



Parks and McMillan



Parks and McMillan Family Hubs

Activity Timetable Winter 2025



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
- **Octagan 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 & 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



Activity Timetable 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 - 11:30am	Little Moments A relaxed group for parents (and parents to be) of children under 2 who could do with some support with their wellbeing. Just turn up.	0 - 2 years	Parks Family Hub	Free
10.00am - 10.45am	Babbling Babies A singing and sensory session for babies aged 0 to 12 months with songs, props, bubbles and the chance to make your own scrapbook!	0 - 12 months	McMillan Family Hub	£1
1.30pm - 2.30pm	Tiny Twinkles A sensory session with lots of lights, sounds, songs and rhymes.	0 - 18 months	Parks 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
1.00pm - 2.00pm	Mini Mac Sensory Play A messy, sensory play session where children can have lots of fun exploring their senses through messy play. Just turn up.	0 - 2 years	McMillan Family Hub	£1
Time	Session	Suggested age group	Venue	Voluntary contribution
1.00pm - 2.30pm	KIDS Learn and Play Together - referral only Language development sessions for pre-school children with speech and language development delays. To make a referral contact KIDS on 01482 467 540	Varied	Parks Family Hub	Free



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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.15am	Dinosaur Club Play, stories and fun activities indoor and outdoor. Just turn up.	0 - 5 years	Parks Family Hub	£1
10.00am - 11.00am	Dino Eggs Singing, stories and time to talk to new friends from our session. Just turn up.	0 - first steps	Greenwood Avenue Library	Free



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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 11.30am	Child Health Clinic Drop-in to discuss any child/baby health related issues. Baby weigh-in is also available with the Health Visitors.	Babies and toddlers	Parks Family Hub	Free
10.00am - 11.15am	Tiny Explorers Sensory activities, messy play, treasure baskets, singing and parachute. Just turn up.	0 - 2 years	Parks Family Hub	£1
1.30pm - 2.30pm	FareShare Members can collect a bag of food for £1.50. Items include - tins, jars, cereals, fruit, vegetables and more. To become a member just turn up and register.	Parent / Carers with children age 0 - 18 years	Parks Family Hub	£1.50

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Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.15am	Discover and Play Sand and water play, outdoor play, singing and lots more. Just turn up.	0 - 5 years	McMillan Family Hub	£1



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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



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



Parks and McMillan



Parks Family Hub
Tel: 01482 803 978

McMillan Family Hub
Tel: 01482 850 200



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