

Nottinghamshire Family Hub Network



Rushcliffe Family Hub Network Timetable: Summer 28th Jul - 29th Aug

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Self-Weigh (MONTHLY). 11th August. Keyworth Health Centre. 1:30-2:30pm finish</p>	<p>Popup Stay & Play Event. FREE (ONE OFF). 12th August. Cotgrave Welfare Field. (entrance to the left of the welfare). 10-11:30am. See overleaf for more details</p> <p>Self-Weigh (MONTHLY). 19th August Cotgrave Health Centre. 2:30-3:30pm finish</p>	<p>Self-Weigh (WEEKLY). 30th Jul. 13th 20th & 27th Aug. West Bridgford Young Peoples Centre. 1-3pm finish. (no session 6th Aug)</p> <p>B.A.B.E.S Breastfeeding Group (WEEKLY). 30th Jul. 13th 20th & 27th Aug. West Bridgford Young Peoples Centre. 1:30-2:30pm. (6th Aug we will be running at Lark in the Park).</p> <p>Popup Stay & Play Event. FREE (ONE OFF). 27th August. Keyworth Recreation Ground. 10-11:30am. See overleaf for more details</p>	<p>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY). 7th and 21st Aug. Bingham Family Hub. 10-11am.</p> <p>Popup Stay & Play Event. FREE (ONE OFF). 21st August. East Leake Park (opposite the Fire Station) 1:30-3pm. See overleaf for more details</p>
<p>Self-Weigh Drop In. Monday – Friday. Bingham Family Hub. 9:30am - 3:30pm. No session Monday 25th August, Centre Closed.</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
E: fhrushcliffe@nottsc.gov.uk
W: <https://www.nottinghamshire.gov.uk/care/family-hub-networks>
f Family Hub Network – Rushcliffe or scan:



Nottinghamshire Family Hub Network



x3 Popup Stay & Play Events.

Come and have fun learning through play at our 3 Outdoor Popup Stay & Play Events with a range of guests and providers. Please dress for the weather. For families living in Rushcliffe with under 5's (older siblings are welcome).

12th August. Cotgrave Welfare Field 10-11:30am.
21st August. East Leake Park 1:30-3pm.
27th August. Keyworth Recreation Ground 10-11:30am.

Free

**Little
Wickets**
Cricket Fun For Kids & Toddlers

We will be joined by Little Wickets plus many more partners and providers.

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 9.4.25. All information is correct at the time of publication.

Details subject to change after this date.

...giving children the best start