



@ **Acorns and Longhill** 

# Acorns and Longhill Family Hubs

Activity Timetable Winter - Spring 2024



[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)



Family Hubs are here to support you and your family and offer the following services:

- Family Support
- Stop Smoking Support
- Food bank collections
- Activity sessions for pregnant women and new mums (Us Mums programme)
- Training and Employment Advice
- Parenting Courses
- Volunteering Opportunities
- Baby Massage Classes
- Breastfeeding Support
- Free Education and Childcare funding support for 2 year olds
- Ante/post natal care via Midwifery Service
- Training Courses
- Play Sessions
- Healthy Lifestyles Sessions



[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)



- **Priory Family Hub**  
Priory Road  
Hull, HU5 5RU  
Tel: 01482 305 770
- **Rainbow Family Hub**  
Wheeler Street  
Hull, HU3 5QE  
Tel: 01482 502 466
- **Fenchurch Family Hub**  
Fenchurch Street  
Hull, HU5 1JF  
Tel: 01482 587 550
- **Octagon Family Hub**  
Walker Street  
Hull, HU3 2RA  
Tel: 01482 587 550
- **Acorns Family Hub**  
Nestor Grove  
Hull, HU9 4DB  
Tel: 01482 708 953
- **Longhill Family Hub**  
160 Shannon Road  
Hull, HU8 9RW  
Tel: 01482 689 238
- **Parks Family Hub**  
Courtway Road  
Hull, HU6 9TA  
Tel: 01482 803 978
- **McMillan Family Hub**  
21st Avenue  
Hull, HU6 8HS  
Tel: 01482 850 200
- **Marfleet Family Hub**  
359 Preston Road  
Hull, HU9 5AN  
Tel: 01482 705 333
- **Mersey Family Hub**  
Derwent Street  
Hull, HU8 8TX  
Tel: 01482 705 333
- **Little Stars Family Hub**  
95 Preston Road  
Hull, HU9 3QB  
Tel: 01482 790 277
- **Lemon Tree Family Hub**  
2 Lothian Way  
Hull, HU7 5DD  
Tel: 01482 828 901



# Hull Family Hubs

## Volunteer with Us!

As a Family Hub Volunteer you will help to support the staff team to run a range of groups and activities for parents and carers with young children. You will learn new skills and experiences which will improve your confidence and boost your opportunities to finding employment.

You will receive a free Enhanced Disclosure & Barring Service (DBS) check and access to Safeguarding Children training. If you are interested in volunteering or would like more information, please contact your local Family Hub.

## HEY Baby

Free antenatal classes are available at Family Hubs across Hull if you are registered with a Hull GP and have had your 20-week scan. Visit [www.hey.nhs.uk/heybaby](http://www.hey.nhs.uk/heybaby) to find your nearest Hub and to make a booking.

## Early Help Family Support

There will be times when you and your family need support and times when you are not sure what you need to do to make things better.

There are a group of services in Hull collectively known as “Early Help” who can support you at these times and make problems easier to understand and quicker to solve.

## How can I find out more about accessing Early Help Support?

Pop into your nearest Family Hub, our team can support and guide you with the information you need. You can also speak to a professional who is currently known to your family, for example a Health Visitor/GP or somebody at your child’s nursery/school. Alternatively, you can request Early Help Support for you and/or your family via the online form which can be found at <https://www.hull.gov.uk/children-and-families/family-support/early-help-family-support> or scan the QR code



## Family Hubs opening hours:

Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



### Monday

| Time              | Session  | Suggested age group | Venue                  | Voluntary contribution per family |
|-------------------|--|---------------------|------------------------|-----------------------------------|
| 9.30am - 11.00am  | <b>House Of Light - You Time</b><br>Open to all parents and carers.<br>Time to make new friends and meet new people. House of Light therapist also available if you need support.<br>Just turn up.   |                     | Acorns Family Hub      | Free                              |
| 10.00am - 11.00am | <b>Parents &amp; Tots Dance</b><br>Join us for this fun dance session.<br>An activity to help your child's social, physical and emotional development.<br>Parents, Grandparents, Carers all welcome. Just turn up.                         | 2 - 4 years         | Kingston Wesley Church | £1                                |
| 10.00am - 11.00am | <b>Infant Massage</b><br>Learn how to communicate with your baby through gentle touch and massage, in a relaxed and welcoming environment.<br>To book a place call the Acorns on (01482) 708 953<br>(A waiting list is currently in place) | 0 - 9 months        | Longhill Family Hub    | £1                                |

**Please note**, most of the sessions take place during term-time only.

We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)

## Family Hubs opening hours:

Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm

### Monday

| Time              | Session  | Suggested age group | Venue               | Voluntary contribution per family |
|-------------------|--|---------------------|---------------------|-----------------------------------|
| 11.00am - 12 noon | <b>Toddler Days</b><br>Come along to a relaxed parent and toddler group. Chat to others, whilst learning top tips and information about how your toddler develops during the first years together. Just turn up. | 1 - 3 years         | Longhill Family Hub | £1                                |
| 1.30pm - 2.30pm   | <b>Mini Music</b><br>A music and rhythm activity group where the children can have fun singing, joining in with the actions and playing instruments. Just turn up.   | 0 - 2 years         | Longhill Family Hub | £1                                |

**Please note**, most of the sessions take place during term-time only.  
We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)

Family Hubs opening hours:  
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



## Tuesday

| Time                                       | Session   | Suggested age group | Venue               | Voluntary contribution per family |
|--|---|---------------------|---------------------|-----------------------------------|
| 9.30am - 10.15am<br>&<br>10.15am - 11.00am | <b>Parents &amp; Tots Dance</b><br>Join us for this fun dance session. An activity to help your child's social, physical, and emotional development. Parents, Grandparents, Carers all welcome. Just turn up. | 2 - 4 years         | Acorns Family Hub   | £1                                |
| 1.00pm - 2.00pm                            | <b>Baby Days</b><br>Come along to a relaxed parent and baby group. Chat to others, whilst learning top tips and information about how your baby develops during the early days together. Just turn up.        | 0 - 1 year          | Longhill Family Hub | £1                                |
| 1.00pm - 3.00pm                            | <b>Child Health Clinic</b><br>Come along to our baby weighing clinic. No appointment necessary. Just turn up.   |                     | Acorns Family Hub   | Free                              |

**Please note**, most of the sessions take place during term-time only.  
We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)

Family Hubs opening hours:  
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



## Tuesday

| Time            | Session  | Suggested age group | Venue             | Voluntary contribution per family |
|-----------------|--|---------------------|-------------------|-----------------------------------|
| 1.00pm - 3.00pm | <b>Parents Under 21 Drop-In (First Tuesday of every month)</b><br>Drop-In session for parents under 21. Make new friends and get advice and support when needed. Play area for children. Just turn up. |                     | Acorns Family Hub | Free                              |
| 1.30pm - 3.00pm | <b>Breastfeeding Support Drop-In</b><br>Breastfeeding Peer Support will be offering a drop-in support service in the café area or during our Child Health Clinic. Just turn up.                        |                     | Acorns Family Hub | Free                              |

**Please note**, most of the sessions take place during term-time only.  
We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)



Family Hubs opening hours:  
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



## Wednesday

| Time                                   | Session   | Suggested age group | Venue               | Voluntary contribution per family |
|--|---|---------------------|---------------------|-----------------------------------|
| 10.00am - 12 noon                      | <b>PCSO Drop-In</b><br><b>(every 3 weeks from 25th October)</b><br>Discuss any worries or concerns you may have in your neighbourhood.<br>Just turn up  |                     | Longhill Family Hub | Free                              |
| Please call Acorns for dates and times | <b>Clinic Lead Tobacco Dependency Team Drop-In</b><br>Please call Acorns on (01482) 708 953 to find out the dates of the drop-in. If you need help stopping smoking, come along.<br>Just turn up. |                     | Acorns Family Hub   | Free                              |

**Please note**, most of the sessions take place during term-time only.  
We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)

**Family Hubs opening hours:**  
 Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



## Thursday

| Time              | Session  | Suggested age group | Venue             | Voluntary contribution per family |
|-------------------|--|---------------------|-------------------|-----------------------------------|
| 10.00am - 11.00am | <b>Learn Through Play</b><br>Come along to this play session where children can enjoy a range of different activities. Just turn up.                 | 2 - 5 years         | Acorns Family Hub | £1                                |
| 10.00am - 12 noon | <b>Housing Drop-In</b><br>Speak to a Housing Officer if you have any issues/need advice on rent or housing. Just turn up.                            |                     | Acorns Family Hub | Free                              |
| 10.00am - 12 noon | <b>DWP Employment/Benefit Drop-In</b><br>Drop in if you need help looking for work or advice on/applying for welfare benefits. Just turn up.         |                     | Acorns Family Hub | Free                              |
| 10.00am - 12 noon | <b>PCSO Drop-In</b><br><b>(every 3 weeks from 26th October)</b><br>Discuss any worries or concerns you may have in your neighbourhood. Just turn up. |                     | Acorns Family Hub | Free                              |

**Please note**, most of the sessions take place during term-time only.  
 We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)

Family Hubs opening hours:  
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



## Friday

| Time              | Session   | Suggested age group | Venue             | Voluntary contribution per family |
|-------------------|---|---------------------|-------------------|-----------------------------------|
| 10.00 - 11.00am   | <b>Discover &amp; Play</b><br>A messy, sensory play session where babies can explore the environment and get involved in a range of activities.<br>No booking needed. Just turn up. | 0 - 1 year          | Acorns Family Hub | £1                                |
| 11.15am - 12.15pm | <b>Little Explorers</b><br>A messy, sensory play session where children can explore the environment and get involved in a range of activities.<br>No booking needed. Just turn up.  | 1 - 2 years         | Acorns Family Hub | £1                                |

**Please note**, most of the sessions take place during term-time only.  
We recommend you check with your Family Hub before attending during school holidays.

[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)



@

**Acorns and Longhill**



**Acorns Family Hub**

Tel: (01482) 708 953

**Longhill Family Hub**

Tel: (01482) 689 238



[www.familyhubshull.org.uk](http://www.familyhubshull.org.uk)



**Hull**  
City Council