



@ Marfleet and Mersey 

Marfleet and Mersey Family Hubs

Activity Timetable Autumn - Winter 2023



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 702 456
- **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 and 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 Hub opening hours:
 Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Monday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.30am - 11.15am	Tots Football An active session to develop those early sports skills including: coordination; gross motor development; balance; and turn taking.	2 - 5 years	St. Stephen's Neighbourhood Centre	£1
11.00am - 12 noon	Early Explorers Let your child's imagination come alive in a story themed session. Children can explore the environment freely and get involved in a range of activities. The session focuses on a different book every half term.	Crawling - 3 years	Mersey Family Hub	£1
1.00pm - 2.00pm	Baby Yoga A relaxing class which uses gentle stretches and movements for you to do with your baby alongside music, song, and rhyme. Please contact the family hub as booking is required for this session.	14 weeks to crawling	Marfleet 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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Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	Busy Babies A free-play session for children with sensory play, outdoor opportunities, and singing time.	0-12 months	Mersey Family Hub	£1
10.00am - 11.30am	House of Light Grow together Free to all pregnant parents with monthly drop-ins from the midwives and doulas. Come along to make new friends and support each other through your pregnancy journey.	Pregnancy	Marfleet Family Hub	Free
10.00am - 12 noon	Employment and Benefit Drop-in This session provides support to look for work as well as help to apply for/check welfare benefits. Children welcome to attend with parents. Runs fortnightly - please call the family hub to check dates.	Parents	Marfleet Family Hub	Free

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Tuesday

Time		Suggested age group	Venue	Voluntary contribution per family
11.00am - 12 noon	<p>Mud and Rainbows</p> <p>Bring your toddler to a mixed session including: indoor messy and sensory play; singing; and outdoor time. Promoting toddlers' brain development and early language skills.</p>	1-3 years	Mersey Family Hub	£1
1.30pm - 2.15pm	<p>Mini Movers</p> <p>A fun, active music-filled class using our bodies, props, and exploring musical instruments. Ending the session using parachute play! A different theme each week.</p>	6 months - 2 years	Marfleet Family Hub	£1

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Nature Learners An outdoor session where children can explore messy sensory activities and natural resources through free-play and activities.	Children up to 24 months	Marfleet Family Hub	£1
10.00am - 11.00am	Baby Massage This is a 5-week course that supports with: bonding and attachment; colic; teething; speech and language; and muscle development. Please contact the family hub as booking is required for this session.	Non-mobile babies	Marfleet Family Hub	£5 for the full course
1.00pm - 1.45pm	Tots Tumble An introduction to gymnastics and cheerleading for young beginners.	2-5 years	St. Stephen's Neighbourhood Centre	£1

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 3.30pm	Child Health Clinic Run by local Health Visitors. Have your baby weighed and discuss any issues about your baby's development. Breastfeeding and introducing solids support available. Also spend time in the sensory room. Runs the first Wednesday of every month. For more information, please call 01482 344 301.	0-5 years	Marfleet Family Hub	Free

Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Baby Massage This is a 5-week course that supports with: bonding and attachment; colic; teething; speech and language; and muscle development. Please contact the family hub as booking is required for this session.	Non-mobile babies	Mersey Family Hub	£5 for the full course

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.45am - 11.45am	KIDS Learn to Talk Together Group session for children with communication, speech, and language delays. Help build communication, speech, and language skills through play. This is a referral only session – for more information call KIDS on 01482 467 540.	Contact KIDS for more information	Marfleet Family Hub	Free
1.00pm - 2.00pm	Babbling Babies A structured session filled with fun songs, action rhymes, and stories using puppets, bubbles, and a parachute. Suitable for babies aged 0 to crawling. Breastfeeding support available during the session.	0 to crawling	Marfleet Family Hub	£1
1.30pm - 2.30pm	FareShare A bag of 10 items from a variety of food and toiletries for £1.50 each week. To qualify you must have a child in your care under the age of 18.	Parents/ Carers	Marfleet Family Hub	£1.50

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
3.00pm - 4.00pm	Home-Start dads' group A relaxed session for dads. Opportunity to meet and chat with other dads whilst playing with your child. Partners are welcome too. Runs fortnightly, please call the family hub to check dates.	Dads with children 0-2 years	Marfleet Family Hub	Free

Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Sensory Session A session for children 0-3 years to excite the senses. Children can explore the world around them using touch, taste, smell, sight, and hearing.	0-3 years	Marfleet Family Hub	£1

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Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.30am - 11.30am	FareShare A bag of 10 items from a variety of food and toiletries for £1.50 each week. To qualify you must have a child in your care under the age of 18.	Parents/ Carers	Mersey Family Hub	£1.50

Please note Family Hub sessions are term time only unless otherwise stated.

If you have any questions about any of the sessions,
please contact Marfleet Family Hub on 01482 705 333.

Updates can also be found on Facebook -
Marfleet and Mersey Family Hubs and Healthy Lifestyles Hull.



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Marfleet Family Hub

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Hull
City Council