

# What is a Family Hub?

Family Hubs are a welcoming place that you and your family can go to if you need information, advice or help. They also offer activities and social opportunities where you can meet other families. We all need information or support from time to time, but sometimes it can be difficult to know where to go or who to ask.

Family Hubs bring together workers from across Dorset Council, health services, voluntary and community organisations in one place. This helps to make sure you get the right support when you need it.

*\*Please note that the Family Hub calendar is subject to change. Not all times and events are displayed on the calendars. Please contact your Family Hub for more information about what is available\**

# What does a Family Hub offer?

Family Hubs provide a range of support for babies, children, young people and their families such as:

- Stay & Play Sessions
- Health Visiting Drop ins
- Midwifery Appointments
- Infant Feeding Support
- Parenting Programmes & Drop ins
- Information Sessions on topics such as healthy eating and looking after your mental health
- Managing your Money, Benefits & Welfare Rights Advice
- Housing Support
- Adult Education

[dorsetcouncil.gov.uk/family-hubs](http://dorsetcouncil.gov.uk/family-hubs)



For 0-18 years or

up to 25 with SEND

# West Dorset Family Hub parenting groups and activities

A welcoming place to support you and your family, from conception through childhood to early adulthood.

For news, events and support, join us at:  
[www.facebook.com/groups/westdorsetlocality](https://www.facebook.com/groups/westdorsetlocality)



# Family Hub West Dorset



Bridport Family Hub, Skilling Hill Rd, Bridport, DT6 5LA

T: 01308 425241

E: [westlocality@dorsetcouncil.gov.uk](mailto:westlocality@dorsetcouncil.gov.uk)

Opening Times:

**Mon-Thurs** 09:00 - 17:00


**Friday** 09:00 - 16:00


# Family Hub - Timetable


Summer Term 2024


	Monday		Tuesday		Wednesday		Thursday		Friday		
10.30 - 11.30	Little Wrigglers		9.30 - 11.30	Tots on Tuesday (Term-Time only)		9.00 - 1.00	Incredible Years IY		9.30 - 11.30	Health Visitor Drop In (1st & 3rd Thursday of month)	
9.00 - 11.00	Family Advice Drop In		11.00 - 12.30	Young Parents group (Fortnightly)		10.30 - 12.00	New Parent Nurture Project (Term-Time only)		10.00 - 12.00	Youth Drop In (1st Thursday of month)	
			1.30 - 2.30	Baby Massage (Booking essential)		11.00 - 1.00	Family Advice Drop In		10.30 - 12.00	Breastfeeding Network (1st & 3rd Thursday of month)	
								9.30 - 11.30	Stay and Play at Lyme Regis Children's Centre		


Please check with your local family hub what groups are running in the school holidays

 Family Help Advice Sessions

 Pre-birth and babies, toddlers and pre-school

 5 to 11 Primary school age

 11 to 16 Secondary school age

 Parenting Courses & Adult Learning



# Parenting groups and activities information at your local family hub

## Family Help Advice Sessions

The opportunity to meet 1:1 with a targeted Support Worker to discuss any concerns you may have about your child. These sessions are for parents/carers to gain practical and friendly support around any aspect of looking after children aged 0-19 or family life. Dates and times of sessions available are listed. Please feel free to drop in. However we advise that you book a time slot, which can be held face to face, locally, virtually or over the phone.

## Living with Teenagers Parenting Courses

Living with Teenagers Parenting Course is a relaxed 6-week course for parents and carers of teenagers. We will recognise that you are the real experts in your lived experiences and these sessions give you the opportunity to share those experiences with others. You will feel supported and will develop skills and confidence

## Living with Parents Parenting Courses

Living with Parents Parenting Course is an activity-based day for the parent/carer and young person/teenager. The aim of the course is to encourage and rebuild communication in a fun and exciting way! This all happens in one day and has an amazing track record of improving family life.

## Baby Massage

Learn techniques about how to massage and soothe your baby. You will learn gentle rhythmic stroking strategies of your babies' body using your hands.

## Tots on Tuesday/Stay and Play

The locality team are running a Stay and Play group for children aged 0-4 years old. There will be a range of different play opportunities each week for the children, supporting them to develop their social skills at their own pace, builds their emotional confidence and self-esteem. Support and advice with development, speech and language managing behaviour can also be offered. Parents/carers can meet new families, share experiences and advice whilst the children play. Term-Time only, session times will vary during school holidays. Come and join us!

## Incredible Years Parenting Course

Are you looking for support with parenting? Would you like to learn some positive tools to help you? Incredible Years Parenting Course is a 12-14-week programme, which focuses on promoting positive relationships and behaviours. It has a proven track record of supporting family life. It is fun and you will benefit from the support of like-minded people.

## Little Wrigglers

A six week rolling programme for parents covering the first year of baby's life. Topics covered include safety, weaning and sleep.

## Young Parents group

An opportunity for parents and those expecting aged up to 21yrs to meet others and gain support and advice.

# Clubs, groups and activities

## external agencies at your local family hub

### Midwife Clinics/Appointments

Midwife Clinics are held at Family Hubs which are booked appointments for patients to see their midwife and access treatment and support before their baby is born.

**Urgent - Labour Line: 0300 369 0388**

**Non Urgent - Moonfleet Midwives: 01308 424950**

**To Register: [maternitymattersdorset.nhs.uk](mailto:maternitymattersdorset.nhs.uk)**

### The Multicultural Group

Meet the 1st Saturday of each month at 2pm for their "All ages group", and the 2nd Thursday of each month at 6pm for their 18+ group.

[jurassicmulticultural@gmail.com](mailto:jurassicmulticultural@gmail.com)

### Livewell Dorset

LiveWell Dorset are booked NHS Health Checks. These checks are being offered directly in local communities and workplaces, targeting people who are most at risk. Contact Livewell Dorset for more information.

**T: 0800 840 1628** <https://www.livewelldorset.co.uk/contact/>

### NCT Antenatal Courses

Offering various courses to support you in preparation for your new baby. Contact NCT directly for more information.

[bookingsupport.team2@nct.org.uk](mailto:bookingsupport.team2@nct.org.uk)

### Health Visiting Drop in Clinics

Health Visiting Drop in clinics are held at Family Hubs, and provide you advice and support on a range of health matters including: transition to parenthood and early weeks of maternal mental health, breastfeeding, healthy weight and nutrition and physical activity.

[Dhc.hvhub.west@nhs.net](mailto:Dhc.hvhub.west@nhs.net) 01305 361071

### Breastfeeding Support

You are welcome to join in during pregnancy to start engaging with other mums and mums-to-be in preparation for you and your baby. Support and advice on breastfeeding delivered by The Breast Feeding Network.

[Mary-clare.buckle@1-art-1.com](mailto:Mary-clare.buckle@1-art-1.com)

### New Parent Nurture Group

Here to support and nurture new and expectant parents so they and their babies can thrive.


[newparentnurtureproject@gmail.com](mailto:newparentnurtureproject@gmail.com)

The New Parent Nurture Project on Facebook

Dorset Council are *not* responsible for the above groups, clubs and activities. If you would like to book or find out more information, please see contact details above for each external agency

**We provide help and advice on many things, including mental health, housing, wellbeing, addiction, employment, financial matters, benefits, free school meals and much more.**

Contact our Early Help Hub to talk to someone  **01305 228866**

**Wellbeing** We have a free helpline run by our Educational Psychology Team. Please call to book an appointment  **01258 474036**

**Help and advice** We provide courses, activities and can advise on help available from other organisations. Please get in touch (contact below) with your West Dorset Locality Team.

 **westlocality@dorsetcouncil.gov.uk**  
 **01308 425241**

If you are concerned about your child's development or progress please speak to their education setting. You can also speak to your West Dorset Locality Team.  
 **dorsetcouncil.gov.uk/send**

**Childcare and childcare funding advice?** Our Family Information Service can help.

 **dorsetcouncil.gov.uk/fis**


**Clubs, activities, playgroups, parks and more**  
Find out what is on offer in your area, check out the Family Information Service Directory.

 **dorsetcouncil.gov.uk/fis-search**

Sign-up for our free e-newsletter

 **dorsetcouncil.gov.uk/e-news**

 **@dorsetfis**

**Safeguarding** If you're worried about the safety of a child or young person, who lives in Dorset, please contact our Children's Advice and Duty Service.  **01305 228866**