



Lemon Tree



Lemon Tree Family Hub

Activity Timetable Autumn-Winter 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



www.familyhubshull.org.uk



- **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

www.familyhubshull.org.uk



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.

www.familyhubshull.org.uk

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
10.00am - 11.00am	<p>Sensory Class</p> <p>A great session to excite children's senses. Children can explore the world around them using taste, smell, sight and hearing.</p> <p>Please call the centre on (01482) 828 901 to book a place.</p>	0 - 1 year	Lemon Tree Family Hub	£1
1.30pm - 2.30pm	<p>Baby Sing & Storytime</p> <p>Session involves singing and reading stories. Playing musical instruments and some sensory play.</p> <p>Please call the centre on (01482) 828 901 to book a place.</p>	0 - 2 years	Bransholme Library	£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.

www.familyhubshull.org.uk

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



Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 2.45pm	Dinky Diggers Nurture and encourage a love of wildlife and the outdoors with our gardening, play and craft session. Please call the centre on (01482) 828 901 to book a place.	Toddler - 5 years	Lemon Tree Family Hub	£1

Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am & 11.00am - 12 noon	Babbling Babies Play session for babies including sensory play, singing and movement to music. Please call the centre on (01482) 828 901 to book a place.	9.30am 0 - 1 year 11.00am 1 - 2 years	Lemon Tree Family Hub	£1
1.00pm - 3.00pm	Baby Weigh Clinic Drop-in session with the health visitors to weigh your baby and ask questions.		Lemon Tree Family Hub	Free

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

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



Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Creative & Messy Play Session involves messy play activities where children can explore and stimulate their senses and development. Please call the centre on (01482) 828 901 to book a place.	6 months - 2 years	Lemon Tree Family Hub	£1
1.00pm - 2.00pm	Fareshare £1.50 for a variety of food and groceries. Please bring your own bag. To qualify you must have a child in your care under the age of 18.	0 - 18 years	Lemon Tree Family Hub	£1.50
1.30pm - 2.15pm	Legs, Bums and Mums This Session focuses on strengthening and toning your legs and bum using body weight exercises and movements to help improve your fitness levels.		Lemon Tree 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.

www.familyhubshull.org.uk

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



Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 2.30pm	Tipple Tails Soft play session full of fun and laughter to promote childrens social and physical development. Please call the centre on (01482) 828 901 to book a place.	0 - 5 years	Alf Marshall Centre, Bransholme	£1

Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	Parent and Tots Dance Session	1+ years	Pennine Centre North Bransholme	£1
10.00am - 12 noon	Breastfeeding Play and Support Group Come and join us for a play session to meet other mums, gain confidence and seek advice if needed. Goodwin Breastfeeding peer support available each week. Drop in session		Lemon Tree Family Hub	Free

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



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 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



Birth registration appointments



Parents in Hull no longer have to travel to the city centre to get their child's birth registered. Birth registration appointments are now available at the Priory Family Hub in west Hull and at the Longhill Family Hub in east Hull.

At Priory Family Hub and Longhill Family Hub, parents can register their child's birth in a friendly environment and find out more about what the family hubs offer for children and new parents.

Appointments are available on Mondays for birth registration at the Priory Family Hub and Wednesdays 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



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



Lemon Tree



Lemon Tree Family Hub

Tel: 01482 828 901



www.familyhubshull.org.uk

