

Family Hub Timetable updates

East Marsh and Central Family Hub

All Timetables to include:

All sessions start from week commencing 20th July 2026 unless otherwise stated. You must contact the Family Hub to book if marked with a *.

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'

Contact your local Family Hub for sessions on 'Keeping your children safe at home and in the community' and 'Mini First Aid Sessions'

Sensory Room This can be booked out free of charge - one hours slots available every day. Call the Hub to book a session.



Please scan the
QR code
for parenting
advice & support
from pregnancy to
starting school

W/C	20/07	27/07	03/08	10/08	17/08	24/08
Monday	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30	At East Marsh- Baby Rhyme Time (0-9mths) 09:30- 10:30
Tuesday	East Marsh Drop in Support 14:30-16:30 self-weigh in and advice on child development or behaviour; expectant parents welcome.	East Marsh Drop in Support 14:00-16:00 self-weigh in and advice on child development or behaviour; expectant parents welcome.	East Marsh Drop in Support 14:30-16:30 self-weigh in and advice on child development or behaviour; expectant parents welcome.	East Marsh Drop in Support 14:30-16:30 self-weigh in and advice on child development or behaviour; expectant parents welcome.	East Marsh Drop in Support 14:00-16:30 self-weigh in and advice on child development or behaviour; expectant parents welcome.	East Marsh Drop in Support 14:30-1630 self-weigh in and advice on child development or behaviour; expectant parents welcome.
Wednesday	Birth Registrations*	Birth Registrations* East Marsh Family Hub Fun Day, Wed 29 th July, 10:00-14:00	Birth Registrations*	Birth Registrations*	Birth Registrations* Central Family Hub Fun Day, Wed 19 th Aug, 10:00-14:00	Birth Registrations*
Thursday		At Central: Baby Massage * 13:00-14:30 <i>Bookable 6-week baby massage programme</i> Health Visitor drop in and infant feeding support - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	At Central: Baby Massage * 13:00-14:30 <i>Bookable 6-week baby massage programme</i> Health Visitor drop in and infant feeding support - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	At Central: Baby Massage * 13:00-14:30 <i>Bookable 6-week baby massage programme</i> Health Visitor drop in and infant feeding support - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	Teddy Bear Picnic, Weelsby Woods, DN32 8PW, Thurs 20 th Aug, 10:00-12:00	At Central: Baby Massage * 13:00-14:30 <i>Bookable 6-week baby massage programme</i> Health Visitor drop in and infant feeding support - 10:00 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX

Friday					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
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