



@ PRIORITY 

# Priory Family Hub

Activity Timetable Winter-Spring 2024



[www.familyhubshull.org.uk](http://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 & 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](http://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



Activity Timetable opening hours:  
 Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



## Monday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	<b>Priory Sensory</b> A session for children in the sensory room where they can explore the world around them using touch, sight, and hearing. Contact the hub to book.	0 - 18 months	Priory Family Hub	£1 per session
10.00am - 11.00am	<b>Parent and Tots Dance</b> Movement to music session that they can take part in alongside their parent/carer/grandparent. An activity to help your child's social, physical, and emotional development. Just turn up.	2-4 years (as a guide)	Priory Baptist Church	£1 per session
11.00am - 12.00 noon  First Monday of each month	<b>SEND Sensory Session</b> A stay and play session with a SEND practitioner on hand for advice and support.	0-5 years	Priory Family Hub	£1 per session

**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
9.00am - 4.00pm	<b>Fareshare</b> Parents, carers and expectant parents. Members can collect a bag of food. Items include tins, jars, cereals, fruit, vegetables and more. To become a member just turn up and register.	0 - 11 years	Priory Family Hub	£1.50
10.00am - 11.00am	<b>Tots Football</b> Fun football session. Just turn up.	2 - 4 years (as a guide)	Tigers Trust Arena West Park	£1 per session
10.00am - 12 noon	<b>Child Health Clinic</b> Health visitor clinic for advice and weighing baby. Just turn up.		Priory Family Hub	£1 per session
1.00pm - 2.00pm	<b>Boxing Fitness</b> Fun boxing fitness session using sparring gloves and pads for all fitness abilities. Non mobile babies welcome.		Priory Family Hub	£1 per session

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### Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 2.30pm	<b>Priory Playtime</b> A weekly play session. Please call to book a place.	0-5 years	Priory Family Hub	£1 per session

### Thursday

10.00am - 11.00am	<b>Infant Massage</b> (6 week course) A session to learn how to communicate with your baby through gentle touch and massage, in a relaxed and welcoming environment. Please call 01482 305 770 to book a place and confirm start date.	Baby	Priory Family Hub	Free
1.30pm - 2.45pm	<b>Costello Kids</b> A play session with a baby area, role play, toys, and singing. Please call to book a place.		Costello Stadium	£1 per session

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## Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Mini Rugby by Hull FC</b> Fun rugby session. Just turn up.	2-4 years	Tigers Trust arena	£1 per family
10.30am - 11.30am	<b>Legs, Bums &amp; Mums</b> Gentle toning exercises for Pre and Post Natal Women, non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

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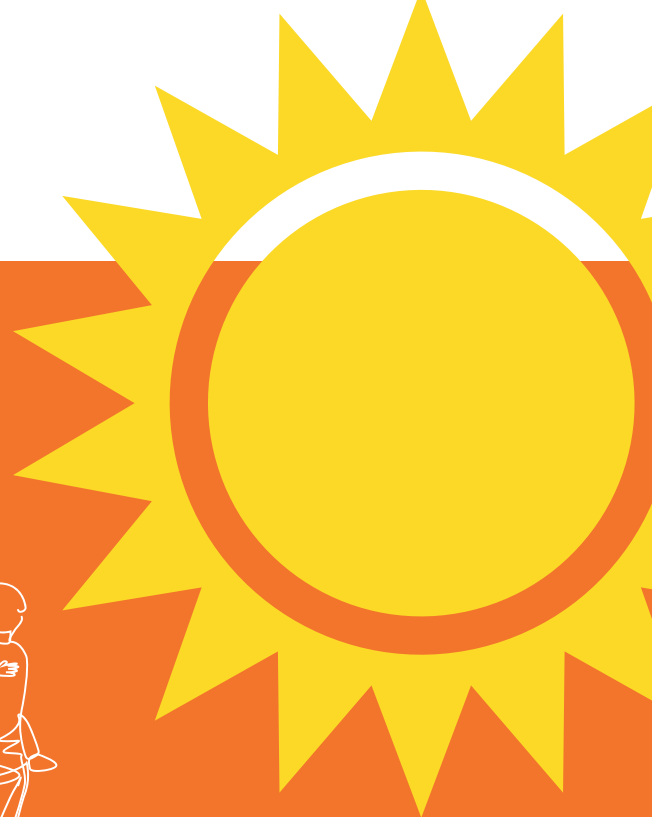
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