



Winnibell Best Start Family Hub Timetable
Monday 1st June- Wednesday 22nd July 2026
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Story time at Winnibell with fun activities (Birth – 3years) 10 – 11am Drop in</p> <p>Playspace (0-5 years) 1.30 – 2.30 pm Drop in</p> <p>Stay and Play (0-5 years) 1.15pm – 2.30pm Bangladeshi International Centre, SR1 2QD Drop in</p>	<p>Super Communicators 9.30 – 10.15am Referral only</p> <p>Family Voice 23rd June 10 – 11.30am</p> <p>Stay & Play (0-5 years) 11am – 12pm</p> <p>Baby Sensory/Messy (0- prewalkers) 1.30 – 2.15pm Drop in</p> <p>Growing Healthy Drop in 1 – 2.30pm</p> <p>Homework Hub 6 to 11 years Parent/carer consent required 4 – 6pm (Access to computers, smart screens, TVs, quiet spaces, arts and crafts and printing facilities)</p>	<p>Play Space 9.00 - 10.30am Drop In</p> <p>Buggy Walk 10.30 – 11.30am Drop in</p> <p>Stay & Play Young Lads & Dads (0-5 years) 11am – 12pm Drop in</p> <p>Baby massage 1 - 2pm Bookable</p> <p>Breastfeeding Support Drop In 1 – 3pm</p> <p>Welfare Rights (Referral) 3 – 4pm</p>	<p>Time for Rhyme (0 - crawlers) 9.30 - 10.15am - Drop in</p> <p>Review & Development 10am – 12noon (Please speak to your health visitor for an appointment)</p> <p>Move to Rhyme (Pre crawlers - pre walkers) 11 - 11.45am - Drop in</p> <p>Busy Bodies (from walking) 1.15 – 2pm Drop in</p> <p>Introduction to Solid Foods 15th June & 23rd July 1 – 2.30pm</p> <p>Antenatal Programme 3.45 – 5.45pm To book both of the above please call 0300 0031552</p>	<p>Playspace (0-5 years) 10.45 – 11.45 am Drop in</p> <p>Sing and Splash (4 – 18 months) 11 – 11.45am (Bookings at Winnibell Family Hub - must register with Family Hubs before booking) Session at Raich Carter</p> <p>Gro Brain (0 - 12 months) 9.30 – 11.30am Bookable</p> <p>Stop Smoking Support Drop In 1 - 3 pm</p> <p>Tobacco Dependency Treatment Service 9am – 4pm - Referral only</p>

Social media

Follow Sunderland Family Hubs on Facebook and Instagram.



Find out more at www.linksforlifesunderland.co.uk/familyhubs

