



# Start For Life 0-5 Years Activity Timetable

## 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 3<sup>rd</sup> September 2026

| W/C               | 20/07                                                                                                                                                                                                                                                                | 27/07                                                                                          | 03/08                                                                                                                                                                                                                                                                | 10/08                                                                       | 17/08                                                                                                                                                                                                                                                                | 24/08                                                                                                                                                                                                                                                                |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Monday</b><br> | <b>Sensory Room</b> - This can be booked out free of charge - one hours slots available Mon - Fri. Call the Hub to book a session.                                                                                                                                   |                                                                                                | <b>Ready Steady Baby!</b> Antenatal Education (for expectant parents- please ask at reception for dates and venue)                                                                                                                                                   |                                                                             | Find out what else is happening in NELC by following Families First on Facebook                                                                                                                                                                                      |                                                                                                                                                                                                                                                                      |
| <b>Tuesday</b>    | <b>Togetherness Programme for Parents/Carers</b> -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          |                                                                                                |                                                                                                                                                                                                                                                                      |                                                                             |                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                      |
| <b>Wednesday</b>  | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                                                                                                                                                                                                                        | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                                                  | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                                                                                                                                                                                                                        | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                               | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                                                                                                                                                                                                                        | <b>Baby Rhyme Time</b> (0-9mths). 11:30-12:30                                                                                                                                                                                                                        |
| <b>Thursday</b>   | <b>Drop in Support</b> 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.<br><br><b>Health Visitor drop in and infant feeding support</b> - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX | <b>Teddy Bear Picnic</b><br>Sussex Recreation Ground, DN35 8AB<br>Thurs 30th July, 09:30-11:00 | <b>Drop in Support</b> 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.<br><br><b>Health Visitor drop in and infant feeding support</b> - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX | <b>Reynolds FAMILY HUB FUN DAY</b><br>Thur 13th August 10:00 - 14:00        | <b>Drop in Support</b> 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.<br><br><b>Health Visitor drop in and infant feeding support</b> - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX | <b>Drop in Support</b> 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.<br><br><b>Health Visitor drop in and infant feeding support</b> - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX |
| <b>Friday</b>     | <b>Baby Massage *</b> 13:30-15:00<br>Bookable 6-week baby massage programme                                                                                                                                                                                          | <b>Baby Massage *</b> 13:30-15:00<br>Bookable 6-week baby massage programme                    | <b>Baby Massage *</b> 13:00-15:00<br>Bookable 6-week baby massage programme                                                                                                                                                                                          | <b>Baby Massage *</b> 13:30-15:00<br>Bookable 6-week baby massage programme | <b>Baby Massage *</b> 13:30-15:00<br>Bookable 6-week baby massage programme<br><br><b>Baby Zone 0-5 yrs:</b> Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 21 <sup>st</sup> Aug 09:30 – 14:30                                                                    | <b>Baby Massage *</b> 13:30-15:00<br>Bookable 6-week baby massage programme<br><br><b>Baby Zone 0-5 yrs:</b> Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 28 <sup>th</sup> Aug 09:30 – 14:30                                                                    |

Family Hub Opening Hours: **Monday – Friday 08:30 - 4:30pm**

