

Group	Description	Age
<b>Breastfeeding Support</b>	Breastfeeding support and guidance from qualified team members. For parents who are breastfeeding and pregnant women thinking about it and want to know more. Available during opening hours!	Antenatal To Postnatal
<b>Baby Massage</b>	Look out for your text from the Health Visiting Team for your invitation.	Birth to 8 months.
<b>Baby Fun</b>	Come and have fun exploring sensory activities and much more as we make new friends! Both Parents welcome.	Birth to Mobile.
<b>BreastStart</b>	Health information and support with a listening ear when you need it. Older siblings are welcome.	Late pregnancy and after birth.
<b>Busy Babies</b>	A new group for mobile babies with fun activities you can recreate at home, weaning support and fun with songs, rhymes and music.	Mobile - 18 months.
<b>First Friends</b>	Come and play together in a safe and welcoming environment in partnership with community nursery nurses.	Birth to moving around the floor.
<b>Toddler Time</b>	Each week the activities will be based around a different storybook.	From 18 months to 2.5 years.
<b>Forest School</b>	A programme of outdoor experiences and activities using natural materials in our forest school area	From Walking.
<b>Rising Rockets</b>	A weekly session with activities which will help to get you and your child ready for Nursery. Speak to a member of staff if you would like more information.	From 2 years.
<b>Stay &amp; Play</b>	A fun session for you and your child to play and learn new skills with a range of fun filled activities.	0-5 years.
<b>Light</b>	To support the emotional wellbeing and mental health of families during pregnancy, birth and afterwards.	0-2 years.
<b>Food Aware Food Bank</b> - ID/Proof of benefits is required to access this service. For further information contact: 01709 717186		

All sessions include activity ideas for you to take home and try - as well as sharing a story, rhymes and songs.



## SOUTH LOCALITY FAMILY HUBS TIMETABLE April - May 2023



Denaby Family Hub  
School Walk  
Denaby Main  
DN12 4HZ  
Tel: 01302 737436

Mexborough Family Hub  
Wath Road  
Mexborough  
S64 9ED  
Tel: 01302 736869

Rossington Family Hub  
Grantham Street  
Rossington  
DN11 0TA  
Tel: 01302 737440





All Family Hub activities are free of charge.



**Denaby Family Hub - (Midwife appointments available through the week by phoning 01302 642794)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>
<b>Rising Rockets</b> (Invite only) 9.15am - 11.00am	<b>Stay &amp; Play</b> 9.30am - 11.00am	<b>Forest School</b> 9.30am - 11.30am	<b>First Friends</b> 9.30am - 11.00am	<b>Breast Start</b> 9.30am - 11.00am
<b>Toddler Time</b> 1.30pm - 2.30pm	<b>Busy Babies</b> 1.00pm - 2.30pm			


**Mexborough Family Hub - (Midwife appointments available through the week by phoning 01302 642794)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>
<b>Childminders Drop In</b> 9.30am - 11.30am	<b>Stay &amp; Play</b> 9.30am - 11.00am	<b>First Friends</b> 9.30am - 11.00am	<b>Rising Rockets</b> (Invite only) 9.15am - 11.00am	<b>Sensory Room Available</b> Monday - Friday
	<b>Busy Babies</b> 1.00pm - 2.30pm	<b>Baby Massage</b> (Invitation only) 12.00pm - 1.00pm	<b>Toddler Time</b> 1.30pm - 2.30pm	

**Rossington Family Hub - (Midwife appointments available through the week by phoning 01302 642794)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>	<b>Midwife</b>
<b>Sensory Room Available</b> Monday - Friday	<b>Rising Rockets</b> (Invite only) 9.15am - 11.00am	<b>First Friends</b> 9.30am - 11.00am	<b>Stay &amp; Play</b> 9.30am - 11.00am	<b>Light</b> 9.30am - 11.30am (Booking is essential by phoning 01144 388962)
	<b>Baby Massage</b> (Invitation only) 1.00pm - 2.00pm		<b>Busy Babies</b> 1.00pm - 2.30pm	
	<b>Toddler Time</b> 1.30pm - 2.30pm			

**Edlington Area**

Monday	Friday
The below sessions are run at Helping Hands (Hilltop Centre) DN12 1PL	
<b>First Friends</b> 9.15am - 10.30am	<b>Stay &amp; Play</b> <u>St John's Baptist Church, DN12 1AX</u> 9.15am - 10.45am
<b>Growing Talk</b> (To book please call 01302 737436) 1.30pm - 2.30pm	

**Bawtry Area**

Tuesday
<b>Bawtry Mayflower DN10 6RQ</b>
<b>First Friends</b> 1.00pm - 2.30pm

**FAMILY HUB OPENING TIMES**

Denaby		Mexborough		Rossington	
Monday	8.30am-4.30pm	Monday	8.30am-4.30pm	Monday	8.30am-4.30pm
Tuesday	8.30am-4.30pm	Tuesday	8.30am-4.30pm	Tuesday	8.30am-4.30pm
Weds	8.30am-4.30pm	Weds	8.30am-4.30pm	Weds	8.30am-4.30pm
Thurs	8.30am-4.30pm	Thurs	8.30am-4.30pm	Thurs	8.30am-4.30pm
Friday	8.30am-4.00pm	Friday	8.30am-4.00pm	Friday	8.30am-4.00pm

We also provide a free healthy snack for children in our Busy Babies and Stay & Play sessions.

