

Monday	Tuesday	Wednesday	Thursday	Friday
Time for Rhyme (0 - pre crawlers) 9.30 - 10.15am Move to Rhyme (Crawling to pre-walking) 10.30 - 11.15am Play Space - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Sensory Room - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Busy Bodies (walking - 5 years) 1.30 - 2.30pm Breastfeeding Support - Drop in 1 - 3pm	Play Space - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Sensory Room - Drop in (0-25 years with parents/carers) 9 - 11.30am 1 - 3pm Family Fun Stay & Play (0 - 8 years) 10 - 11am Community Café - Drop in 10 - 11am School Ready Programme 28th July - 1st September (6 weeks) Bookable 1.00 - 2.30pm Antenatal Programme 3.45 - 5.45pm To book call 03000 031552	Play Space & Sensory Room Drop in (0 - 5 years) 9 - 11.30am & 1 - 3pm Outdoor Play Family Fun Usworth Park (0 - 8 Years) 10 - 11am Exc 12th & 26th August SEND Stay & Play (Parent led) (0 - 4 years) 10 - 11.30am Exc 12th August Summer Fayre 12th August 10 - 12pm Review & Development Clinic 10 - 11.30am Summer Fest Princess Anne Park 26th August - 12 - 4pm Play Matters 5 week Programme - Bookable 5th - 2nd Sept 1.30 - 2.30pm Baby Messy/Sensory Play (0 - 12 months) 1.45 - 2.30pm Exc 12th & 26th August Birth Registrations - Bookable	Sensory Room - Drop in (0 - 5 years) 9 - 11.30am & 1 - 3pm Stay & Play - Drop in Marlborough Park (Sulgrave flats) (0 - 8 years) 9.15 - 10.15am Growing Healthy - Drop In 10 - 11.30am Bread & Butter Thing 2 - 2.30pm To reserve a bag text 07507237311 Play Space - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Story Time 1.30 - 2.15pm Gro Brain for Dads Bookable (Expecting a baby or with babies 0 - 12 months) 3.30 - 5.30pm	Play Space - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Sensory Room - Drop in (0 - 5 years) 9 - 11.30am 1 - 3pm Outdoor Play @ Building Blocks 9.30 - 10.30am Exc 28th Aug & 2nd Sept Baby Stay & Play (0 - pre walkers) 1.30 - 2.30pm Exc 28th August Introduction to Solids 1 - 2pm To book call 0300 0031552

Social media

Please check www.linksforlifesunderland.co.uk/familyhubs
Follow Sunderland Family Hubs on Facebook and Instagram.



Saturdays @ Rainbow Family Hub:

- Stay & Play 10 - 11am - Every week
- Dad's and Little'uns - 1st August- 10 - 11.30am