



Rainbow Best Start Family Hub half-term timetable
Monday 26th October – Friday 30th October 2026
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Postcode: NE37 3AE Telephone: 0191 561 3995



Monday	Tuesday	Wednesday	Thursday	Friday
Time for Rhyme - drop in (0 - pre-crawlers) 9.30 - 10.15am Move to Rhyme - drop in (Crawling- pre-walkers) 10.30-11.15 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 - drop in (Walking - 5 years) 1.30 - 2.30pm Breastfeeding Support – drop in 1 - 3pm	Play Space - drop in (0 - 5 years) 1-3pm Sensory Room - drop in (0-25 years with parents/carers) 1-3pm Boo and play (0 – 8 years) Bookable 10-11.15 Antenatal Programme 3.45 - 5.45pm To book call 03000 031552	Sensory Room - drop in (0 - 5 years) 9 - 11.30am Welfare Rights 9.30 - 11.30am To make an appointment please speak to Family Hub reception Review & Development Clinic 10 - 11.30am Please speak to your Health Visitor for an appointment Boo-nes park Event - bookable (Barnes Park) 0-5 years 11am – 2pm Birth Registrations - bookable Book via Sunderland City Council website Play Space - drop in (0 - 5 years) 1 - 3pm	Stay & Play - drop in Marlborough Park (Sulgrave flats) (0 - 5 years) 9.15 - 10.15am Growing Healthy - drop In (Under 2) 10 - 11.30am Story Time – Room on the broom (0- 5 years) 1.30 - 2.15pm Bread & Butter Thing 2 - 2.30pm To reserve a bag text 07507237311 Play Space - drop in (0 - 5 years) 1 - 3pm Sensory Room - drop in (0 - 5 years) 1 - 3pm	Outdoor Play @ Building blocks Day Centre (NE37 2SS) - drop in (0-5 years) 9.30 - 10.30am Play Space - drop in (0 - 5 years) 9 - 11.30am and 1 - 3pm Sensory Room - drop in (0 - 5 years) 9 - 11.30am and 1 - 3pm Baby Pumpkin Stay and Play-drop in (0-1 yrs) 1.30-2.30pm Introduction to Solids - bookable (around 6 months) 1 - 2pm To book call 0300 0031552

Social media

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

Parenting Support

From pregnancy to age 19, our Parenting and Relationships
Team is here to help with free advice and support.
Call **0191 561 7005** or email
citywideparentingreferrals@togetherforchildren.org.uk.

