

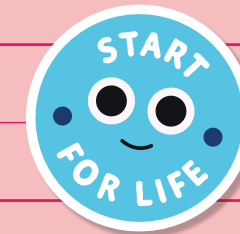
Buckland Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	
Mornings	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 9.30am–11.30am	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. 9am–12pm	NHS Talking Therapies 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 9am–1pm	Stay & Play for Polish families A session for Polish families to come together for play. Delivered by: Home-Start Portsmouth 9.30am–11.30am Term time only	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	0–5 Stay & Play For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth 10am–11.30am Term time only	Dadzclub Stay & Play Bringing together Dads and father figures through engaging, creative and playful weekend groups. Delivered by: The Parenting Network 10am–11.30am
Afternoons	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	Triple P for Baby Supporting parents in the transition to parenthood. Delivered by Families in Mind. 1.30pm–3pm	0–5 Stay & Play For babies, parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth 12.45pm–2.15pm Term time only	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	See Saw Group Perinatal Mental Health Service (via invite only). Delivered by: Specialist Perinatal Mental Health Service (Southern Health NHS Foundation Trust) 10am–11.30am	Get, Set, Go! Supporting learning and school readiness through enhanced play for children aged 3-5 years and their families. Delivered by: The Parenting Network. 12.30pm–2pm	

START FOR LIFE

Speak to Jen, your Family Hub Champion about what's on



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By appointment	Health and development reviews (health visitors)	Midwife clinic	Health and development reviews	Midwife clinic	Health and development reviews	Health visitor clinic
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Find out more and book at www.portsmouthfamilyhubs.co.uk

Correct as of July 2024 – please see our website for the most up to date information