

Doncaster South Family Hubs



We are still here for you!

Although we can't offer face to face groups at this time we are offering you the opportunity to attend our virtual groups which we have on every weekday.

South Family Hubs - (We are still open for Midwife appointments - 01302 642794)

Monday	Tuesday	Wednesday	Thursday	Friday
Cuppa & Chat 10am - 11am Toddler Group 1-3 years	Cuppa & Chat 10am - 11am Any Age Group	Cuppa & Chat 10am - 11am 5 Month to 15 Month Group	Baby Chat 10am - 11am Birth to 4 Month Group	Breastfeeding Support Group 10am - 11.30am
Virtual First Friends 1pm - 2pm Contact Doncaster Health Visitors to book on 01302 566776	Baby Chat 1.30pm - 2.30pm Birth to 4 Month Group	Virtual First Friends 10am - 11.30am Contact Doncaster Health Visitors to book on 01302 566776	Virtual First Friends 10am - 11am Contact Doncaster Health Visitors to book on 01302 566776	Cuppa & Chat 1.30pm - 2.30pm Toddler Group 1-3 years
Cuppa & Chat 1.30pm - 2.30pm Any Age Group			Cuppa & Chat 1.30pm - 2.30pm 5 Month to 15 Month Group	

Give us a ring/email/text to book your place and we will email you the link to join in, then at the set time, make yourself a brew and sit down for a chat – even if you don't know anyone – you soon will!

Every session is organised by our Early Years Development Workers and is an opportunity for you to see and talk to other parents/carers as well gain ideas for things to do at home with your children as well as ask any questions you may have - they will hopefully be able to answer – or know someone who can!

Calling all New Mums!

We are here to support you!

We realise it can sometimes be a bit scary being on your own with a new baby and wondering if everything is ok/normal etc so it can be good to just have a chat either with other mums with babies of a similar age or our Early Years workers who are trained to know what is normal!

They are also all trained to BFI Level 3 in breastfeeding support so can answer any questions you may have and support you on your breastfeeding journey!

Call, text or email the Hub and they will ring you back ASAP!



Doncaster South Family Hubs



How to get in touch with us?

We are here for you if you are feeling lonely or stressed or need someone to talk to – just ring the Hub and someone will ring you back ASAP

Denaby, Conisbrough and Edlington Family Hub
01302 737436

Mexborough Family Hub
01302 736869

Rossington Family Hub
01302 737440

To get in touch with an Early Years Development Worker directly you can call or text their mobile number;

Adele 07970952793

Cassie 07813396186

Emma 07970952786

Marie 07812509286

Rachel 07970952789

Advanced EYDW;

Jodie 07970952795

Early Years Coordinator

Gail 07912395809

Don't forget to check our Social Media pages:

Facebook:

Denaby & Conisbrough Family Hub

Mexborough Family Hub

Rossington Family Hub NEW

Edlington Family Hub NEW

Instagram @doncasterfamilyhubs

Youtube Doncaster Family Hubs



Online First Friends

Are Friends For Life

Becoming a parent can be one of the most wonderful but challenging experiences in life. Meeting new people takes confidence, but it's so worth it

Using Microsoft teams as a guest, call SPOC to register your interest or speak to a member of the Health Visiting or Family Hub team

- * Aimed at mums with babies from birth to moving around the floor
- * Interactive, safe environment
- * Tailored emotional and practical support
- * Responsive parenting
- * Breastfeeding advice and support
- * Advice in relation to growing healthy baby brains based on latest research
- * Providing play and activities aimed at transition to parenthood
- * Encouraging interactions and forming attachment.

Check out our Facebook page for more details

doncasterhealthvisitors Or **01302 566776**

Visit **www.healthvisitors.rdash.nhs.uk**

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HEALTHY START

Families on certain benefits can receive **FREE** fruit, veg, milk and vitamins.

Find out if you qualify
www.healthystart.nhs.uk
or telephone **0345 607 6823**

NHS Give Your Family a Healthy Start