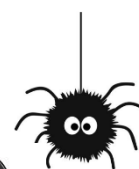
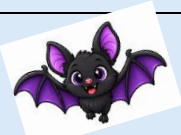




October Half Term 26th – 30th October

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



	Morning	Afternoon
Monday	West Marsh Birth Registrations * West Marsh PEEP - Baby Rhyme Time - (0-9mths) 10:00-11:00 Come along to play and learn through singing songs with your baby.	Queensway Baby Massage * 13:00-14:30 Bookable 6-week programme to enjoy quality bonding time with your baby
Tuesday	Queensway Birth Registrations * Portage Support Group 10:30-11:30 (Invite Only) PEEP - Learning Through Play (Movement & Music) 0-5yrs at West Marsh St Hughs Community Centre, Haycroft Street, DN31 2ED 10:00 -11:00 Come to play and learn through fun activities with your children Infant Feeding @ Freshney Green Primary Care Centre, Sorrel Road, DN34 4GB 10:00- 12:00	Family Hub Story Time at Laceby Library, 12 Cooper Lane, Laceby, Grimsby DN37 7AX, 14:15-15:15  
Wednesday	Queensway PEEP - Baby Rhyme Time- (0-9mths) 11:30-12:30 Come along to play and learn through singing songs with your baby. Sensory Room This can be booked out free of charge - one-hour slots available every day. Call the Hub to book a session.	Drop-In Support 14:00-16:00 (0-5 years) West Marsh (1st & 3rd Weds of every month) Queensway (2nd & 4th Weds of every month) includes self-weigh in and a chance to discuss development or behavioural worries with a Family Help Practitioner. Expectant parents welcome.
Thursday	Queensway Family Fun Session 09:30-11:00 (must have at least 1 child under 5 years) At Nunsthorpe Ready Steady Baby! * 10:30-11:30 Antenatal Education (for expectant parents- please ask at reception)	Contact your local Family Hub for sessions on 'Keeping your children safe at home and in the community' and 'Mini First Aid Sessions'
Friday		
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 (1st Saturday of the month) Family Hub Storytime Session @ Waltham Library 10:00-11:00 (2nd Saturday of the month) 0-5 years	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'

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

West Marsh Family Hub

Macaulay Street, Grimsby, DN31 2ES, Tel: 01472 326810, Email: beststartinlife@nelincs.gov.uk

Queensway Family Hub

Binbrook Way, Grimsby, DN37 9AS, Tel: 01472 325737, Email: beststartinlife@nelincs.gov.uk

