



@ Acorns and Longhill 

Acorns and Longhill Family Hubs

Activity Timetable 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

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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.

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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 Hubs opening hours:
 Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	House Of Light - Tea and Toast Come along and bring your little ones. Meet new people and make friends. Just turn up.		Acorns Family Hub	Free
10.00am - 11.00am	Parents & Tots Dance Join us for this fun dance session. An activity to help your child's social, physical and emotional development. Parents, Grandparents, Carers all welcome. Just turn up.	2 - 4 years	Kingston Wesley Church	£1
10.00am - 11.00am	Baby Massage Learn how to communicate with your baby through gentle touch and massage, in a relaxed and welcoming environment. To book a place call the Acorns on (01482) 708 953 (A waiting list is currently in place)	4 weeks - crawling	Longhill Family Hub	£1

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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Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 12 noon	Toddler Days Come along to a relaxed parent and toddler group. Chat to others, whilst learning top tips and information about how your toddler develops during the first years together. Just turn up.	1 - 3 years	Longhill Family Hub	£1
1.30pm - 2.30pm	Twinkle Twinkle Story Stars (Starts 4 November) Structured session including singing, stories, and activities to support your child's communication and language. Just turn up.	0 - 4 years	Acorns Family Hub	£1

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Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.15am & 10.15am - 11.00am	Parents & Tots Dance Join us for this fun dance session. An activity to help your child's social, physical, and emotional development. Parents, Grandparents, Carers all welcome. Just turn up.	2 - 4 years	Acorns Family Hub	£1
9.30am - 11.30am	Parent Morning Meet Ups Drop into our friendly group for a drink, chat, support/advice and activities. All parents welcome, no need to book. Just turn up.		Longhill Family Hub	
1.00pm - 2.00pm	Baby Days Come along to a relaxed parent and baby group. Chat to others, whilst learning top tips and information about how your baby develops during the early days together. Just turn up.	0 - 1 year	Longhill Family Hub	£1

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Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.00pm - 3.00pm	Child Health Clinic Come along to our baby weighing clinic. No appointment necessary. Just turn up.		Acorns Family Hub	Free
1.00pm - 3.00pm	Breastfeeding Support Drop-In Breastfeeding Peer Support will be offering a drop-in support service during our Child Health Clinic. Just turn up.		Acorns Family Hub	Free

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Thursday

	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Learn Through Play Come along to this play session where children can enjoy a range of different activities. Just turn up.	2 - 5 years	Acorns Family Hub	£1
10.00am - 12 noon	Housing Drop-In Speak to a Housing Officer if you have any issues/need advice on rent or housing. Just turn up.		Acorns Family Hub	Free
10.00am - 12 noon	DWP Employment/Benefit Drop-In Drop in if you need help looking for work or advice on/applying for welfare benefits. Just turn up.		Acorns Family Hub	Free
10.00am - 12 noon	PCSO Drop-In (every 3 weeks from 5 September) Discuss any worries or concerns you may have in your neighbourhood. Just turn up.		Acorns Family Hub	Free

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Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 12 noon	<p>Local Councillor Drop-In (First Thursday of every month) Pop along if you have any issues you would like to discuss with the Longhill & Bilton Grange Ward Councillors, Councillor Conner & Councillor Jepmond. Just turn up.</p>		Acorns Family Hub	
2.00pm - 3.00pm	<p>Chatter Tots Come along to a fun session focused on using books to support communication and language skills through play. No need to book. Just turn up.</p>	0 - 2 years	Ings Library	£1

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Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Discover & Play A messy, sensory play session where babies can explore the environment and get involved in a range of activities. No booking needed. Just turn up.	0 - 1 year	Acorns Family Hub	£1
11.15am - 12.15pm	Little Explorers A messy, sensory play session where children can explore the environment and get involved in a range of activities. No booking needed. Just turn up.	1 - 2 years	Acorns Family Hub	£1

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Longhill Family Hub

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