



Thorney Close Best Start Family Hub Timetable
Monday 1st June- Wednesday 22nd July 2026
Family.hubwest@togetherforchildren.org.uk
SR3 4JQ - 0191 561 4127



Monday	Tuesday	Wednesday	Thursday	Friday
Play Space 9am - 12pm & 1 - 4pm Daisy Chain Drop In 10am - 12noon Stay & Play (0-5 years) 10 -11am Sensory Room 12.30 - 4.30pm Drop In GroBrain (0 - 12 months) 12.45 - 2.45pm Bookable Sleep Workshop 8th, 15th June, 6th & 13th July 12.45 -2.45pm Baby Messy/Sensory (Under 1 year) 1st 22nd 29th June 20th July 1.30 - 2.15pm Outdoor Play Space 1.30 - 3pm Pregnancy Yoga Beginners+ 4.30- 5.30pm Bookable	Play Space 9am - 12pm & 1 - 4pm Time for Rhyme (Birth to pre crawling) 9.30 - 10.15am Move to Rhyme (Crawling to pre walkers) 10.45 - 11.30am Breastfeeding Support Drop In 10am - 12noon Baby Massage 1.30 - 2.30pm Bookable Sensory Room 12.30 - 4.30pm Bookable Introduction to Solid Food 9th June & 7th July - Bookable Ante Natal Programme 3.45 - 5.45pm To book both of the above call 0300 0031552	Play Space 9am - 12pm & 1 - 4pm Daisy Chain Drop In 17th June & 15th July 10am - 12pm Outdoor Play Little Sprouts 9.30 - 10.30am (walkers) Family Voice 24th June - 10 - 11.30am Growing Healthy Drop in 10 - 11.30am Buggy Walk 10- 11am then Play space Super Communicators 1.30 - 2.30pm - Referral Post Natal Yoga 1.30 - 2.30pm Bookable The Wise Group 9am - 1pm Sensory Room 12.30 - 4.30pm Bookable Welfare Rights - 1 - 5pm Referral Stop Smoking Support Drop In 3 - 5pm	Play Space 9am - 12pm & 1 - 4pm Tobacco Dependency Service 9am - 4pm - Referral only Sing & Splash (4 - 18 Months) Silksworth Community Pool 10.45 - 11.25 - Bookable Outdoor Play Space 10 - 11.30am Sensory Room 9am - 12pm Drop In Social Prescribers 9am - 5pm - Referral Review & Development 1 - 3pm Book via Health Visitor Story time with fun activities (1 - 3 years) 4th 18th June 2nd 16th July 1.30 - 2.30pm Little Treasure - Referral 1-3pm	Play Space 9am - 12pm 1 - 3pm Sensory Room 9am - 12noon Bookable Baby Massage 10 - 11am Bookable Baby Stay & Play (Under 1 year) 10 - 11am Big Toddler Silksworth Community Pool 12th June 11am - 1pm Young Mams 'n' Dads (14 - 22 years) 1.30 - 2.30pm Drop In Busy Bodies (from walking) 1.15 - 2pm

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