

Nottinghamshire Family Hub Network



Rushcliffe Family Hub Network Timetable: October Half Term 20th-31st Oct

<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Autumn Play & Sensory Experience (FREE). 21st October Bingham Family Hub. 1-:30-3pm (Under 8's, older siblings are welcome). See overleaf for more details.</p> <p>Self-Weigh (MONTHLY). 21st October Cotgrave Health Centre. 2:30-3:30pm finish</p>	<p>Self-Weigh (WEEKLY). 22nd and 29th October West Bridgford Young Peoples Centre. 1-3pm finish.</p> <p>B.A.B.E.S Breastfeeding Group (WEEKLY). 22nd and 29th October West Bridgford Young Peoples Centre. 1:30-2:30pm.</p>	<p>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY). 30th October Bingham Family Hub. 10-11am.</p> <p>Autumn Play & Disco (FREE). 30th October West Bridgford Young Peoples Centre. 1:30-3pm (Under 8's, older siblings are welcome). See overleaf for more details.</p>
<p>Self-Weigh Drop In. Monday – Friday. Bingham Family Hub. 9:30am - 3:30pm.</p>		

*Please be aware that all groups are subject to cancellation at any time.
We apologise for any inconvenience this may cause.*

...giving children the best start



**Nottinghamshire
County Council**

T: 0115 9773 749
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W: <https://www.nottinghamshire.gov.uk/care/family-hub-networks>
f Family Hub Network – Rushcliffe or scan:



Nottinghamshire Family Hub Network



Autumn Play & Sensory Experience (FREE).

Tuesday 21st October.

Bingham Family Hub.

1-:30-3pm.

(Under 8's, older siblings are welcome).

Come and join us for some Autumn messy play and fun. With lights and sensory play.
Fancy dress optional.



Autumn Play & Disco (FREE).

Thursday 30th October.

West Bridgford Young Peoples Centre.

1:30-3pm.

(Under 8's, older siblings are welcome).

Come and join us for some Autumn messy play and fun. With lights and music in the dance studio.
Fancy dress optional.

Family Hubs also offer a range of additional services:

Preparing for your baby

- Children's development, including listening and communication
- Playing with your child
- The emotional health of your child
- Children's behaviour

Feeding your child (including weaning support and fussy eating)

- Increasing your confidence
- Domestic abuse (in partnership with Women's Aid services)
- Volunteering opportunities

If you would like to access any of these services, please contact your local Family Hub network team or complete a service request form, either by walking into any of our buildings, or by completing one on our website by scanning the following QR code:



Updated 10.3.25. All information is correct at the time of publication.

Details subject to change after this date.

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Bingham Family Hub – Eaton Place, Bingham, NG13 8BE

Abbey and Lady Bay Family Hub – Tewkesbury Close, West Bridgford, NG2 5ND