



October Half Term 26th – 30th October

*All sessions marked with a * are by appointment only.
All groups return on Monday 2nd November



	Morning	Afternoon
Monday		
Tuesday	Little Readers @ Waltham Library , High St, Waltham, Grimsby DN37 0LL, 09:30-10:30	East Marsh Drop-In Support (0-5 years) 14:00-16:00 <i>includes self-weigh in and a chance to discuss development or behavioural worries with a Community Health and Family Help Practitioners. Expectant parents welcome</i>
Wednesday	Birth Registrations * At Central Family Fun Session 10:00-11:30 (must have at least 1 child under 5 years)	Contact your local Family Hub for sessions on 'Keeping your children safe at home and in the community' and 'Mini First Aid Sessions'
Thursday	At Central *Parents Supporting Parents 09:30-11:30 At East Marsh PEEP - Baby Rhyme Time (0-9mths) 09:30-10:30 <i>Come along to play and learn through singing songs with your baby.</i> At Nunsthorpe Ready Steady Baby! * 10:00-11:30 Antenatal Education (for expectant parents- please ask at reception or book through the website) Infant Feeding @The Canopy Community Hub , Grand Thorold Park Durban Road DN32 8BX, 10:00- 11:30	Togetherness Programme for Parents/Carers <i>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'</i> Sensory Room <i>This can be booked out free of charge - one hour slots available every day. Call the Hub to book a session.</i>
Friday	At Central -Baby Massage * 13:00-14:30 <i>Bookable 6-week programme to enjoy quality bonding time with your baby</i>	
Saturday	At Queensway Ready Steady Baby! * 10:00-11:30 Antenatal Education (for expectant parents- please ask at reception or book through the website) Family Hub Storytime Session @ Cleethorpes Library 10:00-11:00 (1 st Saturday of the month) Family Hub Storytime Session @ Waltham Library 10:00-11:00 (2 nd Saturday of the month) 0-5 years	

Family Hub Opening Hours: **Monday – Friday 08:30-16:30**

East Marsh Family Hub

203 Victor Street, Grimsby, DN32 7QB, Call: 01472 326860 Email: beststartinlife@nelincs.gov.uk

Central Family Hub

Edward Street, Grimsby, DN32 9EL, Call: 01472 326830, Email: beststartinlife@nelincs.gov.uk