



@ Rainbow



# Rainbow Family Hub

Activity Timetable Winter - Spring 2025



[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



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- **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

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# 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 require an 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..

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## 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

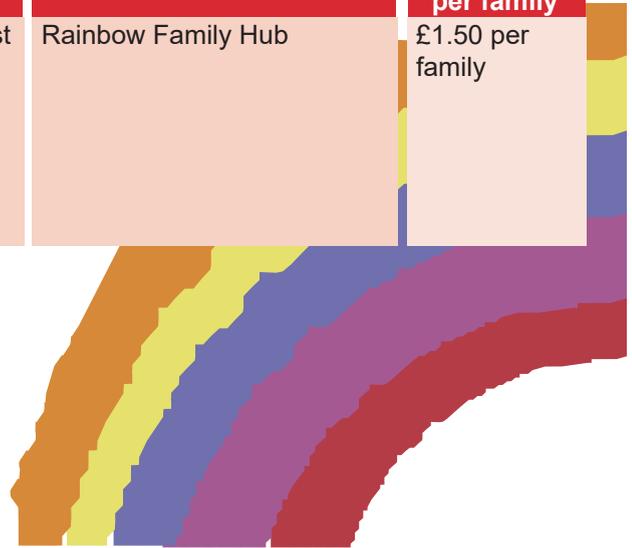


Family Hub opening hours:  
Monday - Friday 8.30am - 5pm



Monday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30 pm - 2.30pm	<p><b>Baby Play</b></p> <p>A play session with sensory, singing and a time to chat. Learn about your child's development, keeping your child safe and learn nursery rhymes and songs. Just turn up! Term time only.</p>	<p>Birth to first steps</p> <p>Partners welcome</p>	Rainbow Family Hub	£1.50 per family



**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.

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Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<p><b>Tots Football</b></p> <p>A fun football themed session, your little one will learn football skills using some fun games and the session will help develop children's confidence and self-esteem and aid social and cognitive skills.</p> <p>Term time only.</p>	2-4 years Partners Welcome	Tigers Trust Arena West Park, HU3 6GA	£1 per family
1.30pm - 2.30pm	<p><b>Rainbows &amp; Sprinkles</b></p> <p>A play session for families which includes sensory play, messy or physical themed activities, singing or story time.</p> <p>Just turn up! Health Professional available at this session.</p> <p>Term time only.</p>	0 - 24 months Partners welcome	Rainbow Family Hub	£1.50 per family

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Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12.00 noon	<b>Job Centre Plus Drop In</b> Weekly drop in that can help with claims to benefits, job searches, training/work experience support and referrals to debt/welfare assistance. Just turn up.		Rainbow Family Hub	Free

Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.30am - 10.30am	<b>Pregnancy and Post-pregnancy Yoga</b> These sessions help you to relax your mind and body with your baby by your side as well as enhancing your wellbeing, strengthening your body and improving your posture. During the session you can expect to perform yoga poses with adaptations offered throughout, followed by breathing exercise and relaxation techniques. Term time only.	Pregnant women and new mums with non-mobile babies	Rainbow Family Hub	£1 per session

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Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 12.00 noon	<b>Mini Rugby</b> These sessions, run by Hull FC and Hull KR, incorporate a range of fun rugby activities for you and your child to enjoy. The session will help to develop your child's key movement and social skills. Term time only.	2 - 4 years Partners welcome	Tigers Trust Arena, West Park, HU3 6GA	£1 per family
10.00am - 12.00 noon	<b>Housing Tenancy Drop In (fortnightly)</b> Drop in offering housing support for Hull City Council tenants and support for cost of living crisis.		Rainbow Family Hub	Free
1.30pm - 2.30pm	<b>PEEP – Learning through Play</b> Learn how to play and interact with your children both in the session and at home with a different theme each week. Health Professional available at this session. Term time only. <b>Must book – call 01482 502 466.</b>	Walking - 4 years Partners Welcome	Rainbow Family Hub	£1.50 per Family

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Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 10.40am	<b>Parents &amp; Tots Dance</b> Sessions to help children under 5 improve their balance and fitness, gain rhythm skills and develop social awareness. Just turn up! Term time only.	Under 5's Partners welcome	Rainbow Family Hub	£1 per family
11.00am - 11.40am	<b>Tots Tumble</b> Tots Tumble is for parents with children aged 2-4 years old. This session helps your child to learn the fundamental foundation skills including balance, coordination, jumps, arm motions, floor stunts and fun with the pom-poms! Just turn up! Term time only.	2-4 year olds Partners Welcome	Rainbow Family Hub	£1 per family

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The Healthy Lifestyles Team offer a range of activities across the Family Hubs to help you and your family.

## Healthy Cooking on a Budget

Learn how to make the most of fresh, healthy ingredients by taking part in cooking sessions for parents and families.

## Us Mums

New and expectant parents can stay active during pregnancy and beyond with Us Mums sessions. Delivered by specially trained pre and post-natal instructors, babies are welcome at these low cost sessions.

To find your nearest session visit [www.facebook.com/usmumshull](https://www.facebook.com/usmumshull)



## HENRY

Everyone wants the best for their children, but it can be hard to know what to do as a parent. That's where HENRY comes in. HENRY is series of short workshops and weekly programmes for parents to explore family life together.



Contact your local Family Hub to find out when the next programme is running in your area or visit [www.henry.org.uk/parents](http://www.henry.org.uk/parents) for more information.

## Tots Get Moving

Tots Get Moving is a series of early years activity sessions for under 5s, designed to get your little one moving in fun and exciting activities.

For session information, check out your local Family Hub or visit [www.facebook.com/healthylifestyleshull](https://www.facebook.com/healthylifestyleshull)

# PEEP Discover and Play at Home

PEEP sessions are for parents and children together and will give you ideas and activities that support your child's learning and development in everyday life – talking, singing, sharing books and playing together.

You and your child can make new friends and have fun, whilst finding out how the things that you do now will help them make the most of school. For further information, please contact your nearest Family Hub.

**5** things you'll find at a  
**peep**  
group

**Ideas for learning through play:** shared in a relaxed way with ideas for things to do at home

**Stories and singing:** we're not going for the x-factor

**Shared experiences:** parenting is a tough gig!

**Your Peep family:** we're all in this together

**Signposting:** if you need help, we'll help you get it

**peep** supporting parents and children to learn together



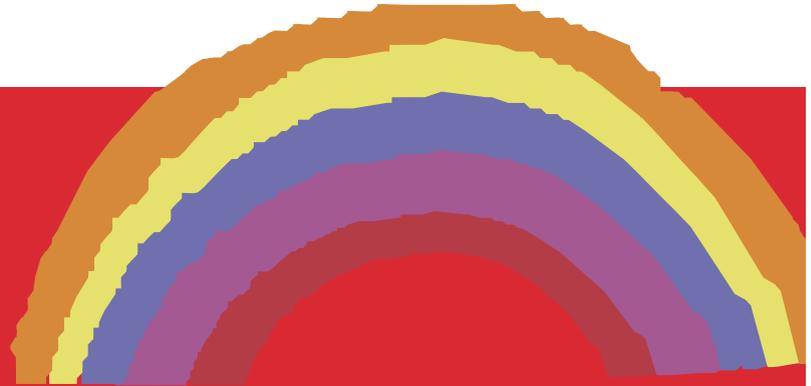
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**Rainbow**



**Rainbow Family Hub**

Tel: 01482 502 466



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**Hull**  
City Council