

# Nottinghamshire Family Hub Network



## Rushcliffe Family Hub Network Timetable: 1<sup>st</sup> Sept – 19<sup>th</sup> Dec 2025

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p><b>Under 5's Stay &amp; Play. Including Self-Weigh (WEEKLY, starts 8<sup>th</sup> Sept).</b> St Marys Church Hall, School Green, East Leake. <b>10-11:30am</b> <b>Term time only.</b></p> <p><b>B.A.B.E.S Breastfeeding Group (WEEKLY starts 1<sup>st</sup> Sept).</b> St Marys Church Hall, School Green, East Leake. <b>10-11am.</b> <b>Term time only.</b></p>	<p><b>Under 5's Stay &amp; Play (WEEKLY, starts 9<sup>th</sup> Sept).</b> <b>No session 16<sup>th</sup> Sept.</b> Cotgrave CofE School. <b>9:45-11am.</b> <b>Term time only.</b></p> <p><b>Under 1's Group. (WEEKLY, starts 9<sup>th</sup> Sept).</b> <b>No session 16<sup>th</sup> Sept.</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 3<sup>rd</sup> Sept).</b> WB Young Peoples Centre. <b>1:30-2:30pm.</b></p>	<p><b>B.A.B.E.S Breastfeeding Group (FORTNIGHTLY).</b> <b>4<sup>th</sup> &amp; 18<sup>th</sup> Sept.</b> <b>2<sup>nd</sup>, 16<sup>th</sup> Oct &amp; 30<sup>th</sup> Oct.</b> <b>13<sup>th</sup> &amp; 27<sup>th</sup> Nov. 11<sup>th</sup> Dec.</b> Bingham Family Hub. <b>10-11am.</b></p> <p><b>Under 5's Stay &amp; Play (FORTNIGHTLY).</b> <b>11<sup>th</sup> &amp; 25<sup>th</sup> Sept. 9<sup>th</sup> Oct.</b> <b>6<sup>th</sup> &amp; 20<sup>th</sup> Nov.</b> <b>4<sup>th</sup> &amp; 18<sup>th</sup> Dec.</b> Bingham Family Hub. <b>10-11:30am.</b> <b>Term time only.</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  
County Council**

**T:** 0115 9773 749  
**E:** [frushcliffe@nottsc.gov.uk](mailto:frushcliffe@nottsc.gov.uk)  
**W:** <https://www.nottinghamshire.gov.uk/care/family-hub-networks>  
**f** Family Hub Network – Rushcliffe or scan:



# Nottinghamshire Family Hub Network



## **Self-Weigh Sessions 1<sup>st</sup> Sept – 19<sup>th</sup> Dec 2025**

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

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>
<b>St Marys Church Hall, School Green, East Leake:</b> (WEEKLY, term time only) Starting 1 <sup>st</sup> Sept. 10-11:30am  <b>Keyworth Health Centre:</b> (MONTHLY) 8th Sept. 13th Oct. 10th Nov. 8th Dec. 1:30-2:30pm	<b>Cotgrave Health Centre:</b> (MONTHLY) 16th Sept. 21st Oct. 18th Nov. 16th Dec. 2:30-3:30pm	<b>West Bridgford Young Peoples Centre:</b> (WEEKLY) Starting 3 <sup>rd</sup> Sept. 1-3pm.

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

Updated 21.3.25. All information is correct at the time of publication.

Details subject to change after this date.

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

