

# Nottinghamshire Family Hub Network



## Rushcliffe Family Hub Universal Timetable: 23<sup>rd</sup> Feb – 27<sup>th</sup> Mar 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>NEW:</b>  <b>Under 5's Cotgrave Craft (WEEKLY, starts 2<sup>nd</sup> Mar).</b>            Cotgrave Library.  <b>10-11am.</b>  <b>Term time only.</b></p> <p><b>Early Years Drop-in (MONTHLY).</b>  <b>9<sup>th</sup> Mar.</b>            East Leake Library.  <b>2:30-3:30pm</b>  <b>Term Time only.</b>            Want to know more about supporting your child's development? Come &amp; chat to one of our Early Years Workers. No appointment needed.</p>	<p><b>NEW:</b>  <b>Under 5's Stay &amp; Play (WEEKLY, starts 24<sup>th</sup> Feb).</b>            Lantern Lane School, East Leake, LE12 6QN.  <b>9:45-11am.</b>  <b>Term time only.</b></p> <p><b>Under 1's Group. (WEEKLY, starts 24<sup>th</sup> Feb).</b>            Bingham Family Hub  <b>10-11:30am.</b>  <b>Term time only.</b></p>	<p><b>B.A.B.E.S Breastfeeding Group (WEEKLY, starts 25<sup>th</sup> Feb).</b>            West Bridgford Young Peoples Centre.  <b>1:30-2:30pm.</b></p>	<p><b>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY).</b>  <b>5<sup>th</sup> &amp; 19<sup>th</sup> Mar.</b>            Bingham Family Hub.  <b>10-11am.</b></p> <p><b>Under 5's Stay &amp; Play (FORTNIGHTLY).</b>  <b>26<sup>th</sup> Feb.</b>  <b>12<sup>th</sup> &amp; 26<sup>th</sup> Mar.</b>            Bingham Family Hub.  <b>10-11:30am.</b>  <b>Term time only.</b></p>	<p><b>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY).</b>  <b>27<sup>th</sup> Feb.</b>  <b>13<sup>th</sup> &amp; 27<sup>th</sup> Mar.</b>            East Leake Health Centre, LE12 6JG.  <b>10-11am.</b></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**



# Nottinghamshire Family Hub Network



## Self-Weigh Sessions 23<sup>rd</sup> Feb – Mar 27<sup>th</sup> 2026

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Friday</u>
<b>Keyworth Health Centre:</b> (MONTHLY) 9 <sup>th</sup> Mar 1:30-2:30pm	<b>Cotgrave Health Centre:</b> (MONTHLY) 17 <sup>th</sup> Mar. 2:30-3:30pm	<b>West Bridgford Young Peoples Centre:</b> (WEEKLY) Starts 25 <sup>th</sup> Feb. 1-3pm.	<b>East Leake Health Centre. LE12 6JG:</b> (MONTHLY) 20 <sup>th</sup> Mar. 10-11am

### 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 17.2.26. All information is correct at the time of publication.

Details subject to change after this date.

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