



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	Baby Massage *11:30-13:00 Bookable 6-week programme to enjoy quality bonding time with your baby	Portage Support Group 13:30-14:30 (Fortnightly) (Invite Only)
Tuesday	 Sensory Room This can be booked out free of charge - one-hour slots available every day. Call the Hub to book a session.	
Wednesday	PEEP- Baby Rhyme Time (0-9mths) 11:30- 12:30 Come along to play and learn though singing songs with your baby.	Family Fun Session 13:30-15:00 (must have at least 1 child under 5 years old)
Thursday	Little Readers @ Cleethorpes Library, Alexandra Rd, Cleethorpes DN35 8LG, 09:30-10:30 At Nunsthorpe Ready Steady Baby! * 10:00-11:30 Antenatal Education (for expectant parents- please ask at reception or book through the website)	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. Infant Feeding @The Gingerbread House, Church Lane, Humberston DN36 4HZ, 12:00- 14:00
Friday		Contact your local Family Hub for sessions on 'Keeping your children safe at home and in the community' and 'Mini First Aid Sessions'
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	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**