

Buckland Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	
Mornings	<p>Understanding pregnancy, labour, birth and your baby</p> <p>A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, Solent NHS Trust and Portsmouth Hospitals University NHS Trust</p> <p>9.30am-11am Starting April/May 2024</p>	<p>Infant feeding advice</p> <p>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.</p> <p>9.30am-11.30am Starting April/May 2024</p>	<p>NHS Talking Therapies</p> <p>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. Booking is required. Delivered by: Solent NHS Trust</p> <p>9am-1pm</p>	<p>Stay & Play for Polish families</p> <p>A session for Polish families to come together for play. Delivered by: Home-Start Portsmouth</p> <p>9.30-11am</p> <p>See Saw Group</p> <p>Perinatal Mental Health Service (via invite only). Delivered by: Specialist Perinatal Mental Health Service (Southern Health NHS Foundation Trust)</p> <p>10-11.30am</p>	<p>Sensory room available to book</p> <p>Get, Set, Go! for Young Mums</p> <p>Supporting learning and school readiness through enhanced play for children aged 3-5 years and mums aged up to 25. Delivered by: The Parenting Network</p> <p>10.30am-12pm</p> <p>Young Mums' Club</p> <p>A stay and play group for mums aged up to 25. Delivered by: The Parenting Network</p> <p>11am-12.30pm</p>	<p>0-5 Stay & Play</p> <p>For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth</p> <p>10am-11.30am Term time only</p>	<p>Dadzclub Stay & Play</p> <p>Bringing together Dads and father figures through engaging, creative and playful weekend groups. Delivered by: The Parenting Network</p> <p>10am-11.30am</p>
Afternoons	<p>Mobile Toy Library</p> <p>A play and toy loan session for families - £3 per family. Delivered by: Connor's Toy Library</p> <p>1pm-2.30pm Term time only</p>	<p>0-5 Stay & Play</p> <p>For babies, parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth</p> <p>12.45pm-2.15pm Term time only</p>	<p>Mobile Toy Library</p> <p>A play and toy loan session for families - £3 per family. Delivered by: Connor's Toy Library</p> <p>1pm-2.30pm Term time only</p> <p>Dadzchat</p> <p>An evening of peer-led discussion, sharing experience and tools to enhance the journey of fatherhood. Delivered by: Delivered by: The Parenting Network and Solent NHS Trust (NHS Talking Therapies).</p> <p>6.30-8.30pm This session is on the first Wednesday of every month</p>	<p>Get, Set, Go!</p> <p>Supporting learning and school readiness through enhanced play for children aged 3-5 years and their families. Delivered by: The Parenting Network.</p> <p>1.30pm-3pm</p>	<p>START FOR LIFE</p> <p>Speak to Jen, your Family Hub Champion about what's on</p>		

By appointment

- Health and development reviews (health visitors)
- Midwife clinic
- Health and development reviews
- Midwife clinic
- Health and development reviews
- Health visitor clinic




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

Milton Park Family Hub



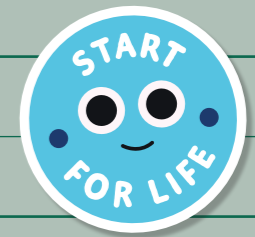
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings	<p>0-5 Stay & Play</p> <p>For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth</p> <p>10am-11.30am</p> <p>Term time only</p>	<p>Speak to Hannah, your Family Hub Champion about what's on</p>	<p>Understanding pregnancy, labour, birth and your baby</p> <p>A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, Solent NHS Trust and Portsmouth Hospitals University NHS Trust</p> <p>9.30am-11.30am</p> <p>Starting April/May 2024</p>	<p>Starting Solids session</p> <p>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</p> <p>Network 9.30am-11.30am</p> <p>Every other week</p>	<p>Bright beginnings</p> <p>A group to support parents emotional wellbeing.</p> <p>Triple P for Baby</p> <p>Supporting parents in the transition to parenthood. Both delivered by: Families In Mind</p> <p>9.30am-11.30am</p> <p>Alternating</p>
Afternoons	<p>Breastfeeding drop-in session</p> <p>Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network</p> <p>1pm-2pm</p>		<p>Baby massage class</p> <p>Helping you to bond with your baby and learn baby massage techniques. Booking is required. Delivered by: The Parenting Network.</p> <p>1.30-2.30pm</p>	<p>Understanding your baby</p> <p>A Solihull Approach Postnatal Group - for families with children up to 9 months old. Delivered by: Solent NHS Trust and Home-Start Portsmouth</p> <p>12.30pm-2.30pm</p>	<p>Infant feeding advice</p> <p>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</p> <p>11.30am-1.30pm</p> <p>Starting April/May 2024</p>
By appointment	<p>Health and development reviews (health visitors)</p>	<p>Health visitor clinic</p>	<p>Health and development reviews (health visitors)</p>	<p>Health visitor OLIVE clinic</p>	<p>Midwife clinic</p>



Northern Parade Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings	<p>Little Stars 0-5 Stay & Play For children with special educational needs. Delivered by Home-Start Portsmouth</p> <p>10-11.30am</p> <p>Term time only</p>	<p>Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network</p> <p>10am-11.30am</p>	<p>Sensory room available to book</p> <p>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.</p> <p>9.30-11.30am</p> <p>Starting April/May 2024</p>	<p>Sensory room available to book</p> <p>Bright beginnings A group to support parents emotional wellbeing. Triple P for Baby Supporting parents in the transition to parenthood. Both delivered by: Families In Mind</p> <p>9.30am-11.30am</p> <p>Alternating</p>	<p>Sensory room available to book</p> <p>Mobile Toy Library A play and toy loan session for families - £3 per family. Delivered by: Connor's Toy Library</p> <p>9.15-11.15am</p> <p>Term time only</p>
Afternoons	<p>Understanding pregnancy, labour, birth and your baby A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, Solent NHS Trust and Portsmouth Hospitals University NHS Trust</p> <p>12.30pm-2.30pm</p> <p>Starting April/May 2024</p>	<p>Baby massage class Helping you to bond with your baby and learn baby massage techniques. Booking is required. Delivered by: The Parenting Network.</p> <p>1.30pm-2.30pm</p>	<p>0-5 Stay & Play For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth</p> <p>10am-11.30am</p> <p>Term time only</p> <p>Understanding your baby A Solihull Approach Postnatal Group - for families with children up to 9 months old. Delivered by: Solent NHS Trust and Home-Start Portsmouth</p> <p>12.30-2.30pm</p>	<p>Speak to Abby, your Family Hub Champion about what's on</p>	<p>LGBTQ+ 0-5 Stay & Play A session for LGBTQ+ families to come together for play. Delivered by: Home-Start Portsmouth</p> <p>2pm-3.30pm</p> <p>Term time only</p>
By appointment	<p>Health visitor OLIVE clinic</p>	<p>Health and development reviews (health visitors)</p>	<p>Midwife clinic</p>	<p>Health and development reviews (health visitors)</p>	



Paulsgrove Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Colspan=2">Fridays		
Mornings	<p>Dadclub coffee morning Bringing together Dads and father figures over a coffee. Delivered by: The Parenting Network</p> <p>9am-10am</p> <p>This session is at Beacon View Primary Academy</p>	<p>0-5 Stay & Play For babies, crawlers and non-crawlers. Delivered by Home-Start Portsmouth</p> <p>10am-11.30am</p> <p>Term time only</p>	<p>Midwife Parent Education</p> <p>9.30am-11am By invitation only. Please speak to your midwife.</p>	<p>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.</p> <p>9.30am-11.30am Starting April/May 2024</p>	<p>Sensory room available to book</p> <p>Understanding your child's behaviour A Solihull Approach Parenting Group - for families with children up to five years old. Delivered by: Home-Start Portsmouth</p> <p>9.30am-11.30am</p>	<p>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</p> <p>10am-11.30am</p> <p>This session is at Beacon View Primary Academy</p>	<p>Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network</p> <p>10am-11.30am</p>
Afternoons	<p>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</p> <p>9.30am-11.30am</p> <p>Every other week</p>	<p>Young Mums' Club A stay and play group for young mums up to age 25. Delivered by: The Parenting Network</p> <p>10am - 11.30am</p> <p>This session is at Beacon View Primary Academy</p>	<p>Speak to Alyson, your Family Hub Champion about what's on</p>	<p>START FOR LIFE</p>	<p>Advice Portsmouth drop-in session Free advice on debt management, housing, welfare, employment, family and more Delivered by: Advice Portsmouth</p> <p>12pm-2pm</p>		



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
	Midwife clinic		Health visitor clinic		



Somerstown Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Mornings	Sensory room available to book		Sensory room available to book	Sensory room available to book	Sensory room available to book	
	Young Mums' Club A stay and play group for mums aged up to 25. Delivered by: The Parenting Network 10am-11.30am	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	Play & Chat drop in session Informal drop in with the team to find out about support for your emotional wellbeing and relationship with your baby. Delivered by: Families In Mind 9.30am-11.30am Starting April/May 2024		0-5 Stay & Play For babies, parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth 9.30-11am Term time only	0-5 Stay & Play For parents and families to meet others with children aged 0-5. Focusing on outdoor play. Delivered by Home-Start Portsmouth 10am-11.30am Term time only
Afternoons	Babies Stay & Play For parents and families to meet others with children aged 0-5. This session is for babies, crawlers and non-walkers. Delivered by: Home-Start Portsmouth 12.45pm-2.15pm Term time only	Understanding your baby A Solihull Approach Postnatal Group - for families with children up to nine months old. Delivered by: Solent NHS Trust and Home-Start Portsmouth 12.30pm-2.30pm		Mobile Toy Library A play and toy loan session for families - £3 per family. Delivered by: Connor's Toy Library 1pm-2.30pm Term time only		Birth preparation workshop Antenatal workshops to help you prepare for labour and birth. For anyone 20+ weeks pregnant. Delivered by: The Parenting Network 12pm-3pm
	By appointment	Health visitor clinic Midwife clinic Health and development reviews Targeted Early Development Support (TEDS) Team	Midwife clinic	Olive clinic	Health and development reviews	

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