

Early Years

Two and Beyond

Leigh Park Library

For families with children over 2 years old, looking at your child's journey from being ready to learn at the age of 2 to being ready for school at the age of 5. Booking for September can be found [here](#).

Breastfeeding Network

Leigh Park Community Centre and The Spring Arts and Heritage Centre

Peer support services supporting families with infant feeding. Antenatal through until a family wants to stop accessing support. Dates and times can be located on the **Weekly Schedule**.

Perinatal Mental

Health Support

Knowing Me, Knowing You

6-week online course designed for women or birthing parents to support their perinatal mental health.

Health Visitor Referral Only.

Find your Health Visitor Details [here](#).

Hampshire Healthy Families

Partnership between Hampshire and Isle of Wight Healthcare NHS Foundation Trust Health Visiting and Barnardo's to 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 Mon – Fri from 9-4pm.

Email: hiow.fnphampshire@nhs.net

Tel: 0300 003 0338

Younger Children

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.

Tots Talking

8-week virtual course developed with parents to improve the language skills of 2–4-year-olds.

29.09.26 – 24.11.26 (no session in Oct ½ term) – **10am-11am**

30.09.26 – 26.11.26 (no session 29.10.26) – **10.30am-11.30am**

Self-refer [here](#)

Older Children

Motiv8 - The Hub

Free Youth Support Services

For young people who live or go to school in Havant.

Thrive Youth Hub @ Havant Leisure Centre Hangout

Tuesday 5:30pm-7:30pm

Thursday 5:30pm – 7:30pm

The Lighthouse

Wellbeing and mental health hub in Havant. Including supported activities, games, crafts, wellbeing focused workshops, refreshments, cooking sessions, 1:1 and peer support, signposting.

The Young Person's Safe Haven

Out of hours crisis support service for any young person in the Havant Borough area aged 11 to 17 years old.

Household Food Assistance

Leigh Park Food Bank

Self Referral.

Text 07935 516529 to request a parcel on a Sunday/Wednesday to collect the following day.

The Beacon – Havant

Referral Only [Citizens Advice]

Monday-Friday 10.30am-1pm for collection inside the Meridian Centre.

Advice Services

ChatHealth is a free confidential text support service for parents, carers, families and young people in Hampshire, provided by the Public Health Nursing Service. Available – Monday – Friday from 9am – 4pm (excl. Bank Holidays)

All texts are responded to by a Public Health Nurse within 24 hours.

Messages sent to the service may incur your standard network provider charge.

Children aged 0-5: text 07520 615720

Children aged 5-19: text 07507 332417

Citizens Advice

Email – advice@citizensadvicehavant.org

Phone – [08082787809](tel:08082787809)

Families

Hampshire Healthy Steps

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

Early Help for Families

Early support for families. More info and guidance can be found here: [Hampshire's Family Help Service | Hampshire CTSH](#)

Togetherness

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

Home- Start Hampshire

Family Matters Group – 12-week programme of support. Including signposting. Budgeting & finance guidance, well-being and parental guidance & support.

Small Dreams

Various Lego Play sessions available, including quiet play on Thursdays for those who prefer.

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

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