BEST START IN LIFE

Reading Borough Council
Working better with you

Brighter Futures for Children



Reading Family Hubs

Annual timetable from October 2026 to April 2027

Ranikhet | South Reading
Southcote | East & North Reading

Activities are correct at time of publication.
For latest updates visit **www.reading.gov.uk/beststartinlifefamilyhubs**

Best Start in Life Family Hubs
Ranikhet Family Hub

Thurso Close, Reading RG30 4YH | 01189 372 885

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	9am-5pm	**SEND* & Neurodivergent Advisory Support**	Ranikhet Family Hub *Training room*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for tailored support and advice **1st Monday of the month**
	9.30-11.30am	**Department for Work and Pensions (DWP)**	Ranikhet Family Hub *Small office*	Reading families	Support with benefits, employment and return to work Drop-in
	9.30-11.30am	**Early Years Support**	Ranikhet Family Hub *Training room*	Reading families with a child under 5	Check your eligibility for funded childcare. **2nd & 4th Monday of the month** Drop-in
	9.30-11.30am	**Early Years Child Development & Starting School**	Ranikhet Family Hub *Training room*	Reading families with a child under 5	For advice about your child's development or starting school. **2nd & 4th Monday of the month** Drop in
	10-11am	**Head to Toe Baby Massage**	Ranikhet Family Hub *Caterpillar room*	Parents/carers and babies aged under 1 year	Babies enjoy gentle massage from head to toe. This one-to-one time with parents supports bonding, attachment and relaxation **Contact your Family Hub to book**
	10am-12pm	**Citizens' Advice**	Ranikhet Family Hub *Small office*	Reading families	Advice on legal, financial and personal issues, including debt, benefits, housing and consumer rights. **1st & 3rd Monday of the week.** Drop-in
	1-3pm	**Parenting recovery support**	Ranikhet Family Hub *Butterfly room*	Parents of children any age	Support for parents seeking recovery, advice and support to begin or continue your recovery journey.
	3.30-5pm	**Youth Drop-in**	Ranikhet Family Hub *Dee Space*	Young people aged 13-19 years (Up to 25 with SEND)	Emotional support for young people around any of their concerns
	7-9pm	**Midwife Home Birth Course**	Ranikhet Family Hub *Training room*	Expectant parents planning a home birth	Help you prepare for a calm, confident home birth **Invite only**

Best Start in Life Family Hubs
Ranikhet Family Hub

Thurso Close, Reading RG30 4YH | 01189 372 885

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	9.30am-2.30pm	**Mellow Mums & Babies**	Ranikhet Family Hub *Training room*	For mothers in Reading with babies up to 18 months	A mothers-only 14-week programme supporting you to manage the challenges of parenting **12 January - 23 March** Contact your local Family Hub for details
	9.30am-3pm	**SEND* & Neuro-divergent Advisory Support**	Ranikhet Family Hub *Small office*	Families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education **4th Tuesday of the month**
	N/a	**Early Years SEND Advisor**	Online MS Teams	For families with children aged under 5 with SEND	SEND advisors virtual outreach service (with availability throughout the week) Support request form
	2-4pm	**Education Drop-in**	Ranikhet Family Hub *Butterfly room*	For families struggling to access education	Advice, guidance and support **1st Tuesday of the month**
	3.30-4.30pm	**Children's Games Club**	Battle Library	Children of all ages	No booking required
	5-8pm	**Youth Outreach Team**	Out in the surrounding community	Young people aged 12-18 years	The team is in various locations throughout the week

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs
Ranikhet Family Hub

Thurso Close, Reading RG30 4YH | 01189 372 885

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	9am-5pm	**SEND* & Neuro-divergent Advisory Support**	Ranikhet Family Hub *Training room*	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education **2nd Wednesday of the month**
	9am-12pm	**Housing Support and Advice**	Ranikhet Family Hub *Butterfly room*	Reading families	RBC Homelessness Prevention team offers advice and support around housing issues **2 December** Drop-in
	10-11am	**Little Explorers**	Ranikhet Family Hub *Caterpillar room*	Parents/carers with children aged 0-2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11.30am	**Anxiety workshop with Parenting Special Children**	Ranikhet Family Hub *Training room*	For parents/ carers of autistic and/or ADHD children pre- and post-assessment	**25 November; 27 January; 24 March and 26 May** If you are interested in joining one of the workshops please register by emailing kim@readingfamiliesforum.co.uk
	10am-12pm	**Parenting Special Children**	Norcot Mission Church, Brockley Close, Reading RG30 4YP	For families of children with additional needs from ethnically diverse communities	Diverse communities coffee morning Drop-in
	1.30-2.30pm	**Big Explorers**	Ranikhet Family Hub *Caterpillar room*	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	1-5pm	**Immunisations clinics for school aged children**	Ranikhet Family Hub *Small office*	Suitable for children in Reception up to Year 11	For any questions please contact School Aged Immunisation team 0300 365 0077 (Mon to Fri 9am – 4pm) Visit Berkshire Healthcare for more information

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**

Best Start in Life Family Hubs
Ranikhet Family Hub

Thurso Close, Reading RG30 4YH | 01189 372 885

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	9am-5pm	**SEND* & Neuro-divergent Advisory Support**	Ranikhet Family Hub *Small office*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for advice tailored to your family **3rd Thursday of the month**
	9.30am-1pm	**Health Visiting team**	Ranikhet Family Hub *Training room*	Families with a child under 2	2-year reviews Invite only
	9.30-11.30am	**Well Baby Clinic**	Ranikhet Family Hub *Butterfly room*	Families with children aged up to 5 years	Drop in to speak to a health professional for a brief consultation about your child's health, and weigh your baby **1st Thursday of the month**
	9.45-11.30am	**Breastfeeding support**	Ranikhet Family Hub *Butterfly room*	Breastfeeding families	Non judgemental and evidence-based information. **1st Thursday of the month, term time only.**
	10-11.30am	**Time for Twos**	Ranikhet Family Hub *Caterpillar*	For families with children aged 2 years	Play-based activities to support early independence, social skills and communication
	1-2pm	**Intro to family foods Toilet training**	Online MS Teams	For families with children aged under 5	Advice on weaning babies from six months. Support when toilet training your child. Contact your Family Hub
	1-2pm	**Early Explorers**	Ranikhet Family Hub *Caterpillar*	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1-4pm	**Elevate Careers Service**	Ranikhet Family Hub *Training room*	For young people aged 13-25	Careers advice and guidance, education, employment and training options **3rd Thursday of the month**
	2-4pm	**New Directions**	Ranikhet Family Hub *Small office*	Young adults in Reading aged 19-25 (or their parent/ guardian)	Targeted support to move into work or training. Equip parents/ guardians so they can support build confidence, independence and decision making
	3.30-4pm	**LEGO club or craft club**	Battle Library	For children aged 6+	LEGO or craft on alternate weeks. No booking required

Best Start in Life Family Hubs
Ranikhet Family Hub

Thurso Close, Reading RG30 4YH | 01189 372 885

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Friday	9.30am-4.30pm	**Health Visiting team**	Ranikhet Family Hub *Training room*	Parents/carers with babies aged up to 9 months	9 month-olds' reviews **Invite only**
	10-10.30am & 11-11.30am	**Rhymetime**	Battle Library	For families with little ones aged under 5	Drop in for a singing and rhyming session to encourage speech and language skills while having fun.
	10-11.30am	**Stay & Play**	Ranikhet Family Hub *Butterfly room* and *Caterpillar room*	For families with little ones aged under 5	A welcoming session that supports early social skills, confidence and communication as children explore, play together and build positive relationships.
	12-2pm	**Education Drop-in**	Ranikhet Family Hub *Butterfly room*	For families struggling to access education	Advice, guidance and support **3rd Friday of the month**
	1.30-2.30pm	**Early years & SEND Portage Stay & Play**	Ranikhet Family Hub *Caterpillar*	For Portage families and those with children under 5 with SEND needs	Drop in or join Stay and Play for a session to support under fives with SEND.
	3.30-5pm	**Source Youth Drop-in**	Ranikhet Family Hub *Small office*	Young people aged 13-19 (up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. **1st Friday of the month**
	5-7.30pm	**Youth Outreach**	Out in the surrounding community	Young people aged 13-19 (up to 25 including SEND)	The Youth team is in various locations throughout the week

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

www.reading.gov.uk/beststartinlifefamilyhubs

Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	9am-5pm	**SEND* & Neurodivergent Advisory Support**	South Reading Family Hub *Small meeting room*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **3rd Monday of the month**
	10-11.30am	**Anxiety workshop with Parenting Special Children**	South Reading Family Hub *Main hall*	For parents/ carers or autistic and/or ADHD children pre- and post-assessment	**9 November; 11 January; 8 March; 10 May 2027** If you'd like to attend one of the workshops, please register your interest by emailing kim@readingfamiliesforum.co.uk
	10am-12pm	**Reading Borough Council (RBC) Housing and Communities**	Whitley Wood Community Centre	Reading families	Drop-in **4th Monday of the month**
	1-2pm	**Virtual sessions: Intro to family foods Toilet training**	Online using MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	1.30-2.30pm	**Early years & SEND Portage Stay & Play**	South Reading Family Hub *Main hall*	For Portage families & those with children under 5 with SEND	Drop in or join Stay and Play for a session to support under 5s with SEND in two or more areas of their development.
	1.15-2pm	**Toe to Head Baby Massage**	South Reading Family Hub *Crèche*	For families with a baby aged 8 weeks to 6 months	Babies enjoy gentle massage from head to toe. This one-to-one time supports bonding, attachment and relaxation. Contact Family Hub to book
	6-8pm	**Reading Community Trust Youth Club**	Hexham Road Community Centre	Young people aged 8-18	Positive activities for young people in South Reading Drop-in

Self-weigh baby scales available all week

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

www.reading.gov.uk/beststartinlifefamilyhubs

Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	9.30-11.30am	**Department for Work and Pensions (DWP)**	South Reading Family Hub *Small meeting room*	Reading families	Support with benefits, employment and return to work **2nd & 4th Tuesday of the month** Drop-in
	10-11am	**Early Explorers**	South Reading Family Hub *Main hall*	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities. **Drop-in**
	10-11am	**Breastfeeding Support**	South Reading Family Hub *Crèche*	Breastfeeding families	Breastfeeding Network Reading offers free, non judgemental and evidence-based information however old your child. **3rd Tuesday of the month, term time only.**
	10am-12pm	**RBC Debt Relief Team**	South Reading Family Hub *Whitley Café*	Reading residents	Support to make informed decisions on dealing with debts **1st Tuesday of every month**
	10am-12pm	**Affinity Housing Surgery**	South Reading Family Hub *Whitley Café*	Affinity Housing residents	Advice and support around housing issues **1st Tuesday of every month**
	10am-12pm	**Housing and communities with Citizens Advice Reading**	Hexham Road Community Centre	Reading families	Advice and support around housing and community issues **3rd Tuesday of every month** Drop-in
	12.30-2.30pm	**Education Drop-in**	South Reading Family Hub *Small meeting room*	For families struggling to access education	Advice, guidance and support **2nd Tuesday of the month**
	1-2pm	**Stay & Play**	South Reading Family Hub *Main Hall*	For families with children aged 0-5years	A welcoming session that supports early social skills, confidence and communication as children explore, play and build positive relationships.

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**

Self-weigh baby scales available all week

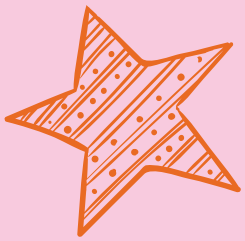
Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	1-3pm	**Reading Family Church Pantry**	Whitley Wood Community Centre	Pantry members living in Whitley *(membership open to those on benefits or low incomes)*	£5 for each shop Access to fresh fruit and vegetables and store cupboard favourites often valuing £20-£25 Sign up online or in person at the Pantry
	1-3pm	**Citizens Advice**	Whitley Wood Community Centre	Reading residents	Advice on legal, financial and personal issues, including debt, benefits, housing and consumer rights **Every other week starting 20 October.** Drop-in
	1-3pm	**Housing Support**	Whitley Wood Community Centre	Reading residents	RBC homelessness prevention team offers advice and support around housing issues.
	5-7.30pm	**Youth Outreach**	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**



Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	9am-5pm	**SEND* & Neurodivergent Advisory Support**	South Reading Family Hub *Small meeting room*	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education **4th Wednesday of the month**
	9.30-11am	**Time for Twos**	South Reading Family Hub *Crèche*	For families with children aged 2 years	Play-based activities that support early independence, social skills and communication to help children feel ready for nursery
	9.30-11.30am	**Early Years Support**	South Reading Family Hub *Small meeting room*	For families with child under 5	Check eligibility for funded childcare. Drop in **1st and 3rd Wednesday of the month**
	9.30-11.30am	**Early Years Child Development and Starting School**	South Reading Family Hub *Small meeting room*	For families with child under 5	For advice about your child's development or starting school. Drop in **1st and 3rd Wednesday of the month**
	12-1pm	**Compass Recovery**	South Reading Family Hub *Whitley Café*	Adults	Drop-in support group for mental health
	1-2pm	**Messy Play**	South Reading Family Hub *Main hall*	For families with children aged under 5	A fun, sensory session exploring textures & materials to build creativity **Excluding 1st Wed of the month**
	1-3pm	**Parenting recovery support**	South Reading Family Hub *Small meeting room*	Parents with children of any age	Support for parents seeking recovery, Drop in to gain advice and support to begin or continue your recovery journey.
	1.30-3.30pm	**Well Baby Clinic**	South Reading Family Hub *Main hall*	For families with children aged up to 5 years	Drop in to speak to a health professional for a brief consultation about your child's health and to weigh your baby **1st Wednesday of the month**
	4-5.30pm	**Cooking Club**	Whitley wood Community centre	Reading adults over 18	With Compass recovery college Drop-in



Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	9am-5pm	**SEND* & Neurodivergent Advisory Support**	South Reading Family Hub *Small meeting room*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support & practical strategies to help you understand & support your child. or drop in for support and advice tailored to your family's needs **1st Thursday of the month**
	10-11am	**Early Explorers**	South Reading Family Hub *Main hall*	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11am	**New Directions**	South Reading Community Hub *Room H*	Young adults aged 19-25 (or their parent/ guardian)	Support to move into work or further training. Build confidence, independence and decision-making. **1st Thursday of the month**
	10-11.30am	**Playgroup**	Whitley Wood Community Centre	For families with a child aged 0-4 years	Free play and themed activities, plus singing and story time Drop-in
	11-11.30am	**Rhymetime**	Whitley Library	For families with a child up to 5 years	A singing and rhyming session to encourage speech & language skills. Drop-in
	1-4pm	**Elevate Careers Service**	South Reading Community Hub *Room H*	Young people aged 13-25	Advice and guidance around employment, education & training options. **2nd Thursday of the month**
	3.30-5pm	**Source Youth Drop-in**	South Reading Community Hub *Room H*	Under 18 year olds or up to 25 with learning difficulties	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. **3rd Thursday of the month**
	3.30-6pm	**Youth Support Drop-in**	South Reading Family Hub *Main hall*	Young people aged 13-19 years (up to 25 with SEND)	Emotional support for young people around any of their concerns.
	5-7pm	**Youth Club**	Hexham Road Community Centre	8-18 year-olds in Reading	8-13 years 5-6pm 14-18years 6-7pm **Drop-in**
	5.30-7pm	**BECALM Youth Club**	Whitley Wood Community Centre	For children aged 7+	Term time only. Fun arts, crafts, pool table, board games and workshops. **Please book via hello@becalmfoundation.co.uk or call 07584 518 611**

Best Start in Life Family Hubs
South Reading Family Hub

252 Northumberland Ave, Reading RG2 7QA | 01189 373 894

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Friday	9.15-11.15am	**Parenting Special Children**	South Reading Community Hub	For families with children who have additional needs	Safe and supportive group for sharing experiences and gaining peer support
	10am-12pm	**Becoming Mums**	Hexham Road Community Centre	For all new mums and expectant mums	Peer support group for women with shared experience of becoming a new mum **3rd Friday of the month**
	1-2pm	**Big Explorers**	South Reading Family Hub *Main hall*	For families with children aged 2-5 years	Fun, playful activities thatv encourage talking, listening and early learning to grow confident communicators and support speech and language
	2.30-4pm	**Education Drop-in**	South Reading Family Hub *Small meeting room*	For families struggling to access education	Advice, guidance and support **4th Friday of the month**
	5-8pm	**Youth Outreach**	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week
Saturday	10am-12pm	**LEGO Club**	Whitley Library	Families with children	A Saturday morning fun session for children. Drop-in, no need to book
	10am-12pm	**Crafts**	Whitley Library	Families with children	A Saturday morning fun session for children. Drop-in, no need to book
	10am-12pm	**Citizens Advice**	Whitley Community Cafe	Reading residents	**1st Saturday of the month**

Self-weigh baby scales available all week

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

www.reading.gov.uk/beststartinlifefamilyhubs

Best Start in Life Family Hubs
Southcote Family Hub

Coronation Square, Reading, RG30 3QP | 01189 372 535

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	9am-5pm	**SEND* & Neurodivergent Advisory Support**	Southcote Family Hub *Small meeting room*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **4th Monday of the month**
	10-11am and 1-2pm	**Virtual Sessions** Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child **Contact your Family Hub to book**
	10-11am	**Little Explorers**	Southcote Family Hub *Main hall*	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-2pm	**Baby Dimensions**	Southcote Family Hub *Main hall*	Families with babies aged up to 6 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as they discover the world around them through touch, sound and movement **Contact your Family Hub to book**
	3-5pm	**Source Youth Drop-in**	Southcote Family Hub *Small meeting room*	Under 18 year olds or up to 25 with SEND	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. **2nd Monday of the month**

Self-weigh baby scales available all week

* Special educational needs and/or disabilities (SEND)

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

www.reading.gov.uk/beststartinlifefamilyhubs

Best Start in Life Family Hubs
Southcote Family Hub

Coronation Square, Reading, RG30 3QP | 01189 372 535

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	N/a	**Early Years SEND* Advisor**	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) Support request form
	9am-12pm	**Housing Support and Advice**	Southcote Family Hub *Community room*	Reading residents	RBC Homelessness Prevention team offers advice & support around housing issues **6 October** Drop-in
	9.30am-12.30pm	**SEND & Neuro-divergent Advisory Support**	Southcote Family Hub *Small meeting room*	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education **3rd Tuesday of the month**
	10-11.30am	**Anxiety Workshop with Parenting Special Children**	Southcote Family Hub *Training room*	For parents/ carers of children with autism and/ or ADHD pre- or post-assessment	**1 December; 2 February; 2 March; 4 May 2027** To attend a workshop, please register by emailing kim@reading familiesforum.co.uk
	10-11am	**Big Explorers**	Southcote Family Hub *Main hall*	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to support speech and language
	1-2pm	**Sing & Play**	Coley Community Centres	For families with babies and children aged 5 and under	Join us for a fun and friendly session offering a range of activities
	3.30-5pm	**Youth Support Drop-in**	Southcote Family Hub *Small meeting room*	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
	5-7.30pm	**Youth Outreach**	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs
Southcote Family Hub

Coronation Square, Reading, RG30 3QP | 01189 372 535

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	9.30am-12.30pm	**New Directions**	Southcote Family Hub *Community room*	Young adults in Reading aged 19 to 25 (or their parent/ guardian)	Support with training for employment Drop-in **3rd Weds of the month**
	10-11.30am	**Autism Berkshire**	Southcote Family Hub *Adult library*	Reading families	Drop-in sessions for parents whose child may be neurodivergent **3rd Weds of the month**
	10-11.30am	**Education Drop-in**	Southcote Family Hub *Café*	For families struggling to access education	Advice, guidance and support **1st Weds of the month**
	10-11.30am	**Time for Twos**	Southcote Family Hub *Main hall*	For families with children aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery **Contact Family Hub to book**
	1-2pm	**Early Explorers**	Southcote Family Hub *Main hall*	For families with children aged up to 1 year	A calm, sensory session with songs, simple play and early communication activities
	1-2pm	**Starting School Stay & Play**	Southcote Family Hub *Main hall*	For children starting school in September 2027	Helping you support your child on their learning journey. Send your name, child's name and contact number to starting.school@reading.gov.uk
	1-3pm	**Early Years Support**	Southcote Family Hub *Café*	Reading families with children under 5	Check eligibility for funded childcare **2nd and 4th Wednesday of the month**
	1-3pm	**Early Years Child Development & Starting School**	Southcote Family Hub *Café*	Reading families with children under 5	For advice about your child's development or starting school. **2nd and 4th Wednesday of the month**
	1-3pm	**Department for Work and Pensions (DWP)**	Southcote Family Hub *Small meeting room*	Reading families	Support with benefits, employment and return to work **2nd & 4th Wednesday of the month** Drop-in
	1-5pm	**Immunisation clinic for school-aged children**	Southcote Family Hub *Training room*	For children in Reception up to Year 11	For any questions please contact School Aged Immunisation team **0300 365 0077** Visit Berkshire Healthcare for more information

Best Start in Life Family Hubs
Southcote Family Hub

Coronation Square, Reading, RG30 3QP | 01189 372 535

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Weds contd.	1.30-4.30pm	**NHS Health Visiting Service**	Southcote Family Hub *Community room*	For Reading families	Development reviews with the health visiting team
	5-7pm	**Youth Club**	Southcote Family Hub *Main hall*	Children aged 8-18 years old	5-6pm 8-12 year-olds 6-7pm 13+ year-olds Come along for fun activities or just to chill. No need to sign up
Thursday	9am-5pm	**SEND * Neurodivergent Advisory Support**	Southcote Family Hub *Small meeting room*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **2nd Thursday of the month**
	9.30-11.30am	**Education Drop-in**	Southcote Family Hub *Café*	For families struggling to access education	Advice, guidance and support **3rd Thursday of the month**
	9.45-10.15am	**Rhymetime**	Southcote Library	For families with a child aged up to 5 years old	A singing and rhyming session to encourage speech and language skills while having fun Drop-in
	Time TBC at invite	**NHS Health Visiting Service**	Southcote Family Hub *Community room*	For families with a baby aged 9 months	Development reviews **Invite only**
	10.15-11.15am	**Messy Play**	Southcote Family Hub *Main hall*	For families with a child under 5	A fun, sensory session where children explore textures and materials to build creativity
	TBC	**Mellow Bumps**	TBC	Reading Mums-to-be	**Contact your family hub for dates and venue for the next course**
	1-4pm	**Elevate Careers Service**	Southcote Family Hub *Small meeting room*	Young people aged 13-25	Advice and guidance around employment, education & training options. Email elevate@reading.gov.uk to book
	1.30-2.30pm	**Early years & SEND Portage Stay & Play**	Southcote Family Hub *Main hall*	For Portage families & those with children under 5 with SEND	Drop in or join a Stay and Play session to support under fives with SEND in two or more areas of their development.

Best Start in Life Family Hubs
Southcote Family Hub

Coronation Square, Reading, RG30 3QP | 01189 372 535

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Friday	9.30am-12.30pm	**Parenting recovery support**	Southcote Family Hub *Main hall*	Parents with children of any age	Support for parents seeking advice and guidance to begin or continue your recovery journey. **Drop-in**
	10.30-11.30am	**Book Club**	Southcote Library	Book club members	Contact Southcote library for more information on 0118 937 5109 **2nd Friday of the month**
	10.30am-12pm	**Compass Wellbeing**	Southcote Family Hub *Café*	Adults	Drop-in coffee morning **1st Friday of the month**
	5-7.30pm	**Youth Outreach**	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**





Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	9am-5pm	**SEND Neurodivergent Advisory Support**	East & North Family Hub *Avon* **AND** East & North outreach hub, *Caversham*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **2nd Monday of the month**
	10-11am	**Big Explorers**	East & North Family Hub *Main hall*	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language **Term time only**
	10am-12pm	**Well Baby Clinic**	Greyfriars Church	For families with children up to 5 years	Speak to a health professional for a brief consultation about your child's health and to weigh your baby Drop-in
	12-5pm	**NHS Visiting Service**	East & North Family Hub *Main hall*	Reading families	9 month and 2 year reviews. Invite only
	1.30-2.30pm	**Sport In Mind Mother & Baby Exercise**	Rivermead Leisure Centre Richfield Ave Reading RG1 8EQ	Mothers at least 10 weeks post-birth	Exercise with your baby in a supportive environment
	1.30-3.30pm	**Well Baby Clinic**	East & North Family Hub *Kennet*	For families with children aged under 5	Speak to a health professional for a brief consultation about your child's health and to weigh your baby **3rd Monday of the month** Drop-in
	1.30-3pm	**Breastfeeding support**	East & North Family Hub *Kennet*	Breastfeeding families	Breastfeeding Network Reading offers free, non judgemental and evidence-based information. **3rd Monday of the month**
	1-2pm	**Virtual Sessions** Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child **Contact your Family Hub to book**

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday contd.	1-5pm	**Immunisations clinics for school aged children**	East & North Family Hub *Avon*	For children in Reception up to Year 11	**2 November & 7 December Then 1st Monday of the month** For any questions please contact School Aged Immunisation team **0300 365 0077** Visit Berkshire Healthcare for more information
	1-5pm	**Immunisations clinics for school aged children**	East & North Outreach *Caversham*	For children in Reception up to Year 11	**2nd Monday of the month** For any questions please contact School Aged Immunisation team **0300 365 0077** Visit Berkshire Healthcare for more information
Tuesday	9am-5pm	**SEND & Neurodivergent Advisory Support**	East & North Family Hub *Avon*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **1st Tuesday of the month**
	9am-1.30pm	**Homestart Mums in Mind**	East & North Family Hub *Kennet*	Postnatal mothers	Postnatal course in a group setting that supports Mothers who may be feeling low, anxious or overwhelmed. Referral only - please contact your Family Hub **22 September-10 November**
	10-11am	**Homestart Mums in Mind**	East & North Family Hub *Crèche*	Postnatal mothers	Follow on stay and play group after the above course **17 November-22 December**
	10-10.45am	**Toe-to-Head Baby Massage**	East and North outreach hub, *Caversham*	For families with a baby aged 8 weeks to 6 months	Babies enjoy gentle massage from head to toe. This one-to-one time supports bonding, attachment and relaxation. **Contact the Family Hub to book**
	10-11am	**Sport in Mind Mother & Baby Yoga**	East & North Family Hub *Main hall*	For families with a child aged under 1 year	Gentle movement, light fitness and exercise circuits for mums and babies
	10am-12pm	**Mellow Bumps Family Hub team**	East & North Family Hub *Kennet*	Expectant or new mums only (no partners)	Support to build your confidence and help you feel prepared for your baby's care. **Contact your family hub to book 3 November - 8 December**

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	10-11am	**New Directions**	East & North Family Hub *Rupert*	Young adults in Reading aged 19 to 25 (or their parent/ guardian)	Targeted support to move into work or training. Build participants' confidence, independence and decision-making **Drop-in**
	10.30-11am	**Rhymetime**	Palmer Park Library RG1 3QB	For families with a child aged 0-5 years	Introducing your child to language through rhyme
	1-2pm	**Little Explorers**	East & North Family Hub *Main hall*	For families with a child aged 0-2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-3pm	**Parenting recovery support**	East & North Family Hub *Avon*	Reading parents with children of any age	Support for parents seeking advice and guidance to begin or continue your recovery journey. **Drop-in**
	5-7.30pm	**Youth Outreach**	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week
	N/a	**Early Years SEND Advisor**	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) Support request form

Self-weigh baby scales available all week

* Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	9am-5pm	**SEND & Neurodivergent Advisory Support**	East & North Family Hub *Avon*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **3rd Wednesday of the month**
	9.30-11.30am	**Well Baby Clinic**	Caversham Children's Centre	For families with children aged up to 5 years	Speak to a health professional for a brief consultation about your child's health and to weigh your baby **2nd Wednesday of the month** Drop-in
	9.30-11.30am	**Breastfeeding Support**	East and North Outreach Hub *Caversham*	Breastfeeding families	Breastfeeding Network Reading offers free, non-judgemental evidence-based information, whatever age your child **2nd Wednesday of the month**
	10-11.30am	**Time for Twos**	East & North Family Hub *Main hall*	For families with a child aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery **Contact Family Hub to book**
	1-2pm	**Early Explorers**	East & North Family Hub *Main hall*	For families with a child under 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	Time TBC at invite	**Health Visiting Service**	East and North Outreach Hub *Caversham*	For families with a baby aged 9 months	Development reviews **Invite only**
	3.30-5pm	**Source Youth Drop-in**	East & North Family Hub *Avon*	Under 18 year olds (or up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. **4th Wednesday of the month**
	3.30-5pm	**Youth Support Drop-in**	East & North Family Hub *Kennet*	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
	TBC at booking	**Young Mums-to-Be**	East & North Family Hub *Kennet*	First time expectant young mothers	A course for pregnant young women to help prepare for life as a parent. **Contact your Family Hub for dates and to book**

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	9an-5pm	**SEND & Neurodivergent Advisory Support**	East & North Family Hub *Avon*	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs **4th Thursday of the month**
	930-11.30am	**Department for Work and Pensions (DWP)**	East & North Family Hub *Rupert*	Reading families	Support with benefits, employment and return to work **1st and 3rd Thursday of the month** Drop-in
	9.30-11.30am	**Early Years Support**	East & North Family Hub *Avon*	For Reading families with children under 5	Check eligibility for funded childcare **1st and 3rd Thursday of the month**
	9.30-11.30am	**Early Years Child Development & Starting School**	East & North Family Hub *Avon*	For Reading families with children under 5	Drop in for advice about your child's development or starting school **1st and 3rd Thursday of the month**
	10-11am	**Early Years & SEND Portage Stay & Play**	East & North Family Hub *Main hall*	For Portage families & those with children under 5 with SEND	Drop in or stay and play for a session to support under 5's with SEND
	10.30-11am	**Rhymetime**	Palmer Park Library	For families with a child aged 0-5 years	Introducing your child to language through rhyme
	12.30-2.30pm	**Education Drop-in**	East & North Family Hub *Rupert*	For families struggling to access education	Advice, guidance and support **2nd Thursday of the month**
	1-4pm	**Elevate Careers Service**	East & North Family Hub *Rupert*	Young people aged 13-25	Advice and guidance around employment, education & training options. **4th Thursday of the month**
	5-7pm	**Senior Young Carers**	East & North Family Hub *Kennet*	13-18 year olds	Group sessions for young carers to chat through any concerns and access helpful life advice, alongside fun activities **Invite only** Contact your Family Hub

Best Start in Life Family Hubs

East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday continued	6.30-9.30pm	**Dads-to-Be (2 x evenings per course)**	East & North Family Hub *Main hall*	Expectant dads in Reading	Meet other dads-to-be at a friendly and educational session led by a midwife and Family Hub staff **Contact your Family Hub for dates and to book**
	Dates and times at booking	**Mellow babies**	East & North Family Hub *Kennet*	Mums with babies aged from 12 weeks to 18 months	This 14-session group will help you manage the challenges of parenting and to learn and grow as a parent while also focusing on looking after yourself. **Contact your Family Hub for dates and to book**
Friday	9am-12pm	**Housing Support & Advice**	East & North Family Hub *Kennet*	Reading residents	RBC Homelessness Prevention team offers advice and support around housing issues **6 November** Drop-in
	10-11am	**Baby Dimensions**	East & North Family Hub *Main hall*	Families with a baby aged 0-18 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as babies discover the world around them through touch, sound and movement **Drop-in**
	10-11am	**Breastfeeding Support**	East & North Family Hub *Avon*	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental evidence-based information at any stage of your journey, whatever age your child. **1st Friday of the month term time only**
	10-11.30am	**Anxiety workshop Parenting Special Children**	East & North Outreach Hub *Caversham*	For parents/ carers of children with autism and/ or ADHD pre- and post-assessment	**8 January; 5 March; 8 May 2027** If you'd like to join a workshop, please register by emailing kim@readingfamiliesforum.co.uk
	10-11.30am	**Anxiety workshop Parenting Special Children**	East & North Family Hub *Kennet*	For parents/ carers of children with autism and/ or ADHD pre- and post-assessment	**20 November; 15 January; 19 March; 21 May 2027** If you'd like to join a workshop, please register by emailing kim@readingfamiliesforum.co.uk

Best Start in Life Family Hubs
East & North Reading Family Hub

Sun Street, Reading RG1 3JX | 01189 372 551

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Friday contd.	1-2pm	**Education Drop-in**	East & North Family Hub *Rupert*	For families struggling to access education	Advice, guidance and support around access to education. **4th Friday of the month**
	5-8pm	**Youth Outreach**	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

Self-weigh baby scales available all week

* Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates **www.reading.gov.uk/beststartinlifefamilyhubs**



Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk
Reading Family Information Service: www.readingfis.org
Reading SEND Local Offer: www.readingSENDlocaloffer.org
Health visiting team: 0118 931 2111 | **Community midwives:** 0118 322 8059

@BFfCChild

Best Start in Life Family Hubs
Reading Family Hubs



South Reading Family Hub
252 Northumberland Ave, Reading RG2 7QA



East & North Reading Family Hub
Sun Street, Reading RG1 3JX



Southcote Family Hub
Coronation Square, Reading, RG30 3QP



Ranikhet Family Hub
Thurso Close, Reading RG30 4YH

Advice and support for your child's development

The government's Best Start in Life parent hub brings together information, trusted advice and guidance for parents on everything from pregnancy, early education and childcare, right through to starting school and beyond.
www.beststartinlife.gov.uk



Best Start in Life - Reading Family Hubs
www.reading.gov.uk/beststartinlifefamilyhubs

© Reading Borough Council 2026