non-crawlers. Delivered by Home-Start Portsmouth 10am-11.30am Term time only	Midwife Parent Education 9.30am-11am By invitation only. Please speak to your midwife.	Infant feeding advice 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: The Breastfeeding Network, Portsmouth Hospitals University NHS Trust and Solent NHS Trust. 9.30am-11.30am Starting April/May 2024	Sensory room available to book	
		Starting Solids session Relaxed and informal workshop to help you make the best informed choices for you and your baby. Booking is required. Delivered by: The Parenting Network 9.30am-11.30am Every other week	Young Mums' Club A stay and play group for young mums up to age 25. Delivered by: The Parenting Network 10am - 11.30am This session is at Beacon View Primary Academy	Understanding your child's behaviour A Solihull Approach Parenting Group - for families with children up to five years old. Delivered by: Home-Start Portsmouth 9.30am-11.30am		Get, Set, Go! Supporting learning and school readiness through enhanced play opportunities for children aged 3-5 and their families. Delivered by: The Parenting Network 10am-11.30am This session is at Beacon View Primary Academy	Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 10am-11.30am
		Speak to Alyson, your Family Hub Champion about what's on			Advice Portsmouth drop-in session Free advice on debt management, housing, welfare, employment, family and more Delivered by: Advice Portsmouth 12pm-2pm		

By appointment

Targeted Early Development Support (TEDS) Team

Health and development reviews (health visitors)

Health and development reviews (health visitors)

Health and development reviews (health visitors)

Targeted Early Development Support (TEDS) Team

Health visitor clinic

Midwife clinic



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