

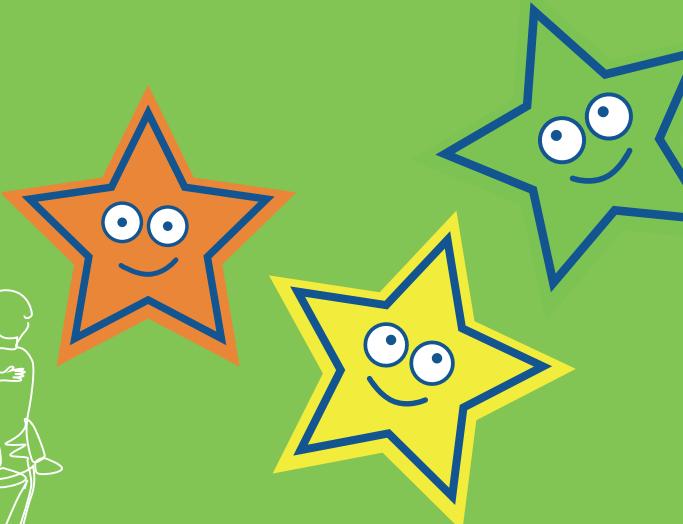


@ Little Stars



Little Stars Family Hub

Activity Timetable 2026



www.familyhubshull.org.uk



You can now book sessions online
via Eventbrite using this QR code.





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





- **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.

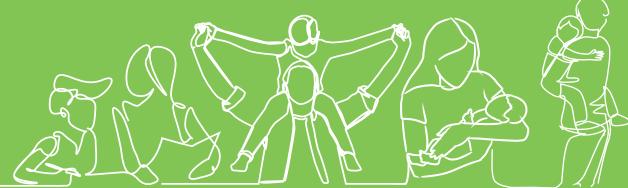
There are a group of services in Hull collectively known as "Early Help" who can support you at these times and make problems easier to understand and quicker to solve.

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
9.00am - 5.00pm Subject to availability	Sensory Room Discover our sensory room – a fun, calming space for under-5s (or older children with SEND), maximum of 6 people. Booking required contact us for more details 01482 790277	0 - 5 years	Little Stars Family Hub	£2 per hour
10.00am - 11.00am	Splatter Chatter A messy play session with sing and sign. Term time only	0 - Walking	Little Stars Family Hub	£1.00
10.00am - 11.00am	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 Monday of each month	N/A	Little Stars Family Hub	Free
1.00pm - 2.00pm	Stories for Talking Sessions supporting speech, language and physical development for toddlers. Term time only	Walking - 5 years	Little Stars Family Hub	£1.00

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.

www.familyhubshull.org.uk

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Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.00am - 5.00pm Subject to availability	Sensory Room Discover our sensory room – a fun, calming space for under-5s (or older children with SEND), maximum of 6 people. Booking required contact us for more details 01482 790277	0 - 5 years	Little Stars Family Hub	£2 per hour
10.00am - 11.00am	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	£1.00
11.00am - 12noon	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
9.00am - 5.00pm Subject to availability	Sensory Room Discover our sensory room – a fun, calming space for under-5s (or older children with SEND), maximum of 6 people. Booking required contact us for more details 01482 790277	0 - 5 years	Little Stars Family Hub	£2 per hour
9.30am - 12.30pm	Citizens Advice Drop-in sessions with Citizens Advice Bureau. Free, independent, confidential and impartial advice for everyone. Contact The Freedom Centre for more details 01482 710 100	N/A	The Freedom Centre	Free
1.30pm - 2.30pm	Learn Through Play Session for children to support their learning and development through playful activities. Term time only	0 - 2 years	Little Stars Family Hub	£1.00

Please note, most of the sessions take place during term-time only.

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.00am - 5.00pm Subject to availability	Sensory Room Discover our sensory room – a fun, calming space for under-5s (or older children with SEND), maximum of 6 people. Booking required contact us for more details 01482 790277	0 - 5 years	Little Stars Family Hub	£2 per hour
10.00am - 12noon	Parenting Support Groups We deliver a variety of parenting support groups. Booking required, contact us for more details 01482 790 277	N/A	Little Stars Family Hub	Free
12.30pm - 4.00pm	Sexual Health Drop-In Conifer Health host a walk-in clinic every Thursday for all your contraception and STI needs.	N/A	Little Stars Family Hub	Free

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



Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.00am - 5.00pm Subject to availability	Sensory Room Discover our sensory room – a fun, calming space for under-5s (or older children with SEND), maximum of 6 people. Booking required contact us for more details 01482 790277	0 - 5 years	Little Stars Family Hub	£2 per hour
10.00am - 11.00am	Messy Stars Messy, fun play to help improve sensory skills and encourage brain development. Term time only	0 – 2 years	Little Stars Family Hub	£1.00
10.00am - 12noon	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

Please note, most of the sessions take place during term-time only.
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The Healthy Lifestyles Team offer a range of activities across the Family Hubs to help you and your family.

Healthy Cooking on a Budget

Learn how to make the most of fresh, healthy ingredients by taking part in cooking sessions for parents and families.

Us Mums

New and expectant parents can stay active during pregnancy and beyond with Us Mums sessions. Delivered by specially trained pre and post-natal instructors, babies are welcome at these low cost sessions.

To find your nearest session visit www.facebook.com/usmumshull



HENRY

Everyone wants the best for their children, but it can be hard to know what to do as a parent. That's where HENRY comes in. HENRY is a series of short workshops and weekly programmes for parents to explore family life together.



Contact your local Family Hub to find out when the next programme is running in your area or visit www.henry.org.uk/parents for more information.

Tots Get Moving

Tots Get Moving is a series of early years activity sessions for under 5s, designed to get your little one moving in fun and exciting activities.

For session information, check out your local Family Hub or visit www.facebook.com/healthylifestyleshull

PEEP

Discover and Play at Home

PEEP sessions are for parents and children together and will give you ideas and activities that support your child's learning and development in everyday life – talking, singing, sharing books and playing together.

You and your child can make new friends and have fun, whilst finding out how the things that you do now will help them make the most of school. For further information, please contact your nearest Family Hub.



5 things you'll find at a peep group

Ideas for learning through play: shared in a relaxed way with ideas for things to do at home

Stories and singing: we're not going for the x-factor

Shared experiences: parenting is a tough gig!

Your Peep family: we're all in this together

Signposting: if you need help, we'll help you get it

peep supporting parents and children to learn together



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Little Stars Family Hub
Tel: 01482 790 277



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