



Nottingham
City Council



NOTTINGHAM CITY FAMILY HUBS DIRECTORY



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Group-based support

Peep - Watch Me Grow

10-12 week course for babies under 9 months. This session focuses on building on parent and carer bonding through various activities that show how small everyday actions can impact learning.

0-9
months

Peep - Inbetweenies

10-12 week course for toddlers under 18 months. This session focuses on building parents' confidence in nurturing their child's development through different activities and everyday experiences.

9 - 18
months

Peep - Getting Ready For Nursery

10-12 week course for children 18 months to 5 years. This session focuses on preparing children for their transition to nursery but introducing activities and routines, as well as supporting parents to build their confidence in supporting their child's learning.

18 months
- 5 years

Triple P Baby

This 6 week course prepares parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care. Parents learn strategies to develop a positive relationship with their baby and promote their baby's development.

Pregnancy
- 1 year

Young Parents Connect

Young Parents Connect is a peer support groups to support parents' mental health. It is for parents up to the age of 25 years and their children. The group offers a weekly themed drop-in session providing a range of relevant and engaging discussions around different topics and activities.

Parents
up to 25



Nottinghamshire Down Syndrome Support Group

A peer support group for both children and families with a member who has Down Syndrome. Offering baby groups, stay and play, Saturday events, dance classes, football sing and sign and 16+ groups.

Please contact Helen - 07743 862 035

Baby massage

Uses gentle, soothing, and rhythmic strokes on a baby's body to promote bonding, communication, and relaxation, and it can help with issues like colic, constipation, and wind. It's a nurturing form of physical touch that builds on the relationship between a parent or carer and child.

4 weeks +



Self-referral

Drop-in support

Speech and Language

These sessions run once a month in each of the hubs and aim to give parents tips and advice on how they can support their child's speech and language development.

Birth -
4 years

Family community support coaches (DWP)

Our mission is to empower families by providing the knowledge, benefits, and support needed to move towards employment, increase earnings, secure good jobs, and progress out of poverty.

Early Years SEND drop in

Free weekly drop-in sessions across the city during term time. Stay and play alongside other families. Gain support and advice from our team.



Speech and
Language drop-in



DWP



Healthy Little Minds

A welcoming space for parents and caregivers to ask questions, get expert advice on bonding and attachment with their baby, and learn more about our service.

20 weeks
pregnant
- 2 years

Nearly New

Clothing and books donated to Bestwood family hub - for families to browse and take away for free.

Pop in and play

Provides an opportunity for parents and carers to drop in with their child and enjoy exploring the resources in our activity rooms. These sessions run for 1 hour each week.

App-based support

EasyPeasy

An app full of parenting tips, advice and activities for you and your 0-5-year-old. With EasyPeasy, you can transform everyday family moments into playful experiences that will support your child's development with materials you will already have access to at home.

Togetherness

Togetherness is the new home of the Solihull Approach, a trusted model for raising emotional wellbeing and resiliences. Accessible, evidence-based tools from children's and adolescent mental health experts to support all parents and families to help raise confident, kind, resilient people.



EasyPeasy



Togetherness

The Balanced System

Offers lots of information, activities and a directory of services to support children's speech, language and communication development.

Early Help Nottingham Partnership website

The Early Help Partnership website is full of information for families, including where to go if they need support, what activities are on in their local area and news and events around the city.

Facebook/Instagram

Our social media pages have lots of activity ideas, singing and story videos for parents to access. The page is regularly updated with lots of helpful tips and advice, as well as interactive activities.



Facebook



Instagram



The Balanced
System



Early Help
website

Open access

Stay and Play - Toy Library & Early Years Alliance

These sessions encourage children and families to explore together to support children's confidence, independence and language development.

0-5 years

National Literacy Trust

Talking Tots and Babies is a 5-week programme for parents/carers and their 0 to 4-year-old. The programme supports language development through play, stories, and songs.

0-4 years



National
Literacy Trust

Sensory Rooms

Are available in Bestwood, Meadows and Hyson Green family hubs and are available for families to access with their child with lots of different sounds, lights and textures to explore.

0-5 years

Muslim Village

Muslim Village project provides culturally-aligned support to Muslim families from pregnancy to the first years of life. Muslim Village promotes conscious motherhood and attachment parenting, breastfeeding and embracing one's culture whilst offering a range of free services.



Muslim
Village

Health services

Family Nurse Partnership

The Family Nurse Partnership service is for first time mums aged 19 years and under - or a care leaver up to age of 24. Support is offered from a specially trained family nurse, who will take time to get to know your family and can offer support to young mothers and fathers/partners. Support begins in early pregnancy and work continues up to the child's 1st or 2nd birthday. Midwives or GPs will refer into the service, please ask to find out if you are eligible.



Midwifery

Antenatal care:

- checks the health of mum and baby
- gives useful information to help mum have a healthy pregnancy, including advice about healthy eating and exercise
- discusses options and choices for care during pregnancy, labour and birth
- supports mothers with advice and information when needed.

Health visiting service

Offering parenting support including advice on healthier lifestyles, food and diet, mental health, sleep, continence and behaviour. In addition, every child is assessed at key stages, as per the Healthy Child Programme, for healthy growth and development and signposted to additional support if required.



Midwife



Health visiting

Lending Library



Family Hub Lending Library

The Lending Library is available in all four family hubs. It is a free service for Nottingham city families and early years professionals to access and loan play and learning sacks for up to two weeks.

0-5 years

Start for Life offer



Nottingham City Start for Life offer

The start for life offer is a directory of information and links to information and services available for residents in Nottingham City for all expectant and new parents/carers, their partners and family of a child under 2 years.

0-5 years



Start for Life



Offer for children 5+

Family Hubs also offer services for children 5 -19 years, and up to 25 with SEND.

Please contact your local hub to see what is on offer.

Family Hubs contact details

Bestwood Family Hub,
Southglade Access Centre,
Southglade Road,
Nottingham NG5 5GU
0115 876 1890



Broxtowe Family Hub,
The Corner House,
18 Strelley Road,
Nottingham NG8 3AP
0115 876 3888



Hyson Green Family Hub,
The Mary Potter Centre,
Gregory Boulevard,
Nottingham NG7 5HY
0115 883 8202



Meadows Family Hub,
Kirkby Gardens,
The Meadows,
Nottingham NG2 2HZ
0115 876 1320

