

Nottinghamshire Family Hub Network



Rushcliffe Family Hub Universal Timetable: 13th Apr – 24th Jul 2026

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p>Cotgrave Crafts (WEEKLY) Starts 13th April. Cotgrave Library. 10-11am Term time only.</p>	<p>Under 5's Stay & Play (WEEKLY) Starts 14th Apr. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only.</p> <p>B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 14th April. Lantern Lane School, East Leake, LE12 6QN. 9:45-11am. Term time only.</p> <p>Under 1's Group. (WEEKLY) Starts 14th Apr. Bingham Family Hub. 10-11:30am. Term time only.</p>	<p>B.A.B.E.S Breastfeeding Group (WEEKLY) Starts 22nd April. West Bridgford Young Peoples Centre. 1:30-2:30pm.</p>	<p>Under 5's Stay & Play (WEEKLY). 16th Apr. Bingham Family Hub. 10-11:30am. Term time only.</p> <p>B.A.B.E.S Breastfeeding Group (WEEKLY). Starts 16th 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.

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Self-Weigh & Family Hub Drop-in Sessions: 13th Apr – 24th Jul 2026

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Friday</u>
Self-Weigh & Family Hub Drop-in Session (MONTHLY). 13th Apr. 11th May. 8th Jun. 13th Jul. Keyworth Health Centre. 1:30-2:30pm	Self-Weigh & Family Hub Drop-in Session (MONTHLY). 21st Apr. 19th May. 16th Jun. 21st Jul. Cotgrave Health Centre. 2:30-3:30pm	Self-Weigh Only (WEEKLY). Starts 22nd April. West Bridgford Young Peoples Centre. 1-3pm	Self-Weigh & Family Hub Drop-in Session (MONTHLY). 17th Apr. 15th May. 26th Jun. 24th Jul East Leake Health Centre. 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 19.3.26. All information is correct at the time of publication.

Details subject to change after this date.



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