



Summer Activity 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 	Birth Registrations* Sensory Room - This can be booked out free of charge - one hours slots available Mon - Fri. Call the Hub to book a session.	Birth Registrations*	Birth Registrations* Find out what else is happening in NELC by following Families First on Facebook	Birth Registrations*	Birth Registrations*	Birth Registrations* 
Tuesday	Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	 Teddy Bear Picnic Homestead Park, Washdyke Lane, DN40 2BU Tues 4th Aug 10:00-12:00	Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB SEN Group- 2nd Tues of the month 13:00-15:00 facilitated by One Voice	Health Visitor drop in and infant feeding support 10:00 – 12:00 at Freshney Green Primary Care Centre, Sorrel Rd, Grimsby DN34 4GB	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	 Immingham FAMILY HUB FUN DAY Wed 26th August 10:00 - 14:00
Thursday	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	Baby Rhyme Time (0-9mths). 12:30-13:30 Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.
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 08:30 - 4:30pm**

