

# Nottinghamshire Family Hub Network



## What's on Guide – Rushcliffe Family Hub (under 5's). (February Half Term 17<sup>th</sup>- 21<sup>st</sup> Feb)

<b>Weekdays 17<sup>th</sup>-21<sup>st</sup> Feb</b>	<b>Bingham Self-Weigh (WEEKDAYS) Monday to Friday.</b> Bingham Family Hub. 9:30am-3:30pm. Drop-in session.	
<b>Tuesday 18<sup>th</sup> Feb</b>	<b>Under 5's Pop Up Stay &amp; Play with Sensory Experience (Free).</b> Bingham Family Hub. 1:-:30-3pm (older siblings are welcome). Turn over for more information.	<b>Cotgrave Self-Weigh (MONTHLY).</b> Cotgrave Health Centre. 1:30-3pm finish.
<b>Wednesday 19<sup>th</sup> Feb</b>	<b>B.A.B.E.S Breastfeeding Group (WEEKLY)</b> West Bridgford Young Peoples Centre. 1:30-2:30pm.	<b>West Bridgford Self-Weigh (WEEKLY).</b> West Bridgford Young Peoples Centre. 1-3pm finish.
<b>Thursday 20<sup>th</sup> Feb</b>	<b>B.A.B.E.S Breastfeeding Group (Fortnightly).</b> Bingham Family Hub. 10-11am.	
<b>Friday 21<sup>st</sup> Feb</b>	<b>B.A.B.E.S Breastfeeding Group (Fortnightly).</b> East Leake Health Centre. 10-11am.	

Please note we also deliver a number of targeted groups & services for families with children under 5 (eg New Parents Groups / Toileting & Weaning workshops etc) to support different family's needs & requirements. For further details on these please contact us.

You can contact us (your Family Hub team) if you require any further information by dropping into one of our buildings or see below for our contact details:

**No booking required for any of these sessions.**  
**All date subject to change.**

**Helping families get the right support at the right time**



**T:** 0115 9773 749  
**E:** FHRushcliffe@nottsc.gov.uk  
**W:** www.nottinghamshire.gov.uk/care/family-hub-networks

**Facebook:** scan to view or search 'Family Hub Network – Rushcliffe'



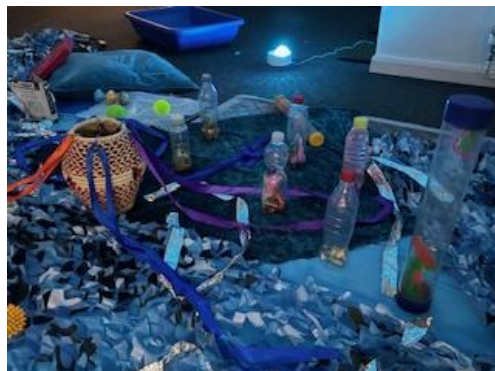
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## Under 5's Pop Up Stay & Play with Sensory Experience

Come and have fun learning through play along with our sensory experience room. For families living in Rushcliffe with under 5's (older siblings are welcome).

Free



**Venue:** Bingham Family Hub (formally the Children's Centre)

**Day & Time:** Tuesday 18<sup>th</sup> February 1:30-3pm.

No booking required but there is a maximum capacity.

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**Nottinghamshire  
County Council**

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