

## 0-5 Years Activity Timetable

ALL SESSIONS START FROM 4 SEPTEMBER 2023 UNLESS STATED

|           | Morning   | Afternoon   |
|-----------|---|---|
| Monday    | <p><b>Baby Mini Rhyme Time</b> (0-8 months)<br/>9:30am-10:30am (starts 11 Sept)<br/><i>A session to meet other parents and support your baby's development, through interaction and exploration and music</i></p> <p><b>Midwifery Antenatal Clinic</b> * 9:00am-12:00pm</p>   | <p><b>Midwifery Antenatal Clinic</b> * 1:00pm-4:30pm</p> <p><b>Infant Feeding Peer Support</b><br/>1.00pm-2.00pm</p>   |
| Tuesday   | <p><b>Midwifery Antenatal Clinic</b> *<br/>9:00am- 12:00pm</p> <p><b>Speech and Language Support</b> *<br/>8:30am-12:30pm</p> <p><b>ASQ Health Development Checks</b>* 9:00-12:00pm</p> <p><b>Language Through Listening (health Visiting)</b>* 9:30am-10:30am</p>  | <p><b>Midwifery Antenatal Clinic</b> * 1:00pm-4:00pm</p> <p><b>Health Visiting Baby Massage</b>* 11:00pm-12:00pm</p> <p><b>PEEPS Play</b> (2-4 years) with Climb4-12.30pm -1.30pm<br/><i>Interactive play to encourage your child's development and learn fun ways to use ready -made resources</i></p> <p><b>Boogie Babies</b> (0- 10 months) with Climb4 –<br/>1:45pm-2:45pm<br/><i>Fun session to connect with your baby.</i></p> <p><b>ASQ Health Development Checks</b> *<br/>12:30-4:00pm</p> |
| Wednesday | <p><b>Midwifery Antenatal Clinic</b> *<br/>9:00am- 12:00pm</p> <p><b>ASQ Health Development Checks</b>*<br/>9:00am-12:00pm</p>  | <p><b>Midwifery Antenatal Clinic</b> * 1:00pm-4:00pm</p> <p><b>Learning Through Play (0-5 years)</b><br/>1.00pm-2.00pm starts 13 September<br/><i>Discover fun activities to support all areas of your child's development and learn new ways to play</i></p>  <p><b>ASQ Health Development Checks</b> *<br/>12:30pm-4:00pm</p>  |
| Thursday  | <p><b>Tea and Toast (0-5 years)</b> 9:30am-11:00am<br/>(starts 14<sup>th</sup> Sept)<br/><i>Come along for a chat and a chill</i></p> <p><b>Midwifery Bumps to babies</b> monthly from<br/>11 Sept 9.30am-12 noon (monthly at Central<br/>from 25 Sept)</p> <p><b>ASQ Health Development Checks</b>* 9:00am-12:00pm</p> | <p><b>SEND Drop in 12:00-2:00pm</b></p> <p><b>By Appointment Growth Check Clinic</b>* Health visiting -<br/>9.00am-4:00pm (3<sup>rd</sup> Thursday of the month, next one is<br/>on 21<sup>st</sup> September)</p>  |
| Friday    | <p><b>Midwifery Antenatal Clinic</b>* 9:00am-12:00pm</p> <p><b>Infant Feeding Support</b> 10:00am-11:00am</p> <p><b>ASQ Health Development Checks</b>*<br/>(Fortnightly) 9:00am-12:00pm</p>   | <p><b>Stay &amp; Play Rhyme-Time (1- 5 years)</b><br/>12:30pm-1:30pm starts 15 Septmeber.<br/><i>A fun session to meet other families and support your child's language and social development</i></p> <p><b>Midwifery Antenatal Clinic</b>* 1:00pm-4:00pm</p> <p><b>Health Development Checks</b> * (Fortnightly)12:30pm-4:00pm</p>  |

\*All sessions marked with a \* are by appointment only. **Non-booking Activities for the local community only**

Nunsthorpe & Bradley Park Family  
Hub

Sutcliffe Avenue  
Grimsby, DN33 1AN  
Tel: 01472 326600

Email: [startforlife@nelincs.gov.uk](mailto:startforlife@nelincs.gov.uk)

Family Hub Opening Hours: Monday-Friday 8:30am-4:30pm