



@ Marfleet and Mersey



# Marfleet and Mersey Family Hubs

Activity Timetable 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 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 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](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



Family Hubs 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	<b>Sensory Session</b> A session for children 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
1.30pm - 2.30pm	<b>Peep Mondays</b> The Peep Learning Together Programme helps parent and carers make the most of learning opportunities in everyday life, supporting babies' and young children's learning through play.	0 - 4 years	Marfleet Family Hub	Free

Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	<b>Busy Babies</b> A free-play session for children with sensory play, outdoor opportunities and singing time.	0 - 12 months	Mersey 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
10.00am - 11.00am	<b>Us Mums - Legs, Bums and Mums-</b> This session is suitable for both pre and postnatal women (once you've had the ok to exercise from a medical professional) and you can bring your non-mobile baby with you too! Focus on strengthening and toning your legs and bum using body weight exercises and movements to help improve your fitness levels. We also focus on your pelvic floor muscles too!	Non-mobile babies	Mersey Family Hub	£1
10.00am - 12 noon	<b>Employment and Benefit Drop-in</b> This session provides support to look for work as well as help to apply for/check welfare benefits. <b>Runs monthly - please call the family hub to check dates.</b>	Parents	Marfleet Family Hub	Free
11.00am - 12.30pm	<b>Mud and Rainbows</b> 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.	1 - 3 years	Mersey Family Hub	£1

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Nature Learners</b> 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	<b>Baby Massage</b> This is a 4-week course that supports with bonding and attachment, colic, teething, speech and language, and muscle development. <b>Please contact the family hub as booking is required for this session.</b> Days and times may change.	Non-mobile babies	Marfleet Family Hub or Mersey Family Hub	£1 per week

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 3.30pm	<p><b>Child Health Clinic</b>            Run by 0 - 19 health team.            Have your child weighed, weaning advice and discuss any issues about your child's development. Also spend time in the sensory room.            For more information, please call 01482 344 301.            Breastfeeding support available 1.30pm - 2.30pm</p>	0 - 5 years	Marfleet Family Hub	Free

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 11.30am	<b>Child Health Clinic -</b> Run by local Health Visitors. Have your child weighed, weaning advice, and discuss any issues about your child's development. For more information, please call 01482 344 301.	0 - 5 years	Asda Mount Pleasant	Free
9.45am - 11.45am	<b>KIDS Learn to Talk Together</b> Group session for children with communication, speech, and language delays. Help build communication, speech, and language skills through play. <b>This is a referral only session - for more information call KIDS on 01482 467 540.</b>	Contact KIDS for more information	Marfleet Family Hub	Free
10.30am - 11.15am	<b>Tots Tumble</b> An introduction to gymnastics and cheerleading for young beginners. Just turn up.	2 - 5 years	St. Stephen's neighbourhood centre	£1

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.00pm - 2.00pm	<b>Babbling Babies</b> A structured session filled with fun songs, action rhymes, and stories using puppets, bubbles, and a parachute. Breastfeeding support available during the session.	0 to crawling	Marfleet Family Hub	£1
2.00pm - 3.00pm	<b>FareShare</b> A bag of up to 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

Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	<b>Stay and Play</b> A drop-in session for parents/carers to have a chat and refreshments whilst children and babies play. A range of professionals will be invited weekly to answer questions.	Parents/ Carers	Mersey Family Hub	Free

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Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Mini Football</b> An introduction to football for young beginners. Suitable for child 2-5 years old. Just turn up!	2 - 5 years	St. Stephen's neighbourhood centre	£1
10.00am - 11.00am	<b>FareShare</b> A bag of up to 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**

Tel: 01482 705 333

**Mersey Family Hub**

Tel: 01482 705 333



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**Hull**  
City Council