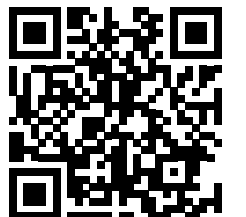


Milton Park Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings	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 Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 11.30am-12.30pm	Dad Matters Coffee Morning For new dads with a baby under the age of 2. Chat, question, ask advice, and meet other dads. Delivered by: Home-Start Portsmouth 11am-12.30pm Once a month Drop in	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	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	Bright beginnings A group to support parents emotional wellbeing. Delivered by: Families In Mind 10am-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 11am-2pm
Afternoons	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 1.30pm-2.30pm	Speak to Hannah, your Family Hub Champion about what's on	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	Speech and Language Therapy Early language support for every child (ELSEC). Run by a Speech and Language Therapist and Speech and Language Therapist Assistant to support children aged 2-3 with delayed language development. Delivered by Solent NHS 1pm-3.30pm Second Friday of the month Health Visitor referral required



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



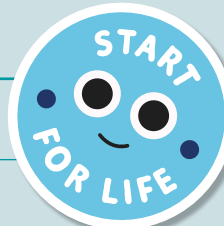
Find out more and book at www.portsmouthfamilyhubs.co.uk

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

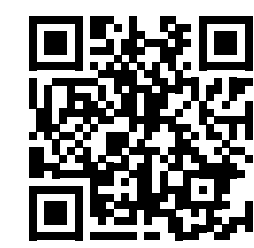
Somerstown Family Hub



		Mondays		Tuesdays		Wednesdays		Thursdays		Fridays		Saturdays	
		Sensory room available to book				Sensory room available to book		Sensory room available to book		Sensory room available to book			
Mornings		Young Mums' Club A stay and play group for mums aged up to 25. Delivered by: The Parenting Network 10am-11.30am		Baby PEEP A group that shows how singing, playing, and sharing books and stories can help strengthen relationships and develop children's listening and learning. 10am-12pm Starting 18 February 5 weeks		Breastfeeding drop-in Find out more about breastfeeding, expressing or combi feeding in a friendly, supportive group. Delivered by: The Breastfeeding Network 11am-1pm		Music and Movement Stay and Play A 45-minute session offering fun ways to play and learn with music. For children aged 5 and under. Delivered by: Boogie Mites. 10.15am-11am 6 weeks starting from: 7 November, 9 January, 27 February		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	
		Dad Matters Coffee Morning For new dads with a baby under the age of 2. Chat, question, ask advice, and meet other dads. Delivered by Home-Start Portsmouth 10.30am - 12pm Once a month Drop in										Stay & Play Outdoor Explorers 0-5 Indoor and outdoor fun for the whole family. Delivered by: Home-Start Portsmouth 10am-11.30am Term time only	
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				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		SEN Little Stars For children with special educational needs aged 0-5. Delivered by Home-Start Portsmouth 1pm-2.30pm Term time only		Triple P Fearless Anxiety is a normal human response. This course will support parents to learn to manage their child's anxiety effectively to avoid excessive distress and interference with day-to-day functioning. Email ParentingService@portsmouthcc.gov.uk for more information. 12pm-2.30pm Starting 7 November to 12 December 6 weeks course		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	
												Bump & Beyond A group for expecting and new parents with babies up to the age of 2 years old. Delivered by Home-Start Portsmouth 12.30pm - 2pm 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		Targeted Early Development Support (TEDS) Team		Midwife clinic				Olive clinic			
		Midwife clinic											
		Health and development reviews						Health and development reviews					
												START FOR LIFE Speak to Yasmin, your Family Hub Champion about what's on Portsmouth Family Hubs	



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



Paulsgrove Family Hub



		Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	
Mornings	Afternoons	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 Selected dates	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	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	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. 9am–12pm	
		Dad Matters Coffee Morning For new dads with a baby under the age of 2. Chat, question, ask advice, and meet other dads. Delivered by Home-Start Portsmouth 10.30am - 12pm Once a month Drop in	Speech and Language Therapy Early language support for every child (ELSEC). Run by a Speech and Language Therapist and Speech and Language Therapist Assistant to support children aged 2-3 with delayed language development. Delivered by: Solent NHS 1pm–3.30pm Third tuesday of the month Health Visitor referral required	Families Stay and Play For parents and families to meet others with children aged 0-5. Delivered by The Parenting Network. 10am–11.30am Term time only 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, Paulsgrove Family Hub 12.45pm–2.15pm	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–11am This session is at Beacon View Primary Academy	Advice Portsmouth drop-in session Free advice on debt management, housing, welfare, employment, family and more. Delivered by: Advice Portsmouth 12pm–2pm
Speak to Alyson, your Family Hub Champion about what's on				Music and Movement Stay and Play A 45-minute session offering fun ways to play and learn with music. For children aged 5 and under. Delivered by: Boogie Mites 1.30pm–2.15pm Start dates: 7 November, 9 January, 27 February			
By appointment		Targeted Early Development Support (TEDS) Team		Health and development reviews (health visitors)	Health and development reviews (health visitors)	Targeted Early Development Support (TEDS) Team	
		Health and development reviews (health visitors)		Health visitor clinic	Health and development reviews (health visitors)		
Midwife clinic		Portsmouth Family Hub					



Buckland Family Hub



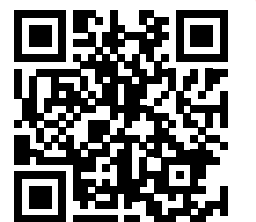
	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	
Mornings	Understanding pregnancy, labour, birth and your baby A Solihull Approach Antenatal Group - for parents who are 20+ weeks pregnant. Delivered by: Home-Start Portsmouth, Solent NHS Trust and Portsmouth Hospitals University NHS Trust 9.30am-11.30am	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 10am-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	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. 1.30pm-2.30pm	Dad Matters Coffee Morning For new dads with a baby under the age of 2. Chat, question, ask advice, and meet other dads. Delivered by Home-Start Portsmouth 12.30pm-2pm Once a month Drop in	Breastfeeding drop-in session Find out more about breastfeeding, expressing or combi feeding. 10am-11.30am

START FOR LIFE

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

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

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



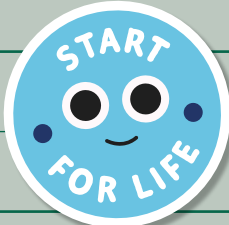
Find out more and book at www.portsmouthfamilyhubs.co.uk

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

Northern Parade Family Hub



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mornings			Sensory room available to book	Sensory room available to book	Sensory room available to book
	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	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	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	Bright beginnings A group to support parents emotional wellbeing. Delivered by: Families In Mind 10am-11.30am
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	Dad Matters Coffee Morning For new dads with a baby under the age of 2. Chat, question, ask advice, and meet other dads. Delivered by Home-Start Portsmouth 10.30am-12pm Once a month Drop in	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
		Housing Drop-in Group 2pm-4pm Last Tuesday of the month Drop in		Speak to Denise, your Family Hub Champion	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)
----------------	-----------------------------	--	----------------	--

