Funded by UK Government

Wider Community offers

BEST START IN LIFE | FAMILY HUBS

Early Years

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.**

First Words Together
FREE 5-week programme designed to help parents/carers to support their baby or toddler's early communication at Leigh Park Library Booking for November can be found here.

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.

Paediatric First Aid
FREE 3 hour in-person workshop held at Havant Library.
17 November, 9:30am-12:30pm
Eligibility criteria applies and will be checked upon enrolment.
Click here to find out more.

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

Baby & Toddler Talk
Run by Hampshire Healthy Families at Havant Tesco (Community Room, PO9 1TR)
4 November, 1:00pm – 2:30pm
Click here to find out more and to book your FREE space.

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.

Munch Food Pantry at Park Community School
£5 to take home on average £15 worth of food.
Monday 11am-1pm
Tuesday 11am-1pm
Wednesday 5pm-7pm
Thursday 11am-1pm
02392489811

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

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.

The Nurture Programme
Delivered by Havant Health Visiting Team 0-19
Local families of 3 – 4-year-olds can self-refer by contacting the Health Visiting Team or speaking to the Best Start Hub Connector.
Duration: 10-week programme with 1 week off during February half term.
Date: Wednesday 13 January
Time: 9:30am – 11:30am
Location: Best Start Family Hub, Havant
BOOK HERE.

Older Children

Motiv8 - The Hub
Free Youth Support Services
For young people who live or go to school in Havant.

Off The Record
For ages 8 – 25
Referral only counselling service
Enquiries@otr-south.org.uk

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.

Families

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

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

Emergency First Aid
FREE in-person workshop held at Leigh Park Library.
25 November, 9:45am-4:45pm
Eligibility criteria applies and will be checked upon enrolment.
Click here to find out more.

Early Help for Families
Early support for families. More info and guidance can be found here: Hampshire's Family Help Service | Hampshire CTSH

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

Last updated: 23 October 2026

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

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.