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Wider Community offers

BEST START IN LIFE | FAMILY HUBS

Early Years

Breastfeeding Network
Peer support services supporting families with infant feeding.

Childcare & Early Years Education
Explore a range of Ofsted or Independent Schools Inspectorate (ISI) registered group settings providing childcare and early years education in Hampshire.

Perinatal Mental Health Support Knowing Me, Knowing You
6-week online course designed for women or birthing parents to support their perinatal mental health.

Home Start Hampshire
Voluntary organisation in which volunteers offer regular support and practical help to families under stress to help give their children the best possible start in life.

Hampshire Healthy Families
Hampshire Healthy Families deliver the healthy child programme across Hampshire. Barnardo's runs a number of sessions, courses and groups to support families with 0–5-year-olds.

Family Nurse Partnership (FNP)
Voluntary programme offered to first time mums and dads under the age of 19. Home visits can be arranged Monday to Friday from 9.00am to 4.00pm.
Email: hiow.fnphampshire@nhs.net
Tel: 0300 003 0338

Treasure Box
All parents and carers are welcome to bring their little ones (0-4 years) for play, craft, snack and story. Suggested donation £1 per child. Drop-in.
Thursday, 9.30 – 11.00am at St Mary's Church in Rowner.

Seahorses and Bumblebees
Everyone welcome to come along. No need to book. £2 a family or £1 under 1s includes hot drinks and snacks.
Tuesday 10.00-11.30am
at St Francis, 78 Clayhall Road
Wednesday 9.00-10.30am
at St Faith, Tribe Road
Thursday 9.30-11.00am
at St Mary's Parish Centre, Green Road

Haven Tots
Baby and Toddler group. It's a relaxed morning of play, crafts or messy play, singing, snacks and hot drinks, making new friends and connecting with other local families. Everyone is welcome!
Monday 10.00-11.30am at Christ Church, Stoke Road

Sunbeams Parent & Toddlers Group
Parent & toddlers Group, Wednesday mornings 9:30am – 11.00am, term time, The Salvation Army, The Crossways, Gosport PO12 4RH

Ready Steady Walk
Social walking group for families with very young children.
Monday, 1.00 – 2.00pm
at Bridgemary Library

Advice Services

ChatHealth
Confidential secure text messaging service for parents of children aged 0-19.
The service operates Monday to Friday from 9am - 4pm, excluding bank holidays. All texts will be responded to by a Public Health Nurse (health visitor/school nurse) within 24hrs. **Children aged 0-5**: text 07520 615720 **Children aged 5-19**: text 07507 332417

Citizens Advice Gosport - Financial Skills for Families
Practical help and information for every day money challenges. One to One sessions are all Monday to Friday 10am-4pm and are approximately one hour long.
Call 02392 520112
contact-us@gosportcab.org.uk - subject: line Financial Skills

Younger Children

Hampshire CAMHS
Hampshire Child and Adolescent Mental Health Service help young people and their families

Haven Home
Haven Home is a twice a month after-school group for families to relax, connect and enjoy a hot meal together. Running term time and for £2 per adult, children can play whilst parents/carers unwind at the end of the day.
2nd and 4th Monday of the month, term time only. 3.30pm-5.00pm. At Christ Church, Stoke Road

Older Children

Motiv8 Youth Services
Emotional wellbeing support, mentoring, interventions, and services for young people, parents, and families.
Weekly Hub on Monday:
4.30-5.45pm for children aged 7-9 years old
6.00-7.15pm or children aged 10-12 years old,
Youth Futures Group
Tuesday 4.00-5.30pm
Motiv8 Unit 29, Toronto Place

The Moving on Project
Free counselling for children and young people aged 11-25
Referral by email at admin@the-mop.org or by phone 01329-822331163. West Street Fareham

Service Youth Club
Service Youth Club is a free Youth Club for children of Serving personnel and Veterans who attend secondary School.
Every other Wednesday, 4.30-6.30pm at King's Group Academies Gosport Community Hub

Dungeons and Dragons at Bridgemary Library
An open group for teenagers. No need to book just come along!
Saturday 10.00am – 1.00pm

Families

Hampshire Healthy Steps
Focus on whole family health and wellbeing. Group sessions run by Family Health Coaches.

Talking Teens
A four-session programme that helps parents understand teenage development and improve communication. Starting on Monday 2nd November 6pm till 8pm for 4 consecutive evenings at King's Group Academies Gosport Community Hub.

Children's Services Parenting Courses
A range of parenting courses available for families. Please use this form to book onto the Family Help courses: Fareham and Gosport Family Help Booking Form

The Pantry
A food bank for families experiencing food insecurity. No referral is needed, if finances are tight, families can come and collect a bag of food in a respectful, nonjudgemental environment.
Mondays 4.00-5.00pm at Christ Church, Stoke Road

Togetherness
Free online courses for all parents, parents-to-be, carers, grandparents and teenagers living in Hampshire. Plus, courses for professionals working with children.

Back to Basics
Empowering parents and carers to support their child's emotional wellbeing within the home.

Last updated 22nd October 2026

To find out more visit **hants.gov.uk/beststartinlife**, email **best.start.gosport@hants.gov.uk**, or drop into the hub to speak to your friendly hub connector.

Hampshire County Council

Disclaimer: Hampshire County Council takes reasonable care to keep this timetable accurate and up to date, but activity details may change or be cancelled at short notice. Some activities are delivered by third-party organisations, which are responsible for their services. Inclusion does not mean that Hampshire County Council recommends or endorses any provider or activity. Please check details with the organiser before relying on the information. To the fullest extent permitted by law, Hampshire County Council does not accept liability for loss arising from reliance on this information.