



What is a Family Hub?

The Family Hubs provide a 'one-stop shop' for you and your family. We bring together all the support your family may need, from pregnancy through to young people turning 19 (or up to 25 with Special Educational Needs and Disabilities).

www.familyhubshull.org.uk



We will focus on supporting you and your family with:

- Becoming a new parent and all the challenges this may bring
- Building loving and responsive relationships with your baby
- Infant feeding
- Speech, language, and communication and play at home
- Social activities such as infant massage and play groups
- Peer support for parents and carers including dads and partners and those families with children who have SEND needs

We can also help you access support services for young people, including links to our city wide youth services where families and young people can access a range of opportunities and more targeted support including:

- Support for emotional health and well-being and for our priority groups such as young carers
- Information about targeted services such as young people who may be at risk of homelessness, impacted by drugs, alcohol and crime and much more ...

Visit our website www.familyhubshull.org.uk to find out more about different activities and support available or just pop in!

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