

Early Years

Five to Thrive

Leigh Park Library

Four-week course for families with babies aged 6 weeks to up to 6 months old. Looking at the 5 building blocks for your baby's optimal brain development. Booking for September can be found [here](#).

Baby & Toddler Talk

Leigh Park Library

1.5 hr session for families with children aged 9 months and over, looking at your child's speech and language development. Booking for August can be found [here](#).

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**.

Soft Play session for preschool children

Leigh Park Community Centre

Monday and Tuesday, 9.30am – 12.30pm £2 per child.

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

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.

Check your local supermarkets, restaurants and eateries for their bespoke offers.

Munch Pantry at Park Community School

Monday 27th July – Friday 21st August 12-1pm
Closed for Thursday teatime
FREE hot meals for everyone

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

Younger Children

School Holiday Activities

Connect for Families

Family Fun days at Park Community School during school holidays. Activities are for primary school aged children in school who are eligible for free school meals
Link to booking system or Email- admin@connect4.org.uk

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.

Older Children

Motiv8 - The Hub

Free Youth Support Services

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

School Holiday Activities

Connect for Families

Connect4Youth – Activity days for 11-16 year olds
Link to booking system or Email- admin@connect4.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.

Horizon Leisure Centre

Keep the kids active, entertained and making new friends this summer with activities from £2 Book [here](#)

Small Dreams

Various Lego Play sessions available through the summer. Find out more [here](#)

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.

SENDIASS Online Workshops

Free impartial advice relating to SEND for 0-25 years. Dedicated sessions with an experienced support worker. Book [here](#).

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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