

Health Visitor Clinics in Portsmouth

Portsmouth Health Visiting: 023 9268 4545

Monday

Milton Park Family Hub

Perth Road, Southsea

9.30am -11.30am (Last entry: 11.15am)

Northern Parade Family Hub

Doyle Avenue, Hilsea

1.30pm-4.00pm (Last entry: 3.45pm)

Tuesday

Somerstown Family Hub

Omega Street, Southsea

9.30am-11.30am (Last entry: 11.15am)

Highbury Area Community Centre

Hawthorn Crescent, Cosham

1.00pm-3.00pm (Last entry: 2.45pm)

Wednesday

Landport Family Hub

221 Arundel Street, Portsmouth

9.30am-11.00am (Last entry: 10.45am)

Cockleshell Community Centre

Henderson Road, Eastney

10.00am-11.30am (Third Weds of every month)

Paulsgrove Family Hub

Cheltenham Road, Paulsgrove

1.00pm-3.00pm (Last entry 2.45pm)

Thursday

Milton Park Family Hub

Perth Road, Southsea

1.00pm-2.45pm (Last entry: 2.30pm)

Somerstown Family Hub

Omega Street, Southsea

9.30am-11.30am (Last entry: 11.15am)

Friday

Buckland Family Hub

Turner Road, Buckland

9.30am-12.00pm (last entry 11.45pm)

Contact us

Buckland Family Hub

Turner Road, Buckland, PO1 4PN

Phone: 023 9273 3440

Email: bucklandcc@portsmouthcc.gov.uk

Landport Family Hub

221 Arundel Street, Portsmouth, PO1 1NF

Phone: 023 9281 5005

Email: landportcc@portsmouthcc.gov.uk

Stamshaw Community Centre

69 Wilson Road, Stamshaw, PO2 8LE

Somerstown Family Hub

Omega Street, Southsea, PO5 4LP

Phone: 023 9282 1816

Email: somerstowncc@portsmouthcc.gov.uk

Family Information

The Family Information Officer provides free information, advice and guidance on all aspects of family life to parents, carers and those working with Portsmouth families.

For more info go to www.portsmouth.gov.uk and search 'family information',

T 023 9268 8830

Email fis@portsmouthcc.gov.uk

If you are interested in volunteering to support our services, please contact:

Home-Start Portsmouth

The Haven, 17 Lake Road,
Portsmouth, PO1 4HA

T 023 92734400

Txt 07860 017 490

Internet stations at Family Hubs

Pop along and use our laptops to do anything from paying bills to completing online applications and creating your CV.

stronger futures



What's on in Portsmouth Family Hubs - Central?

**Monday 08th January 2018 -
Friday 09th February 2018**

Buckland Family Hub

Landport Family Hub

Somerstown Family Hub

For more information,
visit www.portsmouth.gov.uk
and search **Family Hubs**

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Buckland Family Hub	<p>Freedom Programme drop-in group for women experiencing domestic abuse Term time only 9.30am-11.30am</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session) Booking Required</p>	<p>Childminder Led Stay and Play (Childminders only) 9.30am-11.00am term time only</p> <p>Stay and Play (0-5 years) Volunteer led 1.00pm-2.30pm term time only</p> <p>Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session) Booking Required</p> <p>Developing Good Bedtime Routines 16th January 10.00am—12.30pm for parents with children aged 5—12 years Booking required</p>	<p>Polish Group (0-5 years) Volunteer led, 9.30am-11.30am</p> <p>Connors Toy Library 1.00pm—2.30pm term time only Drop in session open to all families, childminders and nannies. £2 per family</p> <p>Stay and Play (0-5 years) Volunteer led 10.00am-11.00am term time only @ Stamshaw Community Centre.</p> <p>Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p>Breastfeeding Support Group 1.30pm-2.45pm term time only</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session) Booking Required</p>	<p>Stay and Play (0-2 years) Volunteer led 9.45am-11.15am term time only Booking Required</p> <p>Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session) Booking Required</p>	<p>Family Information Service Appointments 8.30am-12.30pm Booking Required</p> <p>Health Visitor /Self Weigh Clinic 9.30am-12.00pm (Last entry: 11.45am)</p> <p>Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p>Parenting Surgery for parents of children aged 5 - 19yrs 19th January 2018 9th February 2018 9.00am-12.30pm (30 minute session) Booking Required</p>
Landport Family Hub	<p>Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>Connors Community Toy Library 1.00—2.30pm term time only Drop in session open to all families, childminders and nannies. £2 per family</p> <p>Getting Teenagers to Cooperate 9.30am—12.00pm (15.01.2018) Booking required</p>	<p>Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p>	<p>Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>Volunteer led Stay and Play drop in 10.00am-11.30am term time only.</p> <p>Health Visitor Clinic 9.30am-11.00am (Last entry: 10.45am)</p> <p>Dental Student Advice Session. 9.30am-11.00 am (17.01.2018)</p>	<p>Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>PACEY Local drop-in for Childminders (Childminders only) 10.00am -11.30am term time only</p> <p>Family Information Service Appointments 1.00pm-4.00pm Booking required</p> <p>Midwife Clinic 8.30am-4.30pm By appointment</p>	<p>Sensory Sessions 9.30am-3.30pm (30 minute session) Booking required</p> <p>Parenting Surgery (30 minute slots) for parents of children aged 5 - 19yrs 9.00am-12.30pm (12th Jan, 2nd & 23rd Feb, & 16th March 2018) Booking required</p>
Somerstown Family Hub	<p>Midwife Clinic (by appointment) 8.30am-4.30pm</p> <p>Playtime Anytime 9.00am-4.00pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p>	<p>Careers Advice Drop in or bookable appointment 10.00am-11.00am</p> <p>Stay and Play (0-5 years) Volunteer led 10.00am -11.30am term time only</p> <p>Health Visitor Clinic 9.30am-11.30am (Last entry: 11.15am)</p> <p>Midwife Clinic (by appointment) 9.00am-3.00pm</p> <p>Playtime Anytime 9.00am-4.00pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p>	<p>Childminder Led Stay and Play (Childminders only) 9.30am-11.00am term time only</p> <p>Playtime Anytime 9.00am-4.00pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p>	<p>Breastfeeding Support Group (All year round) 10.00am-11.30am</p> <p>Family Information Service Appointments 8.30am-12.30pm (Booking Required)</p> <p>Health Visitor Clinic 9.30am-11.30am (Last entry: 11.15am)</p> <p>Playtime Anytime 9.00am-4.00pm</p> <p>Sensory Sessions 9.00am-4.00pm (30 minute session - booking required)</p> <p>Triple P Discussion Group Dealing with Disobedience (5-12yrs) Somerstown Family Hub, Omega Street, Southsea, PO5 4LP. Thursday, 22.02.2018, 12.00pm-2.30pm (By Booking)</p>	<p>Playtime Anytime 9.00am-3.30pm</p> <p>Russian Group (All year round) 9.30 am-11.30 am (start date to be confirmed)</p> <p>Sensory Sessions 9.00am-3.30pm (30 minute session - booking required)</p> <p>Triple P Discussion Group Hassle Free Shopping for Parents (5-12yrs). Somerstown Family Hub, Omega Street, PO5 4PL. Friday, 29.03.2018 10.00am-12.30pm. (Booking Required)</p> <p>Parenting Surgery for parents of children aged 5 - 19yrs 9.00am-12.30pm, Friday, 05.01.18 & Thursday, 25.01.18 (30 minute slots—booking required)</p>