

Family Hubs in Hull

Hull's 12 Family Hubs offer support to you and your family in your local community from conception, through the first 1,001 days (2 years) of your child's life and up to age 19, or up to 25 for young people with special educational needs and disabilities. Our aim is to make your journey the best it can be.

We will support you by improving your access to a range of information and advice as well as connecting you with other relevant services. At your local Family Hub, you can access parenting courses, help with infant feeding, speech, language, and communication. There are peer support groups for all parents/carers, including dads/partners, to support bonding, attachment and the relationship between parent and baby. You can access social events to enable your young children to make new friends and we offer a wide range of activities for children with special educational needs and disabilities.

Local Family Support Workers are also on hand to help with issues such as emotional health and wellbeing, as well as wider support around things such as budgeting, housing, smoking cessation, and job advice. They also offer cost of living support, such as Fareshare food banks, financial support, benefits advice and specialist support around domestic abuse or parental conflict.

Family Information Service

Free impartial advice and information on local childcare providers and government funded early education & childcare. Scan the QR code for more details.



Peer support

- House of Light offers group support and one to one counselling open to parents antenatally and postnatally, facilitated by a qualified therapist and volunteers. It is a friendly drop in for parents and parents to be to support one another. For information on session times, dates and how to access one-to-one counselling visit www.houseoflight.org.uk
- Home-Start offers relaxed and informal peer support drop ins for families with children aged 0-2 as well as peer support groups for Partners and Dads - PADS group. For more information on session dates and times visit www.homestarthull.org.uk
- Becoming Dad antenatal sessions run on various dates, approximately every 6 weeks at different venues across Hull. All sessions are on a Saturday morning. Booking is via HEY Baby hyp-tr.hey.baby@nhs.net
- KIDS peer support Befriending Service offers emotional and practical support to parents and carers who may be adjusting to the news of their child's special educational need or disability. A parent carer wellbeing programme is also offered. This programme is designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience. For more information on how to access the programme please contact enquiries.yorkshire@kids.org.uk or visit www.kids.org.uk
- ReNew Think Family team offers 1:1 and group parenting sessions from pregnancy and beyond, providing an overarching and supportive arm to individuals wanting to receive support for their alcohol and substance use. For more information about what ReNew has to offer please contact ThinkFamilyHull@cgl.org.uk

Family Hubs Contacts

Visit our website www.familyhubshull.org.uk to find out about different activities and support available, or just pop in to one of our hubs! Scan the QR code for service details



North

Lemon Tree Family Hub
Tel. 01482 828 901
Email: lemontreefamilyhub@hullcc.gov.uk

Parks Family Hub
Tel. 01482 803 978
Email: parksfamilyhub@hullcc.gov.uk

McMillan Family Hub
Tel. 01482 850 200
Email: parksfamilyhub@hullcc.gov.uk

East

Acorns Family Hub
Tel. 01482 708 953
Email: acornsfamilyhub@hullcc.gov.uk

Longhill Family Hub
Tel. 01482 689 238
Email: longhillfamilyhub@hullcc.gov.uk

Marfleet Family Hub
Tel. 01482 705 333
Email: marfleet.familyhub@hullcc.gov.uk

Mersey Family Hub
Tel. 01482 705 333
Email: marfleet.familyhub@hullcc.gov.uk

Little Stars Family Hub
Tel. 01482 790 277
Email: info@childdynamix.co.uk

West/Central

Priory Family Hub
Tel. 01482 305 770
Email: prioryfamilyhub@hullcc.gov.uk

Rainbow Family Hub
Tel. 01482 502 466
Email: rainbowfamilyhub@hullcc.gov.uk

Fenchurch Family Hub
Tel. 01482 587 550
Email: familyhubs@goodwintrust.org

Octagon Family Hub
Tel. 01482 587 550
Email: familyhubs@goodwintrust.org

To self-refer to

your midwife, scan the QR code or visit: www.hey.nhs.uk/maternity/pregnant



Hull 0 to 19 Integrated Public Health Nursing Service – Health visiting and school nurse team
Tel. 01482 259 600
Email: hull.cypcommunityservices@nhs.net

To gain advice and support form our service text Parentline on 07312 263206.

Family Hubs in Hull

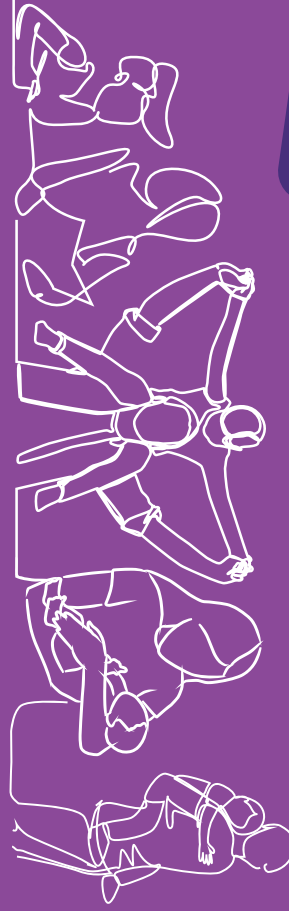
- House of Light offers group support and one to one counselling open to parents antenatally and postnatally, facilitated by a qualified therapist and volunteers. It is a friendly drop in for parents and parents to be to support one another. For information on session times, dates and how to access one-to-one counselling visit www.houseoflight.org.uk
- Home-Start offers relaxed and informal peer support drop ins for families with children aged 0-2 as well as peer support groups for Partners and Dads - PADS group. For more information on session dates and times visit www.homestarthull.org.uk
- Becoming Dad antenatal sessions run on various dates, approximately every 6 weeks at different venues across Hull. All sessions are on a Saturday morning. Booking is via HEY Baby hyp-tr.hey.baby@nhs.net
- KIDS peer support Befriending Service offers emotional and practical support to parents and carers who may be adjusting to the news of their child's special educational need or disability. A parent carer wellbeing programme is also offered. This programme is designed to improve parent carers' health and wellbeing by promoting empowerment, confidence, and resilience. For more information on how to access the programme please contact enquiries.yorkshire@kids.org.uk or visit www.kids.org.uk
- ReNew Think Family team offers 1:1 and group parenting sessions from pregnancy and beyond, providing an overarching and supportive arm to individuals wanting to receive support for their alcohol and substance use. For more information about what ReNew has to offer please contact ThinkFamilyHull@cgl.org.uk

Funded by
UK Government



From pregnancy to your child becoming 2 years old
Supporting you on your parenting journey

Start For Life Offer: Hull



Immunisations

For routine vaccinations contact your GP surgery to find out the NHS vaccination schedule and what vaccines are recommended for your child. Please visit: www.nhs.uk/vaccinations/

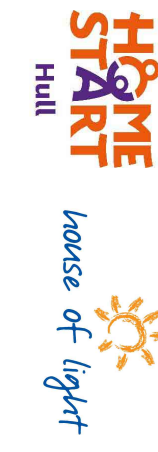


Registrars

New parents no longer have to travel to the city centre to get their child's birth registered. Birth registration appointments are available at the Priory Family Hub and at the Longhill Family Hub. Booking must be done online in advance to make a registrar's appointment by visiting www.hull.gov.uk/births/register-birth.



Family Hubs Partners

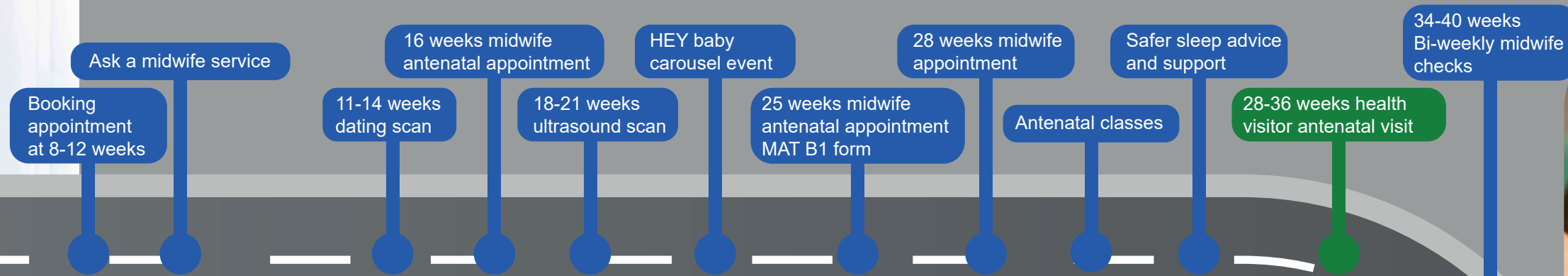


Pregnancy to 2 Years Pathway Map

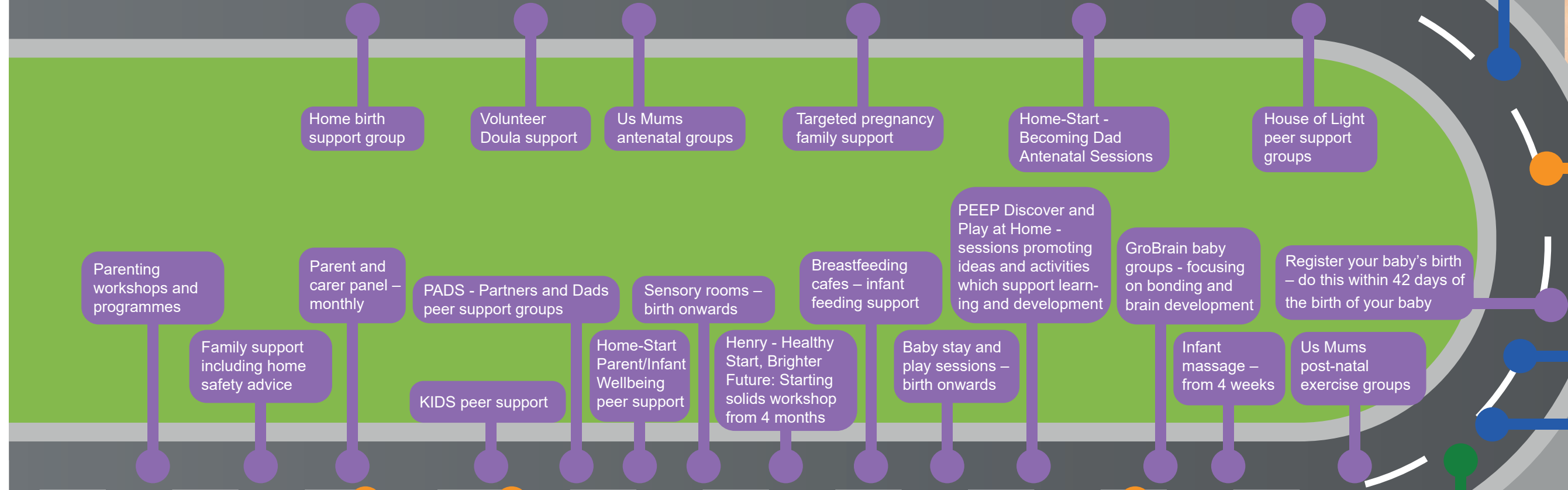


Pregnancy

Antenatal Checks



Birth



2-2.5 years health review

2+ years



1 year review

1-2 Years



Child Health Clinics

3-4 month review

0-1 Years



6-8 weeks health visitor follow up visit

10-14 days health visitor birth visit

- Stages of development
- Hull Maternity Services - Hull University Teaching Hospital
- Health Visiting Service
- Start For Life Offer