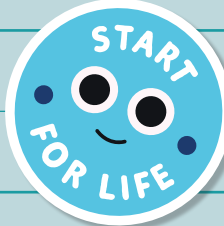


Somerstown Family Hub



	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 (First Tuesday of the month) 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	 Newborn Behaviour Observation 12.30pm-3.30pm Term time only	0-5 Stay & Play For parents and families to meet others with children aged 0-5. Delivered by Home-Start Portsmouth 9.30am-11am 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. 9.30am-11am	0-5 Stay and Play Outdoor Explorers Indoor and outdoor fun for the whole family. Delivered by: Home-Start Portsmouth 10am-11.30am Term time only Baby massage class Helping you to bond with your baby and learn baby massage techniques. Booking is required Delivered by: The Parenting Network 9.30am-11am	Families Stay and Play For parents and families to meet others with children. Delivered by: The Parenting Network 9.30am-11am
Afternoons	Babies Stay & Play 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	Newborn Behaviour Observation 1:1 one-off session to support you to explore and interpret your baby's behaviour and consider how they are communicating with you. By appointment only. 1pm-3pm	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

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

By appointment

Health visitor clinic

Midwife clinic

Health and development reviews

Targeted Early Development Support (TEDS) Team

Midwife clinic

Health and development reviews

Olive clinic

Health and development reviews



