



@ Parks and McMillan



UK Government

Parks and McMillan Family Hubs

Activity Timetable Summer 2026



www.familyhubshull.org.uk



You can now book sessions online
via Eventbrite using this QR code.



Hull
City Council



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 - 5pm, Fri 8.30am - 4.30pm



Monday 20 July

Week 1 (Monday 20 July – Friday 24 July) Book from 6 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
			McMillan Family Hub	Free

Session

Suggested age group

Venue

Voluntary contribution per family

10.00am - 11.00am

Dino Eggs – Singing, stories and time to talk to new friends.
Booking is required.

0 – 1st steps

Parks Family Hub

Free

Friday 24 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
			King George Playing Field	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 - 5pm, Fri 8.30am - 4.30pm



Monday 27 July

Week 2 (Monday 27 July – Friday 31 July) Book from 13 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
			McMillan Family Hub	Free

Session

Suggested age group

Venue

Voluntary contribution per family

10.00am - 11.00am

Tiny Explorers – Sensory activities, messy play, treasure baskets, singing and parachute.
Booking is required.

0 - 2 years

Parks Family Hub

Free

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www.familyhubshull.org.uk

Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Monday 3 August

Week 3 (Monday 3 August – Friday 7 August) Book from 20 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 10.45am	Babbling Babies – A singing and sensory session with songs, props and bubbles. Booking is required.	0 - 12 months	McMillan Family Hub	Free

Tuesday 4 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 2.00pm	Summer Family Fun Day - A fun day out for children and families to enjoy lots of activities including face painting, bouncy castles, climbing wall, animals, The Herd Play Patch, baby area and more!	0 - 11 years	Parks Family Hub	Free

Wednesday 5 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Dino Eggs – Singing, stories and time to talk to new friends. Booking is required.	0 – first steps	Parks Family Hub	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Thursday 6 August

Time			Venue	Voluntary contribution per family
			McMillan Family Hub	Free

Monday 10 August

Week 4 (Monday 10 August – Friday 14 August) Book from 27 July

Time	Session	Suggested age group	Venue	Voluntary contribution per family
			McMillan Family Hub	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Tuesday 11 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.00am - 1.00pm	SEND Summer Session - for children with diagnosed and undiagnosed SEND and their siblings; there will be different areas for different needs, including art, sensory and outdoor play. Booking is required.	All ages	Parks Family Hub	Free

Wednesday 12 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Dino Eggs – Singing, stories and time to talk to new friends. Booking is required.	0 – first steps	Parks Family Hub	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Thursday 13 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.45am - 2.30pm	Hornsea - Trip to Hornsea with transport included. Arrive at Parks for 9:30am. Booking is required.	0 - 11 years	Parks Family Hub	Free

Friday 14 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.30am - 12noon	Us Mums Walk & Explore – enjoy a wellbeing walk noticing sights, sounds and senses. Healthy snack provided. Booking is required.	0 – 2 years	Parks Family Hub	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Tuesday 18 August

Week 5 (Monday 17 August – Friday 21 August) Book from 3 August

1.30pm -
2.30pm

Summer Sensory - Come along to our Summer Sensory session. Expect lights, bubbles and a range of sensory trays to explore with your baby.
Booking is required.

0 - 2 years

McMillan Family Hub

Free

Wednesday 19 August

1.30pm -
2.30pm

Under the Sea Summer Special - Join us for sea themed activities, water play and photo opportunities.
Booking is required.

0 - 2 years

Parks Family Hub

Free

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



Thursday 20 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
			Parks Family Hub	Free

Monday 24 August

Week 6 (Monday 24 August – Friday 28 August) Book from 10 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
	Babbling Babies – A singing and sensory session with songs, props and bubbles. Booking is required.		McMillan Family Hub	Free

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Activity Timetable opening hours:
Mon - Thurs 8.30am - 5pm, Fri 8.30am - 4.30pm



Tuesday 25 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.30am - 1.30pm	Teddy Bears Picnic - Join us for an outdoor session with activities, picnic and live music. Don't forget to bring your teddy bears! Booking is required.	0 - 2 years	Parks Family Hub	Free

Wednesday 26 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
11.30am - 1.00pm	Summer Fun – come along to our summer session. Face painter, bouncy castle & crafts. Booking is required.	0 - 11 years	McMillan Family Hub	Free

Tuesday 27 August

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	Tiny Explorers – Sensory activities, messy play, treasure baskets, singing and parachute. Booking is required.	0 - 2 years	Parks Family Hub	Free

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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



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

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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Parks Family Hub

Tel: 01482 803 978

McMillan Family Hub

Tel: 01482 850 200



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