

Nottinghamshire Family Hub Network



Rushcliffe Family Hub Network Timetable: 1st Sept – 19th Dec 2025

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Under 5's Stay & Play. Including Self-Weigh (WEEKLY, starts 8th Sept). St Marys Church Hall, School Green, East Leake. 10-11:30am Term time only.</p> <p>B.A.B.E.S Breastfeeding Group (WEEKLY starts 8th Sept). St Marys Church Hall, School Green, East Leake. 10-11am. Term time only.</p>	<p>Under 5's Stay & Play (WEEKLY, starts 9th Sept). No session 16th Sept. Cotgrave CofE School. 9:45-11am. Term time only.</p> <p>Under 1's Group. (WEEKLY, starts 9th Sept). No session 16th Sept. Bingham Family Hub 10-11:30am. Term time only.</p>	<p>B.A.B.E.S Breastfeeding Group (WEEKLY, starts 3rd Sept). WB Young Peoples Centre. 1:30-2:30pm.</p>	<p>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY). 4th & 18th Sept. 2nd, 16th Oct & 30th Oct. 13th & 27th Nov. 11th Dec. Bingham Family Hub. 10-11am.</p> <p>Under 5's Stay & Play (FORTNIGHTLY). 11th & 25th Sept. 9th Oct. 6th & 20th Nov. 4th & 18th Dec. Bingham Family Hub. 10-11:30am. Term time only.</p>

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

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Self-Weigh Sessions 1st Sept – 19th Dec 2025

Drop in. Bingham Family Hub: Monday-Friday, 9:30am - 3:30pm.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
St Marys Church Hall, School Green, East Leake: (WEEKLY, term time only) Starting 8 th Sept. 10-11:30am Keyworth Health Centre: (MONTHLY) 8th Sept. 13th Oct. 10th Nov. 8th Dec. 1:30-2:30pm	Cotgrave Health Centre: (MONTHLY) 16th Sept. 21st Oct. 18th Nov. 16th Dec. 2:30-3:30pm	West Bridgford Young Peoples Centre: (WEEKLY) Starting 3 rd Sept. 1-3pm.

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

Details subject to change after this date.

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