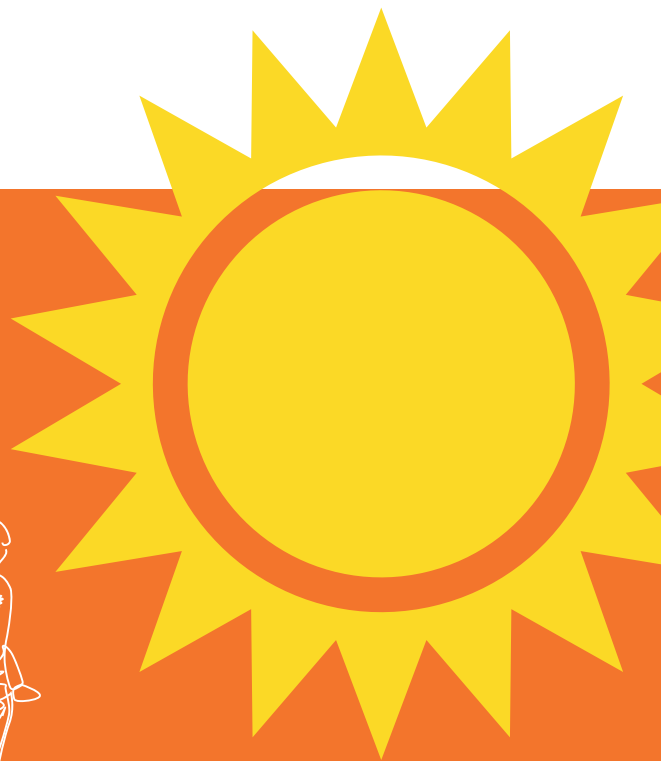




# Priory Family Hub

Activity Timetable Autumn - Winter 2025



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



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





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



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



Monday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Parent and Tots Dance</b> Movement to music session that they can take part in alongside their parent/carer/grandparent. An activity to help your child's social, physical, and emotional development. Just turn up.	2-4 years (as a guide)	Priory Baptist Church	£1 per session
10.00am - 11.30am	<b>Baby &amp; Me</b> 6 week course with sensory play, infant massage (to assist with colic, teething and muscle development), and GroBrain Baby to support bonding and brain growth. Dates and times vary, please call 01482 305 770 to book a place.	0-12 months	Priory Family Hub	£1 per session
10.00am - 12noon	<b>Citizens Advice Bureau Drop-In</b> To discuss benefits, debt, housing, family and relationships, consumer problems, immigration or utilities.		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.

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## Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
9.00am - 4.00pm	<b>Fareshare</b> This costs £1.50 for a variety of food and groceries. Please bring your own bag. To qualify you must have a child under the age of 18 years old and live in the HU5 area.	0 - 18 years	Priory Family Hub	£1.50
10.00am - 11.00am	<b>Tots Football</b> Fun football session. Just turn up.	2 - 4 years (as a guide)	Tigers Trust Arena West Park	£1 per session
10.00am - 12 noon	<b>Child Health Clinic</b> Health visitor clinic for advice and weighing baby. Just turn up.		Priory Family Hub	Free
10.00am - 12noon	<b>Housing Drop-In</b> Assistance with housing queries and issues you may be having. Sessions are fortnightly. Please call 01482 305 770 to check dates.		Priory Family Hub	Free

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## Tuesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.00pm - 2.00pm	<b>Bump &amp; Baby Bootcamp</b> Uses bodyweight/resistance bands and hand weights to help tone, strengthen and improve fitness levels. No need to book, just turn up.	Non mobile babies welcome	Priory Family Hub	£1 per session
1.00pm - 3.00pm	<b>Jobcentre Plus Drop-In</b> Weekly drop-in session to support with employment and training opportunities, CV support and claims to welfare benefits. Just turn up.		Priory Family Hub	Free

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## Wednesday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Tummy Time</b> A play session to help explore and develop babies first movements. Please call 01482 305 770 to book a place.	0-crawling	Ainthorpe (within Little Owls nursery), HU5 5EB	£1 per session
1.30pm - 2.30pm	<b>PEEP Wednesday</b> A play session for children with sensory play, outdoor opportunities and singing/ story time. Please call 01482 305 770 to book a place.	0-5 years	Priory Family Hub	£1 per session

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## Thursday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Infant Massage</b> 6 weeks course. A session to learn how to communicate with your baby through gentle touch and massage, in relaxed and welcoming environment. Please call 01482 305 770 to be added to a waiting list. Days and times vary.	0-mobile	Priory Family Hub	£1 per session
11.00am - 12.00noon	<b>Mini Rugby by Hull FC</b> Fun introduction to rugby session. No need to book, just turn up.	2-4 years (as a guide)	Tigers Trust Arena West Park	£1 per session
1.30pm - 2.30pm	<b>Priory Sensory</b> A session for babies in the sensory room where they can explore the world around them using touch, sight and hearing. Please call 01482 305 770 to book a place.	0-12 months	Priory Family Hub	£1 per session

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## Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
10.00am - 11.00am	<b>Sing, Sign &amp; Storytime</b> Session with singing, signing and fun play time followed by a short story. Please call 01482 305 770 to book a place.	0-18 months	Gipsyville Library, HU4 6JA	£1 per session
10.00am - 12noon	<b>Citizens Advice Bureau Drop-In</b> To discuss benefits, debt, housing, family and relationships, consumer problems, immigration or utilities.		Gipsyville Library, HU4 6JA	Free
10.30am - 11.30am	<b>Legs, Bums &amp; Mums</b> Gentle toning exercises for Pre and Post Natal Women. No need to book, just turn up.	Non mobile babies welcome	Priory Family Hub	£1 per session
1.00pm - 2.00pm	<b>Wonder Tots</b> A fun filled play session with lots of toys and activities for children to explore and develop new skills. Please call 01482 305 770 to book a place.	1-2 years	Priory Family Hub	£1 per session

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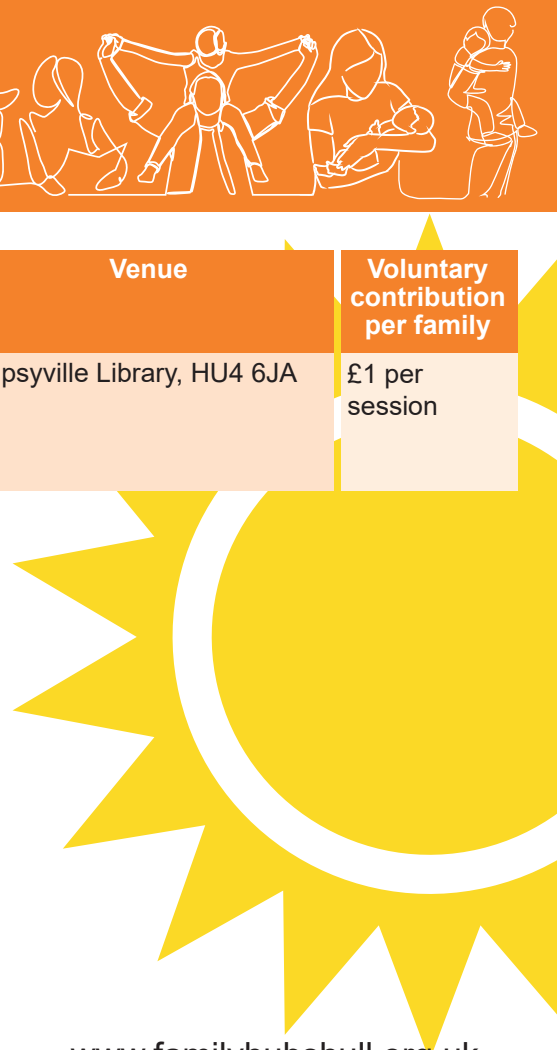


## Friday

Time	Session	Suggested age group	Venue	Voluntary contribution per family
1.30pm - 2.30pm	<b>Friday Friends</b> Exploring through play, stories and songs. Please call 01482 305 770 to book a place.	0-5 years	Gipsyville Library, HU4 6JA	£1 per session

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# 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](http://www.hull.gov.uk/births/register-birth)





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

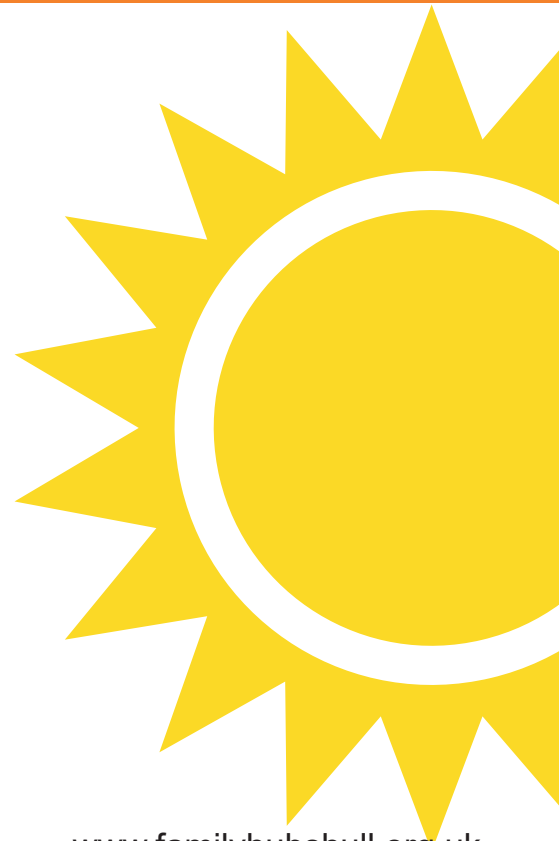
**Shared experiences:** parenting is a tough gig!

**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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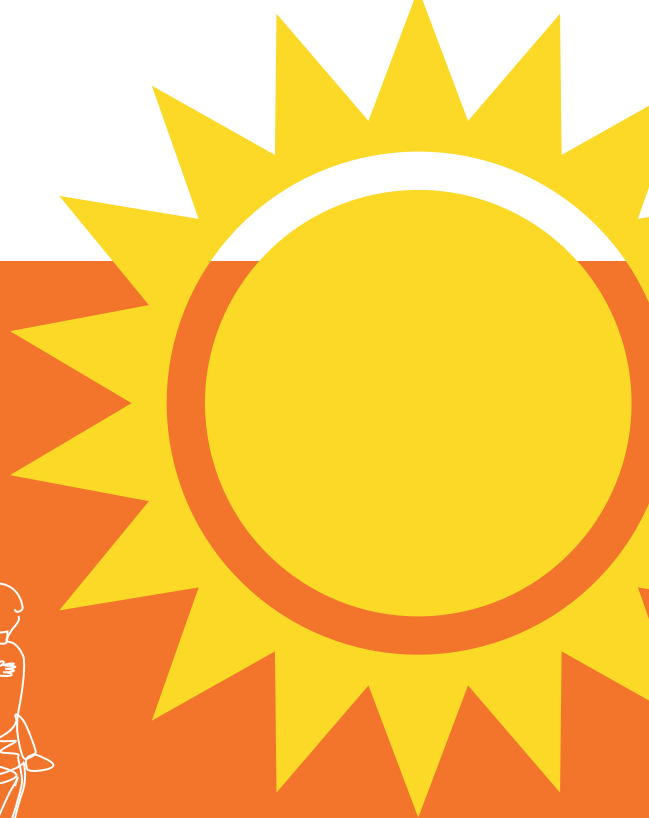
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@ **Priory** 

**Priory Family Hub**  
Tel: 01482 305 770



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

