

Family Hub Timetable updates

Reynolds 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						
Tuesday						
Wednesday	Baby Rhyme Time (0-9mths). 11:30-12:30	Baby Rhyme Time (0-9mths). 11:30-12:30	Baby Rhyme Time (0-9mths). 11:30-12:30	Baby Rhyme Time (0-9mths). 11:30-12:30	Baby Rhyme Time (0-9mths). 11:30-12:30	Baby Rhyme Time (0-9mths). 11:30-12:30
Thursday	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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	Teddy Bear Picnic, Sussex Recreation Ground, DN35 8AB, Thurs 30th July, 09:30-11:00 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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	Reynolds Family Fun Day, Thurs 13th Aug, 10:00 – 14:00 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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX	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 -11:30 The Canopy, Grant Thorold Park, Durban Rd, Grimsby DN32 8BX

Friday	Baby Massage * 13:30-15:00 <i>Bookable 6-week baby massage programme</i>	Baby Massage * 13:30-15:00 <i>Bookable 6-week baby massage programme</i>	Baby Massage * 13:00-15:00 <i>Bookable 6-week baby massage programme</i>	Baby Massage * 13:30-15:00 <i>Bookable 6-week baby massage programme</i>	Baby Massage * 13:30-15:00 <i>Bookable 6-week baby massage programme</i> Baby Zone 0-5 yrs: Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 21 st Aug 09:30 – 14:30	Baby Massage * 13:30-15:00 <i>Bookable 6-week baby massage programme</i> Baby Zone 0-5 yrs: Horizon Youth Zone, Garth Lane, Grimsby DN31 1RP, 28 th Aug 09:30 – 14:30
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