



**Lemon Tree**



# Lemon Tree Family Hub

Activity Timetable Spring - Summer 2025



[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



[www.familyhubshull.org.uk](http://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](http://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](http://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](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 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><b>Sensory Class</b>            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 years	Lemon Tree Family Hub	£1 (voluntary)
2.00pm - 2.45pm	<p><b>Baby Sing &amp; Storytime</b>            Singing and reading stories, playing musical instruments and sensory play.</p> <p>Please call the centre on (01482) 828 901 to book a place.</p>	0 - 2 years	Bransholme Library	£1 (voluntary)

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](http://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 - 2.30pm	<p><b>Dinky Diggers</b>            Nurture and encourage a love of wildlife and the outdoors with our gardening play and craft session.</p> <p>Please call the centre on (01482) 828 901 to book a place.</p>	Toddler - 5 years	Lemon Tree Family Hub	£1 (voluntary)



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](http://www.familyhubshull.org.uk)

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



Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<p><b>Sing &amp; Play</b>            Play session for babies including sensory play, singing and movement to music.</p> <p>Please call to book a place on (01482) 828 901</p>	0 - 18 months	Lemon Tree Family Hub	£1 (voluntary)
1.00pm - 3.00pm	<p><b>Baby Weigh Clinic</b>            Drop-in session with the health visitors to weigh your baby, weaning advice and discuss any issues about your child's development.</p> <p>For more information please call on (01482) 828 901</p>		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](http://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	<p><b>Creative &amp; Messy Play</b>            Session involves messy play activities where children can explore and stimulate their senses and development.</p> <p>Please call to book a place on (01482) 828 901</p>	6 months - 2 years	Lemon Tree Family Hub	£1 (voluntary)
1.00pm - 2.00pm	<p><b>Fareshare</b>            This costs £1.50 for a variety of food and groceries. Please bring your own bag. To qualify you must have a child under the age of 18 years old and live in the HU7 area.</p>		Lemon Tree Family Hub	£1.50
1.30pm - 2.30pm	<p><b>Tipple Tails</b>            Soft play to promote social and physical development.</p> <p>Please call to book a place on (01482) 828 901</p>	0 - 5 years	Alf Marshall Centre	£1 (voluntary)

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](http://www.familyhubshull.org.uk)



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



Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	<b>Parents &amp; Tots Dance Session</b> Movement to music session for children to take part in alongside their parent, carer, or grandparent. 45mins of activity to help your child's social, physical and emotional development. Just turn up!	1+ years	Pennine Centre	£1 (voluntary)
10.00am - 12 noon	<b>Breastfeeding Play and Support Group</b> 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.		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](http://www.familyhubshull.org.uk)

# 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](http://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](http://www.familyhubshull.org.uk)

