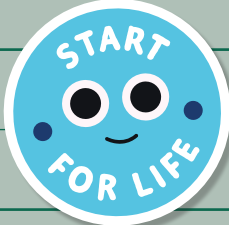
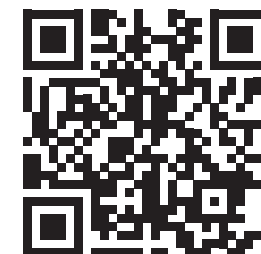


Northern Parade Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
Mornings	Little Stars 0–5 Stay & Play For children with special educational needs aged 0–5. Delivered by Home-Start Portsmouth 10am–11.30am Term time only	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	Sensory room available to book 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	Sensory room available to book 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	Sensory room available to book Bright beginnings A group to support parents emotional wellbeing. Delivered by: Families In Mind 10am–11.30am	Mobile Toy Library A play and toy loan session for families - £3 per family. Delivered by: Connor's Toy Library 9.15am–11.15am Term time only
	Afternoons	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 12.30pm–2.30pm	Baby massage class Helping you to bond with your baby and learn baby massage techniques. Booking is required. Delivered by: The Parenting Network. 1.30pm–2.30pm	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 12.30pm–2.30pm	Speak to Abby, your Family Hub Champion about what's on 	
					LGBTQ+ 0-5 Stay & Play A session for LGBTQ+ families to come together for play. Delivered by: Home-Start Portsmouth 2pm–3.30pm Term time only	

By appointment	Health visitor OLIVE clinic	Health and development reviews (health visitors)	Midwife clinic	Health and development reviews (health visitors)



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