



Summer Activities Timetable 2026

All sessions marked with a * are by appointment only. Non – booking Activities for the local community only
Normal group sessions will return on Thurs 3rd September 2026

W/C	20/07	27/07	03/08	10/08	17/08	24/08
Monday 	Find out what else is happening in NELC by following Families First on Facebook		Sensory Room - This can be booked out free of charge - one hours slots available Mon - Fri. Call the Hub to book a session.			
Tuesday	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome. Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB
Wednesday	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme	Baby Massage * 13:00-14:30 Bookable 6-week baby massage programme
Thursday		Birth Registrations * Baby Rhyme Time (0-9mths). 09:30-10:30	Birth Registrations * Baby Rhyme Time (0-9mths). 09:30-10:30	Birth Registrations * 	Birth Registrations * Baby Rhyme Time (0-9mths). 09:30-10:30	Birth Registrations * Baby Rhyme Time (0-9mths). 09:30-10:30
Friday	Ready Steady Baby! Antenatal Education (for expectant parents- please ask at reception for dates and venue)		Togetherness Programme for Parents/Carers -learn about big feelings, how the brain works, and relationship ideas for happier lives. Ask to speak to a member of staff to find out more about the 'Togetherness Approach' and the next date and venue		Baby Zone 0-5 yrs: Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 21 st Aug 09:30 – 14:30	Baby Zone 0-5 yrs: Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 28 th Aug 09:30 – 14:30

Family Hub Opening Hours: Monday-Friday 8:30am-4:30pm

Nunsthorpe & Bradley Park Family Hub

Sutcliffe Avenue, Grimsby, DN33 1AN, Tel: 01472 326600 or Email: startforlife@nelincs.gov.uk

