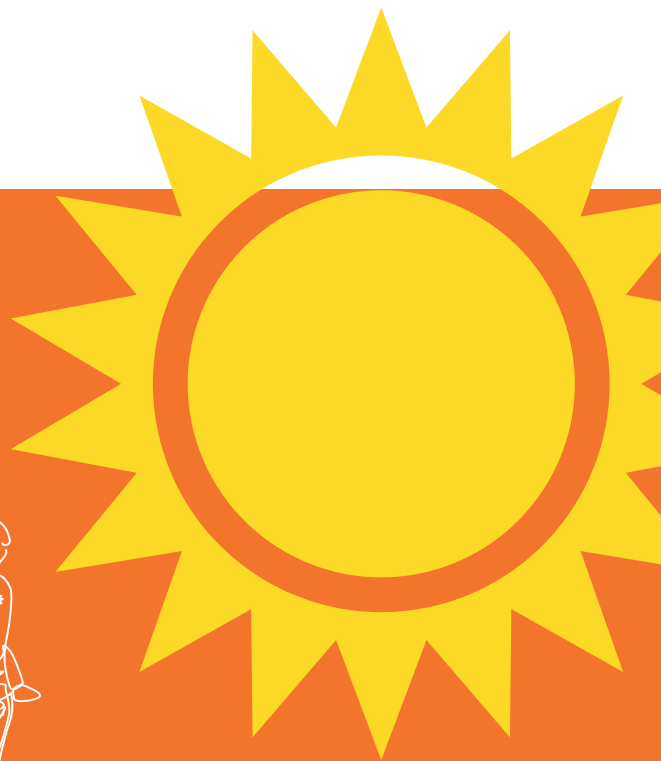




Priory Family Hub

Activity Timetable Summer 2025



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



- **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 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



Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Tuesday 22 July

Week 1 (Monday 21 July - Friday 25 July)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12noon	Child Health Clinic A chance to speak to the Health Visitor and have your baby weighed. Drop in.	0 - 5 years	Priory Family Hub	Free
12.30pm - 1.30pm 2.00pm - 3.00pm	Baby Sensory Session Baby Sensory session in our very own sensory room. Call us on 01482 305 770 all to book a place.	0 - 12 months	Priory Family Hub	Free
1.00pm - 2.00pm	Bump & Baby Bootcamp Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. Non-mobile babies welcome. No need to book, just turn up.		Priory 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

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Wednesday 23 July

Week 1 cont. (Monday 21 July - Friday 25 July)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.30am	Toddler Play Session Messy play and activities specially created for this age group. We will also be outdoors if the weather is good. Please call to book a place on 01482 305 770.	1 - 3 years	Priory Family Hub	Free

Friday 25 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Sensory, Singing & Rhymes Play session with sensory toys, singing and reading. Please call to book a place on 01482 305 770.	0 - 3 years	Gipsyville Library, Hessle Road, HU4 6JA	Free
10.30am - 11.30am	Legs, Bums & Mums Gentle toning exercises for Pre and Post Natal women. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Please note, most of the sessions take place during term-time only.
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www.familyhubshull.org.uk

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Tuesday 29 July

Week 2 (Monday 28 July - Friday 1 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12noon	Child Health Clinic A chance to speak to the Health Visitor and have your baby weighed. Drop in.	0 - 5 years	Priory Family Hub	Free
1.00pm - 2.00pm	Bump & Baby Bootcamp Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Wednesday 30 July

10.00am - 11.00am	Tummy Time A play session to help explore and develop babies first movements. Please call to book a place on 01482 305770.	Birth - crawling	Ainthorpe (within Little Owls Nursery)	Free
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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.v

www.familyhubshull.org.uk

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Wednesday 30 July

Week 2 cont. (Monday 28 July - Friday 1 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 3.00pm	Rewilding and East Hull Community Farm Trip Outdoor fun, den building, animal feeding at East Hull Community Farm, return travel from Priory to Rewilding, packed lunch included. Please call to book a place on 01482 305 770.	3 - 12 years One parent or carer per family	Rewilding at East Hull Community Farm, HU9 4EE	Free

Friday 1 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.30am - 11.30am	Legs, Bums & Mums Gentle toning exercises for Pre and Post Natal women. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free
10.00am - 11.00am	Sensory, Singing & Rhymes Play session with sensory toys, singing and reading. Please call to book a place on 01482 305 770.	0 - 3 years	Gipsyville Library, Hessle Road, HU4 6JA	Free

Please note, most of the sessions take place during term-time only.
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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Tuesday 5 August

Week 3 (Monday 4 August - Friday 8 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12noon	Child Health Clinic A chance to speak to the Health Visitor and have your baby weighed. Drop in.	0 - 5 years	Priory Family Hub	Free
1.00pm - 2.00pm	Bump & Baby Bootcamp Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Wednesday 6 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Tummy Time - Summer Keepsake Special A play session to help explore and develop babies first movements. Please call to book a place on 01482 305770.	Birth - crawling	Ainthorpe (within Little Owls Nursery)	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Wednesday 6 August

Week 3 cont. (Monday 4 August - Friday 8 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 2.00pm	Priory Garden Party Garden party with farm animals, bouncy castle, scrapstore, face painter, craft, outdoor games and baby area. Packed lunch for all children at the event. Please call to book a place 01482 305 770.	0 - 12 years One parent or carer per family	Priory Family Hub	Free

Tuesday 12 August

Week 4 (Monday 11 August - Friday 15 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12.00noon	Child Health Clinic A chance to speak to the Health Visitor and have your baby weighed. Drop in.	0-5 years	Priory Family Hub	Free
1.00pm - 2.00pm	Bump & Baby Bootcamp Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Please note, most of the sessions take place during term-time only.
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www.familyhubshull.org.uk

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Wednesday 13 August

Week 4 cont. (Monday 11 August - Friday 15 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Tummy Time A play session to help explore and develop babies first movements. Please call to book a place on 01482 305770.	Birth - crawling	Ainthorpe (within Little Owls Nursery)	Free
1.00pm - 2.00pm 2.30pm - 3.00pm	Spectac-u-lab (Science Session) Session for children to have fun with science experiments. Snack pack and drink for all children. Please call to book a place on 01482 305 770.	2 - 12 years	Gipsyville Library, 728-730 Hessle Road, Hull, HU4 6JA	Free

Thursday 14 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.30am	Baby & Toddler Session Beach-themed play session with buckets and spades. Please call to book a place on 01482 305 770.	0 - 2 years One parent or carer per family	Priory Family Hub	Free

Please note, most of the sessions take place during term-time only.
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www.familyhubshull.org.uk

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Friday 15 August

Week 4 cont. (Monday 11 August - Friday 15 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Sing, Sign & Sensory Play session with sensory toys, singing and reading. Please call to book a place on 01482 305 770.	0 - 3 years	Gipsyville Library, 728-730 Hessele Road, Hull, HU4 6JA	Free
10.30am - 11.30am	Legs, Bums & Mums Gentle toning exercises for Pre and Post Natal women. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free
11.00am - 1.00pm	Mini Dadventure Dad and baby session. Just turn up.	0-2 years	West Park, HU3 6JU	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

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Tuesday 19 August

Week 5 (Monday 18 August – Friday 23 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12noon	Child Health Clinic A chance to speak to the Health Visitor and have your baby weighed. Drop in.	0 - 5 years	Priory Family Hub	Free
1.00pm - 2.00pm	Bump & Baby Bootcamp Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Wednesday 20 August

10.00am - 11.00am	Tummy Time A play session to help explore and develop babies first movements. Please call to book a place on 01482 305770.	Birth - crawling	Ainthorpe (within Little Owls Nursery)	Free
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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

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Wednesday 20 August

Week 5 cont. (Monday 19 August – Friday 23 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 3.00pm	West Play Day Fun activities in the park. Just turn up, no need to book.	All welcome	Pickering Park, Hull, HU4 7AB	Free

Friday 22 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Sing, Sign & Sensory Play session with sensory toys, singing and reading. Please call to book a place on 01482 305 770.	0 - 3 years	Gipsyville Library, 728-730 Hessle Road, Hull, HU4 6JA	Free
10.30am - 11.30am	Legs, Bums & Mums Gentle toning exercises for Pre and Post Natal women. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free

Please note, most of the sessions take place during term-time only.
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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm



Thursday 28 August

Week 6 (Monday 25 August – Friday 29 August)

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 12noon	Family Cooking Sessions A cooking session to let all the family involved, and a tasty treat to take away for your lunch or tea. Please call to book a place on 01482 305770.	3 - 12 years	Priory Family Hub	Free

Friday 29 August

10.30am - 11.30am	Legs, Bums & Mums Gentle toning exercises for Pre and Post Natal women. Non-mobile babies welcome. No need to book, just turn up.		Priory Family Hub	Free
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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



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



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 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

Birth registration appointments



Parents in Hull no longer have to travel to the city centre to get their child's birth registered. Birth registration appointments are now available at the Priory Family Hub in west Hull and at the Longhill Family Hub in east Hull.

At Priory Family Hub and Longhill Family Hub, parents can register their child's birth in a friendly environment and find out more about what the family hubs offer for children and new parents.

Appointments are available on Mondays for birth registration at the Priory Family Hub and Wednesdays at the Longhill Family Hub.

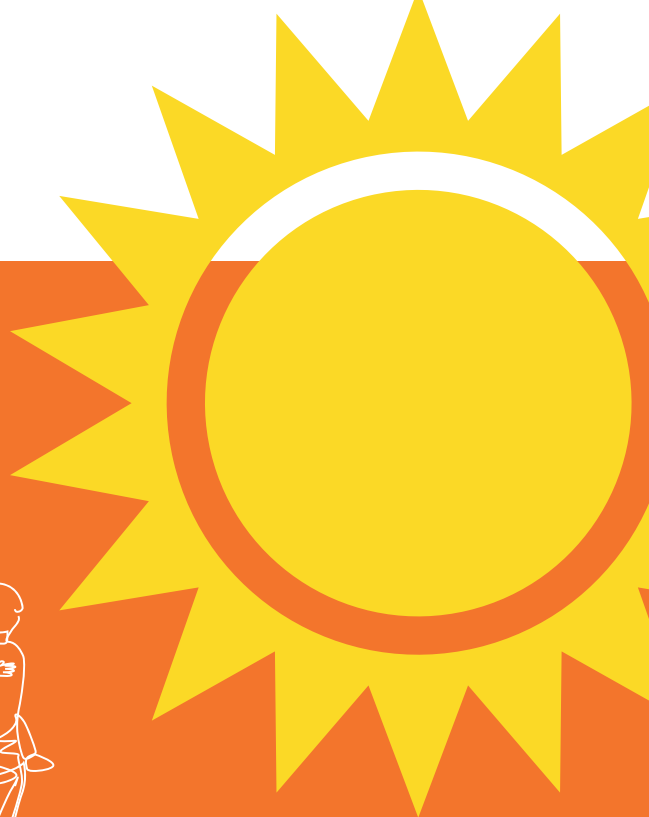
Booking must be done online in advance to make a registrar's appointment by visiting www.hull.gov.uk/births/register-birth





@ Priory 

Priory Family Hub
Tel: 01482 305 770



www.familyhubshull.org.uk

