

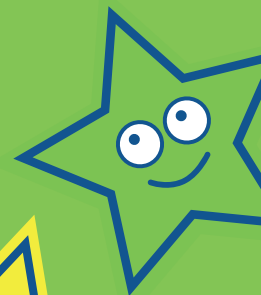


@ Little Stars



Little Stars Family Hub

Activity Timetable Spring 2024



www.familyhubshull.org.uk



Family Hubs are here to support you and your family and offer the following services:

- Family Support
- Stop Smoking Support
- Food bank collections
- Activity sessions for pregnant women and new mums (Us Mums programme)
- Training and Employment Advice
- Parenting Courses
- Volunteering Opportunities
- Baby Massage Classes
- Breastfeeding Support
- Free Education and Childcare funding support for 2 year olds
- Ante/post natal care via Midwifery Service
- Training Courses
- Play Sessions
- Healthy Lifestyles Sessions



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- **Priory Family Hub**
Priory Road
Hull, HU5 5RU
Tel: 01482 305 770
- **Rainbow Family Hub**
Wheeler Street
Hull, HU3 5QE
Tel: 01482 502 466
- **Fenchurch Family Hub**
Fenchurch Street
Hull, HU5 1JF
Tel: : 01482 587 550
- **Octagon Family Hub**
Walker Street
Hull, HU3 2RA
Tel: 01482 587 550
- **Acorns Family Hub**
Nestor Grove
Hull, HU9 4DB
Tel: 01482 708 953
- **Longhill Family Hub**
160 Shannon Road
Hull, HU8 9RW
Tel: 01482 689 238
- **Parks Family Hub**
Courtway Road
Hull, HU6 9TA
Tel: 01482 803 978
- **McMillan Family Hub**
21st Avenue
Hull, HU6 8HS
Tel: 01482 850 200
- **Marfleet Family Hub**
359 Preston Road
Hull, HU9 5AN
Tel: 01482 705 333
- **Mersey Family Hub**
Derwent Street
Hull, HU8 8TX
Tel: 01482 705 333
- **Little Stars Family Hub**
95 Preston Road
Hull, HU9 3QB
Tel: 01482 790 277
- **Lemon Tree Family Hub**
2 Lothian Way
Hull, HU7 5DD
Tel: 01482 828 901



Hull Family Hubs

Volunteer with Us!

As a Family Hub Volunteer you will help to support the staff team to run a range of groups and activities for parents and carers with young children. You will learn new skills and experiences which will improve your confidence and boost your opportunities to finding employment.

You will receive a free Enhanced Disclosure & Barring Service (DBS) check and access to Safeguarding Children training. If you are interested in volunteering or would like more information, please contact your local Family Hub.

HEY Baby

Free antenatal classes are available at Family Hubs across Hull if you are registered with a Hull GP and have had your 20-week scan. Visit www.hey.nhs.uk/heybaby to find your nearest Hub and to make a booking.

Early Help Family Support

There will be times when you and your family need support and times when you are not sure what you need to do to make things better.

There are a group of services in Hull collectively known as “Early Help” who can support you at these times and make problems easier to understand and quicker to solve.

How can I find out more about accessing Early Help Support?

Pop into your nearest Family Hub, our team can support and guide you with the information you need. You can also speak to a professional who is currently known to your family, for example a Health Visitor/GP or somebody at your child’s nursery/school. Alternatively, you can request Early Help Support for you and/or your family via the online form which can be found at <https://www.hull.gov.uk/children-and-families/family-support/early-help-family-support> or scan the QR code



Family Hub opening hours:
Mon - Fri 8.00am - 6.00pm



Monday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Stories for Talking Sessions supporting speech, language and physical development for toddlers. Term time only.	2 - 5 years	Little Stars Family Hub	£1
10.00am - 11.30am	GroBrain A fun and interactive session for parents of babies pre-birth to 12 months to understand your baby's brain development. Booking required contact us for more details 01482 790 277	Pre-birth - 12 months	Little Stars Family Hub	£1
1.00pm - 2.00pm	Splatter Chatter A messy play session with sing and sign for babies up to 18 months. Term time only	0 - 2 years	Little Stars Family Hub	£1
1.30pm - 2.30pm	Us Mums Buggy Walk Meeting at the clock outside the café in the park for a pushchair walk.	0 - 2 years	East Park, Hull	Free

Please note, most of the sessions take place during term-time only.
We recommend you check with your Family Hub before attending during school holidays.

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Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.30am	Tea & Toast House of Light host an opportunity for parents and parents to be to come along for a chat and meet new people.	Pre-birth - 2 years	Little Stars Family Hub	Free
10.00am - 11.00am 11.00am - 12 noon	Infant Massage 5 week course sessions help baby feel securely attached, reduces crying and emotional distress, increases relaxation. Towels and oils provided. Booking required contact Becky from the Healthy Lifestyles Team 07872 416 031	6 weeks - crawling	Little Stars Family Hub	£1
1.00pm - 2.00pm	Infant Feeding Support Practical and informative support around all aspects of feeding your infant.	Pre-birth - 5 years	Little Stars Family Hub	Free

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 12.30pm	Community Connect Drop-in sessions with Citizens Advice, contact The Freedom Centre for details on 01482 710 100	N/A	The Freedom Centre	Free
1.30pm - 2.30pm	Learn Through Play Session for children up to 2 years old to support their learning and development through playful activities.	0 - 2 years	Little Stars Family Hub	£1

Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.00am - 11.00am	Woodland Playgroup Come and let your little ones explore the setting while you meet other parents with drinks and snacks provided.	0 - 4 years	Woodland Primary School	£1

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12 noon	Parenting Support Groups We deliver Family Links Nurturing and HENRY courses regularly. Booking required contact us for more details 01482 790 277	N/A	Little Stars Family Hub	Free
1.00pm - 2.00pm	Ask Aimee Drop in for parents to speak to a Family Support Worker about support with parenting, housing, finances or any issue relating to your family. 1st Thursday each month.	N/A	Little Stars Family Hub	Free
2.00pm - 3.00pm	Home Start PADs Group An opportunity for Partners and Dads to come along for a chat and meet new people.	0 - 2 years	Little Stars Family Hub	Free

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Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12 noon	Cooking on a Budget A 4 week course learning to cook tasty and nutritional food for all the family, using ingredients that don't break the bank. Children welcome. Booking required contact us for more details 01482 790 277	N/A	Little Stars Family Hub	Free
10.00am - 11.00am	Baby Yoga A relaxing session using gentle stretches and movements for you to do with your baby. 5 week course. Booking required contact Emma from The Healthy Lifestyles Team 07511 045 390.	14 weeks - crawling	Little Stars Family Hub	£1

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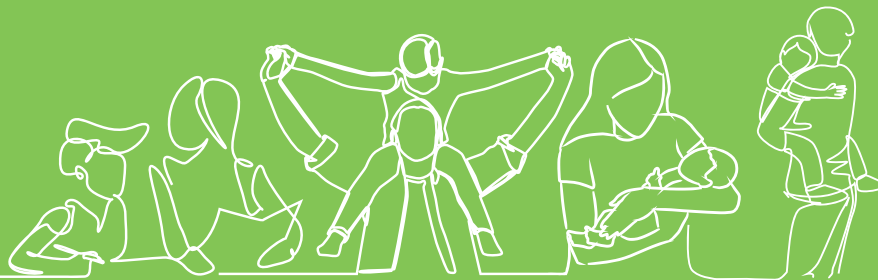
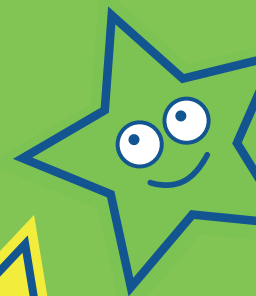


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Hull
City Council