

Monday 25th May	Tuesday 26 <sup>th</sup> May	Wednesday 27 <sup>th</sup> May	Thursday 28 <sup>th</sup> May	Friday 29 <sup>th</sup> May
<b>Bank Holiday</b>	<p><b>Play Space</b> 9am - 12pm</p> <p><b>Outdoor Play Space</b> 10 - 11.30am</p> <p><b>Time for Rhyme</b> (Birth to pre crawling) 9.30 - 10.15am</p> <p><b>Breastfeeding Support Drop In</b> 10am - 12noon</p> <p><b>Move to Rhyme</b> (Crawling to pre walkers) 10.30 - 11.15am</p> <p><b>Specialist Feeding Clinic</b> Book via Health Visiting Team</p> <p><b>Play Space</b> 1 - 4pm</p> <p><b>Busy Bodies</b> (From walking) 2 - 3pm</p> <p><b>Sensory Room - Bookable</b> 12.30-1pm, 1.15-1.45pm 2-2.30pm, 2.45-3.15pm, 3.30-4pm</p> <p><b>Ante Natal Programme</b> 3.45 - 5.45pm To book call 0300 0031552</p>	<p><b>Play Space</b> 9am - 12pm</p> <p><b>The Wise Group</b> 9am - 1pm Referral</p> <p><b>Outdoor Play Space</b> 10 - 11.30am</p> <p><b>Growing Healthy Drop in</b> 10 - 11.30am</p> <p><b>Sensory Room - Bookable</b> 12.30-1pm, 1.15-1.45pm 2-2.30pm, 2.45-3.15pm, 3.30-4pm</p> <p><b>Play Space</b> 1- 4pm</p> <p><b>Wellbeing for Pregnancy</b> 1 - 2pm Bookable</p> <p><b>Welfare Rights -</b> 1 - 5pm Referral</p> <p><b>Stay &amp; Play</b> 1.30 - 2.45pm</p> <p><b>Post Natal Yoga</b> 2.30 - 3.30pm Bookable</p>	<p><b>Play Space</b> 9am - 12pm</p> <p><b>Sensory Room Bookable</b> 9 - 9.30am 9.45 - 10.15am 10.30 - 11am 11.15 - 11.45am</p> <p><b>Tobacco Dependency Service</b> 9am - 4pm - Referral only</p> <p><b>Baby Messy Play</b> (Under 1) 10 - 11am</p> <p><b>Outdoor Play Space</b> 10 - 11.30am</p> <p><b>Social Prescribers</b> 9am - 5pm - Referral</p> <p><b>Play Space</b> 1-4pm</p> <p><b>Review &amp; Development</b> 1 - 3pm - Book via Health Visitor</p> <p><b>Little Treasure's</b> 1-3pm Referral</p>	<p><b>Play Space</b> 9am - 12pm</p> <p><b>Sensory Room Bookable</b> 9 - 9.30am 9.45 - 10.15am 10.30 - 11am 11.15 - 11.45am</p> <p><b>Time for Rhyme</b> (Birth to pre crawling) 10 - 10.45am</p> <p><b>Play Space</b> 1 - 3pm</p> <p><b>Baby Stay &amp; Play</b> (Under 1) 1 - 2pm</p> <p><b>Young Mams 'n' Dads</b> (14 - 22 years) 1.30 - 2.30pm</p> <p><b>Stop Smoking Support</b> Contact the hub on 0191 561 4127 to make an appointment</p>

### Social media

Follow Sunderland Family Hubs on Facebook and Instagram.



Find out more at [www.linksforlifesunderland.co.uk/familyhubs](http://www.linksforlifesunderland.co.uk/familyhubs)

