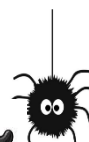




October Half Term 26th – 30th October

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



	Morning	Afternoon
Monday	Birth Registrations * Family Fun Session 09:30-11:00. (Must have at least 1 child under 5 years)	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>
Tuesday		SEN Group - 2nd Tues of the month 13:00-15:00 facilitated by One Voice 
Wednesday	Baby Massage * 10:30-12:00 Bookable 6-week programme to enjoy quality bonding time with your baby	
Thursday	At Nunthorpe Ready Steady Baby! * 10:00 -11:30 Antenatal Education (for expectant parents- please ask at reception or book through the website)	PEEP - Baby Rhyme Time (0-9mths) 12:30-13:30 Come along to play and learn through singing songs with your baby. Drop-In Support 14:00-16:00 (0-5 years) includes self-weigh in and a chance to discuss development or behavioural worries with a Community Health and Family Help Practitioners. Expectant parents welcome.
Friday	Little Readers @ Immingham Library: Pelham Rd, Immingham DN40 1QF, 09:30-10:30	Contact your local Family Hub <i>for sessions on 'Keeping your children safe at home and in the community' and 'Mini First Aid Sessions'</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)	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>



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

Immingham Family Hub

Margaret Street, Immingham, DN40 1LD, 01469 514848 or Email: Beststartinlife@nelincs.gov.uk