

# Nottinghamshire Family Hub Network



## Rushcliffe Family Hub Universal Timetable: 13<sup>th</sup> Apr – 24<sup>th</sup> Jul 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p><b>Cotgrave Crafts (WEEKLY)</b> Starts 13<sup>th</sup> April. Cotgrave Library. 10-11am Term time only.</p>	<p><b>Under 5's Stay &amp; Play (WEEKLY) Starts 14<sup>th</sup> Apr.</b> Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only.</p> <p><b>B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 14<sup>th</sup> April.</b> Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only.</p> <p><b>Under 1's Group. (WEEKLY) Starts 14<sup>th</sup> Apr.</b> Bingham Family Hub. 10-11:30am. Term time only.</p>	<p><b>B.A.B.E.S Breastfeeding Group (WEEKLY)</b> Starts 15<sup>th</sup> April. West Bridgford Young Peoples Centre. 1:30-2:30pm.</p>	<p><b>Under 5's Stay &amp; Play (WEEKLY).</b> 16th Apr. Bingham Family Hub. 10-11:30am. Term time only.</p> <p><b>B.A.B.E.S Breastfeeding Group (WEEKLY).</b> Starts 16<sup>th</sup> April. 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.

**...giving children the best start**



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## **Self-Weigh & Family Hub Drop-in Sessions: 13<sup>th</sup> Apr – 24<sup>th</sup> Jul 2026**

**Drop in. Bingham Family Hub:** Monday-Friday, 9:30am - 3:30pm. **Centre closed on the 4<sup>th</sup> and 25<sup>th</sup> May.**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Friday</u></b>
<b>Self-Weigh &amp; Family Hub Drop-in Session (MONTHLY).</b> <b>13<sup>th</sup> Apr. 11<sup>th</sup> May.</b> <b>8<sup>th</sup> Jun. 13<sup>th</sup> Jul.</b> Keyworth Health Centre. <b>1:30-2:30pm</b>	<b>Self-Weigh &amp; Family Hub Drop-in Session (MONTHLY).</b> <b>21<sup>st</sup> Apr. 19<sup>th</sup> May.</b> <b>16<sup>th</sup> Jun. 21<sup>st</sup> Jul.</b> Cotgrave Health Centre. <b>2:30-3:30pm</b>	<b>Self-Weigh Only (WEEKLY).</b> <b>Starts 15<sup>th</sup> April.</b> West Bridgford Young Peoples Centre. <b>1-3pm</b>	<b>Self-Weigh &amp; Family Hub Drop-in Session (MONTHLY).</b> <b>17<sup>th</sup> Apr. 15<sup>th</sup> May. 26<sup>th</sup> Jun. 24<sup>th</sup> Jul</b> East Leake Health Centre. <b>10-11am</b>

### **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 / online enquiry form, either by walking into any of our buildings, or by completing one on our website by scanning the following QR code:

Updated 11.3.26. All information is correct at the time of publication.

Details subject to change after this date.



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