

# Reading Family Hubs

**Annual  
timetable from  
March 2026  
to April 2027**



**Ranikhet | South Reading  
Southcote | East & North Reading**

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	All DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	Ranikhet Family Hub <i>Training room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>1st Monday of the month</b>
	9.30-11.30am	<b>Department for Work and Pensions (DWP)</b>	Ranikhet Family Hub <i>Small office</i>	Reading families	Support with benefits, employment and return to work Drop-in
	9.30-11.30am	<b>Early Years Support</b>	Ranikhet Family Hub <i>Training room</i>	Reading families with a child under 5	Check your eligibility for funded childcare. <b>2nd &amp; 4th Monday of the month</b> Drop-in
	10-11am	<b>Head to Toe Baby Massage</b>	Ranikhet Family Hub <i>Caterpillar room</i>	Parents/carers and babies aged under 1 year	Babies enjoy gentle massage from head to toe. This one-to-one time with parents supports bonding, attachment and relaxation <b>Contact your Family Hub to book</b>
	10.30am-12.30pm	<b>Compass Recovery College</b>	Ranikhet Family Hub <i>Butterfly room</i>	New/expectant parents	Monthly perinatal parent support group providing emotional health support for new parents <b>1st Monday of the month</b> Drop-in
	1-3pm	<b>New Directions</b>	Ranikhet Family Hub <i>Small office</i>	Neurodivergent families	Support with training, employment and being out of work Drop-in
	1-5pm	<b>Family Wellbeing Support</b>	Ranikhet Family Hub <i>Butterfly room</i>	Parents of children any age	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol/substance dependency
	7-9pm	<b>Midwife Home Birth Course</b>	Ranikhet Family Hub <i>Training room</i>	Expectant parents planning a home birth	Help you prepare for a calm, confident home birth <b>Invite only</b>

### Useful contacts

Reading Family Hubs: [FamilyHub@reading.gov.uk](mailto:FamilyHub@reading.gov.uk)

Community midwives: 0118 322 8059

Health visiting team: 0118 931 2111

Reading Family Hubs URL



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	8am-1pm	<b>Health Visiting Team</b>	Ranikhet Family Hub <i>Butterfly room</i>	Families with a 3 month old or 6 month old	Invite only <b>3rd Tuesday of the month</b>
	9.30am-3pm	<b>SEND &amp; Neuro-divergent Advisory Support</b>	Ranikhet Family Hub <i>Small office</i>	Families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education <b>4th Tuesday of the month</b>
	2-4pm	<b>Education Drop-in</b>	Ranikhet Family Hub <i>Butterfly room</i>	For families struggling to access education	Advice, guidance and support <b>1st Tuesday of the month</b>
	3.30-4.30pm	<b>Children's Games Club</b>	Battle Library	Children of all ages	No booking required
	3.30-5pm	<b>Youth drop-in</b>	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 (up to 25 including SEND)	Emotional support for young people around any of their concerns
	N/a	<b>Early Years SEND Advisor</b>	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) <a href="#">Support request form</a>
	5-8pm	<b>Youth Outreach Team</b>	Out in the surrounding community	Young people aged 12-18 years	The team is in various locations throughout the week

\* Special educational needs and/or disabilities (SEND)

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Wednesday	ALL DAY	<b>SEND &amp; Neuro-divergent Advisory Support</b>	Ranikhet Family Hub <i>Training room</i>	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education <b>2nd Wednesday of the month</b>
	9am-12pm	<b>Housing Support and Advice</b>	Ranikhet Family Hub <i>Butterfly room</i>	Reading families	RBC Homelessness Prevention team offers advice and support around housing issues <b>8 April, 5 August &amp; 2 December</b> Drop-in
	10-11am	<b>Little Explorers Drop-in</b>	Ranikhet Family Hub <i>Caterpillar room</i>	Parents/carers with babies aged up to 1 year	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11am	<b>Early Explorers</b>	Battle Library	Parents/carers with babies aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	10am-12pm	<b>Parenting Special Children</b>	Norcot Mission Church, Brockley Close, Reading RG30 4YP	For families of children with additional needs from ethnically diverse communities	Diverse communities coffee morning Drop-in
	1.30-2.30pm	<b>Stay &amp; Play</b>	Ranikhet Family Hub <i>Butterfly room</i>	For Portage families & those with children under 5 with SEND needs	Invite only
	1.30-2.30pm	<b>Big Explorers</b>	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	3.30-5pm	<b>Youth Drop-in</b>	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 years (up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	<b>SEND &amp; Neuro-divergent Advisory Support</b>	Ranikhet Family Hub <i>Small office</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for advice tailored to your family's needs <b>3rd Thursday of the month</b>
	8am-1pm	<b>Health Visiting Team</b>	Ranikhet Family Hub <i>Training room</i>	Families with a child under 2	2-year reviews Invite only
	9.30-11.30am	<b>Well Baby Clinic</b>	Ranikhet Family Hub <i>Butterfly room</i>	Families with a child under 1 year	Drop in to speak to a health professional for a brief consultation about your child's health, and weigh your baby <b>1st Thursday of the month</b>
	10-11.30am	<b>Time for Twos</b>	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged 2 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery
	10am-12pm	<b>Coffee Morning</b>	Battle Library	Adults	Drop in every Thursday for tea, coffee and biscuits, plus a monthly quiz is held on the final Thursday. Reading Voluntary Action (RVA) will be on hand to help you get online
	1-1.30pm	<b>Meet the Health Visiting team</b>	Ranikhet Family Hub <i>Training room</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1-2pm	<b>Virtual Sessions</b> Intro to family foods Toilet Training	Online using MS Teams	For families with children aged under 5	Advice on weaning babies 6 months + Support & advice when toilet training your child Contact your Family Hub

Self-weigh baby scales available all week

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Thursday cont'd	1-2pm	<b>Early Explorers</b>	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1-4pm	<b>Elevate Careers Service</b>	Ranikhet Family Hub <i>Training room</i>	For young people aged 13-25	Careers advice and guidance, education, employment and training options <b>3rd Thursday of the month</b>
	3.30-4pm	<b>LEGO Club or Craft Club</b>	Battle Library	For children aged 6+	Alternate weeks. No booking required
Friday	8.30am-1pm	<b>Health Visiting team</b>	Ranikhet Family Hub <i>Training room</i>	Parents/carers with babies aged up to 9 months	9 month-olds' reviews Invite only
	10-10.30am & 11-11.30am	<b>Rhymetime</b>	Battle Library	For families with little ones aged under 5	Drop in for a singing and rhyming session to encourage speech and language skills while having fun.
	10-11.30am	<b>Stay &amp; Play (2 x sessions)</b>	Ranikhet Family Hub <i>Butterfly room and Caterpillar room</i>	For families with little ones aged under 5	A welcoming session that supports early social skills, confidence and communication as children explore, play together and build positive relationships.
	12-2pm	<b>Education Drop-in</b>	Ranikhet Family Hub <i>Butterfly room</i>	For families struggling to access education	Advice, guidance and support <b>3rd Friday of the month</b>
	TBC at booking	<b>Post-natal clinic</b>	Ranikhet Family Hub <i>Training room</i>	For both parents following the birth of their baby	The Health Visiting team will be providing post-natal checks for babies aged 6-8 weeks. Invite only
	3.30-5pm	<b>Source Youth Drop-in</b>	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 (up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. <b>1st Friday of the month</b>
	5-8pm	<b>Youth Outreach</b>	Out in the surrounding community	Young people aged 13-19 (up to 25 including SEND)	The Youth team is in various locations throughout the week

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	South Reading Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>3rd Monday of the month</b>
	ALL DAY	<b>Family Employment Advisor</b>	South Reading Family Hub <i>Small meeting room</i>	Reading families	Help with anything work-related. Starting and returning to work, finding courses and employment, CVs and interview techniques
	10am-12pm	<b>Reading Borough Council (RBC) Housing and Communities</b>	Whitley Wood Community Centre	Reading families	Drop-in <b>4th Monday of the month</b>
	1-2pm	<b>Virtual Sessions</b> Intro to family foods Toilet Training	Online using MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	1.30-2.30pm	<b>Stay &amp; Play</b>	South Reading Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	<b>Invite only</b>
	6-8pm	<b>Reading Community Trust Youth Club</b>	Hexham Road Community Centre	Young people aged 8-18	Positive activities for young people in South Reading Drop-in

*Self-weigh baby scales available all week*

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Tuesday	9.30-11.30am	<b>Department for Work and Pensions (DWP)</b>	South Reading Family Hub <i>Small meeting room</i>	Reading families	Support with benefits, employment and return to work Drop-in
	10-11am	<b>Early Explorers</b>	South Reading Family Hub <i>Main hall</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	10-11am	<b>Breastfeeding Support</b>	South Reading Family Hub <i>Crèche</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental and evidence-based information however old your child
	10-11am	<b>Meet the Health Visitor</b>	South Reading Family Hub <i>Crèche</i>	Reading families with a child under 5	For health-related questions about your baby. <b>3rd Tuesday of the month</b>
	10am-12pm	<b>RBC Debt Relief Team</b>	South Reading Family Hub <i>Whitley Café</i>	Reading residents	Support make an informed decision how to deal with debts <b>1st Tuesday of every month</b>
	10am-12pm	<b>Affinity Housing Surgery</b>	South Reading Family Hub <i>Whitley Café</i>	Affinity Housing residents	Advice and support around housing issues <b>1st Tuesday of every month</b>
	10am-12pm	<b>New Directions</b>	South Reading Community Hub	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or further training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	10am-12pm	<b>Housing and communities with Citizens Advice Reading</b>	Hexham Road Community Centre	Reading families	Advice and support around housing and community issues <b>3rd Tuesday of every month</b> Drop-in
	10am-1pm	<b>Coffee Morning</b>	Whitley Wood Community Centre	Adults	Warm welcome space
	12.30-2.30pm	<b>Education Drop-in</b>	South Reading Family Hub <i>Small meeting room</i>	For families struggling to access education	Advice, guidance and support <b>2nd Tuesday of the month</b>

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	1-2pm	<b>Stay &amp; Play</b>	South Reading Family Hub <i>Main hall</i>	For families with children aged 0-5 years	A welcoming session that supports early social skills, confidence and communication as children explore, play together and build positive relationships
	1-3pm	<b>Reading Family Church Pantry</b>	Whitley Wood Community Centre	Pantry members living in Whitley <i>(Membership open to those on benefits or low incomes)</i>	£5 for each shop Access to fresh fruit and vegetables and store cupboard favourites often valuing £20-£25 <a href="#">Sign up online</a> or in person at the Pantry
	1-3pm	<b>Citizens Advice</b>	Whitley Wood Community Centre	Reading residents	Advice on legal, financial and personal issues, including debt, benefits, housing and consumer rights Every other week. Drop-in
	3.30-5.30pm	<b>Kids' Craft Club</b>	Whitley Library	For children aged 3-11 years with an adult	Crafty fun sessions, parents can join in too!
	5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week
	N/a	<b>Virtual Early Years</b>	Online	For families with children under 5 years old	SEND advisors virtual outreach service with availability throughout the week

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Wednesday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	South Reading Family Hub <i>Small meeting room</i>	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education <b>4th Wednesday of the month</b>
	9.30am-4pm	<b>Community Wellness Outreach</b>	South Reading Family Hub <i>Whitley Café</i>	For Whitley residents aged over 30	Health check appointments and drop-ins <b>3rd Wednesday of the month</b>
	9.30-11am	<b>Time for Twos</b>	South Reading Family Hub <i>Crèche</i>	For families with children aged 2 years	Play-based activities that support early independence, social skills and communication to help children feel ready for nursery
	9.30-11.30am	<b>Early Years Support</b>	South Reading Family Hub <i>Small meeting room</i>	For families with child under 5 to check eligibility for funded childcare	<b>1st and 3rd Wednesday of the month</b>
	12-1pm	<b>Compass Recovery</b>	South Reading Family Hub <i>Whitley Café</i>	Adults	Drop-in support group for mental health
	1-2pm	<b>Messy Play</b>	South Reading Family Hub <i>Main hall</i>	For families with children aged under 5	A fun, sensory session exploring textures and materials to build creativity <b>Excluding 1st Wed of the month</b>
	1.30-3.30pm	<b>Well Baby Clinic</b>	South Reading Family Hub <i>Main hall</i>	For families with a child aged under 1 year	Drop in to speak to a health professional for a brief consultation about your child's health and to weigh your baby <b>1st Wednesday of the month</b>
	3.30-5pm	<b>Youth drop-in</b>	South Reading Community Hub	For young people aged 13-19 (up to 25 with SEND)	Drop-in for general advice and support
	4-5.30pm	<b>Compass Recovery College Cooking club</b>	Whitley Wood Community Centre	Adults over 18 years old living in the Reading area	Drop-in <b>2nd Wednesday of the month</b>
	6-9pm	<b>ReachOUT club</b>	Whitley Wood Community Centre	13-18 year-olds in Reading who identify as LGBTQ+	A safe space to chat with other young people and access advice and support. <a href="mailto:reachout@reading.gov.uk">reachout@reading.gov.uk</a> or call 0118 937 6130

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	South Reading Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. <b>Pre-book (how)</b> or drop in for support and advice tailored to your family's needs <b>1st Thursday of the month</b>
	10-11am	<b>Little Explorers</b>	South Reading Family Hub <i>Main hall</i>	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11.30am	<b>Playgroup</b>	Whitley Wood Community Centre	For families with a child aged 0-4 years old	Free play and themed activities, plus singing and story time Drop-in
	11-11.30am	<b>Rhymetime</b>	Whitley Library	For families with a child aged up to 5 years old	A singing and rhyming session to encourage speech and language skills while having fun Drop-in
	1-4pm	<b>Elevate Careers Service</b>	South Reading Community Hub	Young people aged 13-25	Advice and guidance around employment, education & training options. <b>2nd Thursday of the month</b>
	3.30-5pm	<b>Source Youth Drop-in</b>	South Reading Community Hub	Under 18 year olds or up to 25 with learning difficulties	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. <b>3rd Thursday of the month</b>
	5-6pm	<b>Youth Club</b>	Hexham Road Community Centre	8-13 year olds	Drop-in
	6-7pm	<b>Youth Club</b>	Hexham Road Community Centre	14-18 year olds	Drop-in

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Friday	9.00-12.00pm	<b>Housing Support and Advice</b>	South Reading Family Hub <i>Main hall</i>	Reading families	RBC Homelessness Prevention team offers advice and support around housing issues <b>8 May and 4 September only</b> Drop-in
	9.15-11.15am	<b>Parenting Special Children</b>	South Reading Community Hub	For families with children who have additional needs	Safe and supportive group for sharing experiences and gaining peer support
	10-11.30am	<b>Stay, Play &amp; Stories</b>	Hexham Road Community Centre	For families with little ones aged 0-4 years	Free play group during term-time only. To book contact <a href="mailto:e.walker@reading.ac.uk">e.walker@reading.ac.uk</a>
	10am-12pm	<b>Becoming Mums</b>	Hexham Road Community Centre	For all new mums and expectant mums	Peer support group for women with shared experience of becoming a new mum
	1-2pm	<b>Big Explorers</b>	South Reading Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	2.30-4pm	<b>Education Drop-in</b>	South Reading Family Hub <i>Small meeting room</i>	For families struggling to access education	Advice, guidance and support <b>4th Friday of the month</b>
	5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week
Saturday	10am-12pm	<b>LEGO Club</b>	Whitley Library	Families with children	A Saturday morning fun session for children. Drop-in, no need to book
	10am-12pm	<b>Citizens Advice</b>	Whitley Community Cafe	Reading residents	1st Saturday of the month

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Monday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	Southcote Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>4th Monday of the month</b>
	10-11am and 1-2pm	<b>Virtual Sessions</b> Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	10-11am	<b>Little Explorers</b>	Southcote Family Hub <i>Main hall</i>	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-2pm	<b>Baby Dimensions Drop-in</b>	Southcote Family Hub <i>Main hall</i>	Families with babies aged up to 6 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as they discover the world around them through touch, sound and movement
	3-5pm	<b>Source Youth Drop-in</b>	Southcote Family Hub <i>Small meeting room</i>	Under 18 year olds or up to 25 with learning difficulties	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. <b>2nd Monday of the month</b>
	6-7.15pm	<b>Grassrootz Junior Youth Club</b>	Coley Community Centre	Children aged 7-11 years	Activities, sports, arts and crafts
	7.30-9pm	<b>Grassrootz Senior Youth Club</b>	Coley Community Centre	Children aged 11-16 years	Activities, sports, arts and crafts

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<b>Tuesday</b>	N/a	<b>Early Years SEND Advisor</b>	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) <a href="#">Support request form</a>
	9.30am-12pm	<b>Housing Support and Advice</b>	Southcote Family Hub <i>Community room</i>	Reading residents	RBC Homelessness Prevention team offers advice and support around housing issues <b>2 June and 6 October</b> Drop-in
	9.30am-12.30pm	<b>SEND &amp; Neuro-divergent Advisory Support</b>	Southcote Family Hub <i>Small meeting room</i>	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education <b>3rd Tuesday of the month</b>
	10-11am	<b>Big Explorers</b>	Southcote Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	10.30-11.30am	<b>Coffee morning</b>	Southcote Library	Reading residents	Drop-in, suggested 30p donation towards tea, coffee and biscuits
	1-2pm	<b>Sing &amp; Play</b>	Coley Community Centres	For families with babies and children aged 5 and under	Join us for a fun and friendly session offering a range of activities
	3.30-5pm	<b>Youth Support</b>	Southcote Family Hub <i>Small meeting room</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week	

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Wednesday	9.30-am-12.30pm	<b>New Directions</b>	Southcote Family Hub <i>Community room</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	10-11.30am	<b>Education Drop-in</b>	Southcote Family Hub <i>Café</i>	For families struggling to access education	Advice, guidance and support <b>1st Wednesday of the month</b>
	10-11.30am	<b>Time for Twos</b>	Southcote Family Hub <i>Main hall</i>	For families with children aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery <b>Contact Family Hub to book</b>
	1-2pm	<b>Early Explorers</b>	Southcote Family Hub <i>Main hall</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1.1.30pm	<b>Meet the Health Visitor</b>	Southcote Family Hub <i>Main hall</i>	For families with children aged up to 1 year	In Bumps & Babes session <b>2nd Wednesday of the month</b>
	1-3pm	<b>Early Years Support</b>	Southcote Family Hub <i>Café</i>	Check eligibility for funded childcare (under 5s)	<b>2nd and 4th Wednesday of the month</b>
	1-3pm	<b>Department for Work and Pensions (DWP)</b>	Southcote Family Hub <i>Small meeting room</i>	Reading families	Support with benefits, employment and return to work Drop-in
	1.30-4.30pm	<b>NHS Health Visiting Service</b>	Southcote Family Hub <i>Community room</i>	For families with a baby aged 9 months	Development reviews for nine-month olds with the health visiting team
	5-7pm	<b>Youth Club</b>	Southcote Family Hub <i>Main hall</i>	Children aged 8-18 years	5-6pm 8-12 year-olds 6-7pm 12-18 year-olds

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Reading Family Hubs URL



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	<b>SEND Neurodivergent Advisory Support</b>	Southcote Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>2nd Thursday of the month</b>
	9.30-11.30am	<b>Education Drop-in</b>	Southcote Family Hub <i>Café</i>	For families struggling to access education	Advice, guidance and support <b>3rd Thursday of the month</b>
	9.30-11.30am	<b>Well Baby Clinic</b>	South Reading Family Hub <i>Community room</i>	For families with a child aged under 1 year	Drop in to speak to a health professional for a brief consultation about your child's health and to weigh your baby <b>4th Thursday of the month</b>
	9.45-10.15am	<b>Rhymetime</b>	Southcote Library	For families with a child aged up to 5 years old	A singing and rhyming session to encourage speech and language skills while having fun Drop-in
	9.30am-12.30pm	<b>NHS Health Visiting Service</b>	Southcote Family Hub <i>Community room</i>	For families with a baby aged 9 months	Development reviews for 9-month olds
	9.30-11.30am	<b>Breastfeeding Support</b>	Southcote Family Hub <i>Main hall</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental and evidence-based information however old your child
	10.15-11.15am	<b>Messy Play</b>	Southcote Family Hub <i>Main hall</i>	For families with a child under 5	A fun, sensory session where children explore textures and materials to build creativity
	10.30-11.30am	<b>Games Morning</b>	Southcote Library	For adults	Drop-in for cards or a board game. Tea and coffee provided with suggested donation of 30p
	1-4pm	<b>Elevate Careers Service</b>	Southcote Family Hub <i>Small meeting room</i>	Young people aged 13-25	Advice and guidance around employment, education & training options. <b>1st Thursday of the month</b>
	1.30-2.30pm	<b>Stay &amp; Play</b>	Southcote Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	Invite only

Day	Time	Activity	Venue	Suitable for	Notes and how to book
<b>Friday</b>	9.30am-12.30pm	<b>New Directions</b>	Southcote Family Hub <i>Community room</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	9.30am-1pm	<b>Family Wellbeing Support</b>	Southcote Family Hub <i>Main hall</i>	Reading families	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol or substance dependency
	10.30-11.30am	<b>Book Club</b>	Southcote Library	Book club members	Contact Southcote library for more information on 0118 937 5109 <b>2nd Friday of the month</b>
	10.30am-12pm	<b>Compass Wellbeing</b>	Southcote Family Hub <i>Café</i>	Adults	Drop-in coffee morning <b>1st Friday of the month</b>
	3.30-5pm	<b>Youth Support</b>	Southcote Family Hub <i>Small meeting room</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
	5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

### Useful contacts

Reading Family Hubs: [FamilyHub@reading.gov.uk](mailto:FamilyHub@reading.gov.uk)

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Health visiting team: 0118 931 2111

Reading Family Hubs URL



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	ALL DAY	<b>SEND Neurodivergent Advisory Support</b>	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>2nd Thursday of the month</b>
	10-11am	<b>Big Explorers</b>	East & North Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	10am-12pm	<b>Well Baby Clinic</b>	Greyfriars Church	For families with children under 1 year	Speak to a health professional for a brief consultation about your child's health and to weigh your baby Drop-in
	12-5pm	<b>NHS Visiting Service</b>	East & North Family Hub <i>Main hall</i>	Reading families	9 month and 2 year reviews. Invite only
	1-2pm	<b>Virtual Sessions</b> Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	1.30-2.30pm	<b>Sport In Mind Mother &amp; Baby Exercise</b>	Rivermead Leisure Centre Richfield Ave Reading RG1 8EQ	Mothers at least 10 weeks post-birth	Exercise with your baby in a supportive environment
	1.30-3.30pm	<b>Well Baby Clinic &amp; Breastfeeding Support</b>	East & North Family Hub <i>Kennet</i>	Reading families	Speak to a health professional for a brief consultation about your child's health and to weigh your baby <b>3rd Monday of the month</b> Drop-in
	3.30-5pm	<b>Youth Support Drop-in</b>	East & North Family Hub <i>Avon</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns

Self-weigh baby scales available all week

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>1st Tuesday of the month</b>
	Time TBC at invite	<b>Health Visiting Service</b>	Caversham Children's Centre	For families with a baby aged 9 months	Development reviews for 9-month olds
	9am-1.30pm	<b>Homestart Mums in Mind</b>	East & North Family Hub <i>Kennet</i>	Postnatal mothers	<b>24 Feb – 21 April</b> Postnatal course in a group setting that supports mothers who may be feeling low, anxious or overwhelmed <b>With crèche</b>
	10-11am	<b>Homestart Mums in Mind</b>	East & North Family Hub <i>Kennet</i>	Postnatal mothers	<b>26 May – 21 July</b> Follow up baby group after the course above
	10-10.30am	<b>Meet the Health Visitor</b>	Caversham Children's Centre	For families with children aged up to 1 year	<b>2nd Tuesday of the month</b> Invite only
	10-10.45am	<b>Toe-to-Head Baby Massage</b>	Caversham Children's Centre	For families with a baby aged 8 weeks to 6 months	Babies enjoy gentle massage from head to toe. This one-to-one time supports bonding, attachment and relaxation. Contact the Family Hub to book
	10-11am	<b>Sport in Mind Mother &amp; Baby Yoga</b>	East & North Family Hub <i>Main hall</i>	For families with a child aged under 1 year	Gentle movement, light fitness and exercise circuits for mums and babies
	10am-12pm	<b>New Directions</b>	East & North Family Hub <i>Rupert</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	10.30-11am	<b>Rhymetime</b>	Palmer Park Library RG1 3QB	For families with a child aged 0-5 years	Introducing your child to language through rhyme

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	1-2pm	<b>Little Explorers</b>	East & North Family Hub <i>Main hall</i>	For families with a child aged 0-2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-5pm	<b>Family Wellbeing Support</b>	East & North Family Hub <i>Avon</i>	Reading families	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol or substance dependency
	N/a	<b>Early Years SEND Advisor</b>	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) <a href="#">Support request form</a>
	3.30-5pm	<b>Youth Support Drop-in</b>	East & North Family Hub <i>Avon</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
	5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

### Useful contacts

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Community midwives: 0118 322 8059

Health visiting team: 0118 931 2111

Reading Family Hubs URL



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>3rd Wednesday of the month</b>
	9.30-11.30am	<b>Well Baby Clinic</b>	Caversham Children's Centre	For families with children under 1 year	Speak to a health professional for a brief consultation about your child's health and to weigh your baby <b>2nd Wednesday of the month</b> Drop-in
	9.30-11.30am	<b>Breastfeeding Support</b>	Caversham Children's Centre	Breastfeeding parents	Breastfeeding Network Reading offers free, non-judgemental evidence-based information at any stage of your journey, whatever age your child
	10-11.30am	<b>Time for Twos</b>	East & North Family Hub <i>Main hall</i>	For families with a child aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery <b>Contact Family Hub to book</b>
	1-2pm	<b>Early Explorers</b>	East & North Family Hub <i>Main hall</i>	For families with a child under 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	PM	<b>Health Visiting Service</b>	Caversham Children's Centre	For families with a baby aged 9 months	Development reviews Invite only
	3.30-5pm	<b>Source Youth Drop-in</b>	East & North Family Hub <i>Avon</i>	Under 18 year olds (or up to 25 with learning difficulties)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. <b>4th Wednesday of the month</b>

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	<b>SEND &amp; Neurodivergent Advisory Support</b>	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs <b>4th Thursday of the month</b>
	930-11.30am	<b>Department for Work and Pensions (DWP)</b>	East & North Family Hub <i>Rupert</i>	Reading families	Support with benefits, employment and return to work Drop-in
	9.30-11.30am	<b>Early Years Support</b>	East & North Family Hub <i>Avon</i>	Check eligibility for funded childcare (under 5s)	<b>1st and 3rd Thursday of the month</b>
	10-11am	<b>Stay &amp; Play</b>	East & North Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	<b>Invite only</b>
	10.30-11am	<b>Rhymetime</b>	Palmer Park Library	For families with a child aged 0-5 years	Introducing your child to language through rhyme
	12-5pm	<b>Health Visiting Team</b>	East & North Family Hub <i>Kennet</i>	Age group?	<b>4th Thursday of the month</b>
	12.30-2.30pm	<b>Education Drop-in</b>	East & North Family Hub <i>Rupert</i>	For families struggling to access education	Advice, guidance and support <b>2nd Thursday of the month</b>
	1-4pm	<b>Elevate Careers Service</b>	East & North Family Hub <i>Rupert</i>	Young people aged 13-25	Advice and guidance around employment, education & training options. <b>4th Thursday of the month</b>
	1-5pm	<b>Health Visiting Team</b>	East & North Family Hub <i>Main hall</i>	For families with a baby aged 3 or 6 months	Development reviews <b>4th Thursday of the month</b> Invite only
	3.30-5pm	<b>Source Youth Drop-in</b>	East & North Family Hub <i>Avon</i>	Under 18 year olds (or up to 25 with learning difficulties)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else.

Day	Time	Activity	Venue	Suitable for	Notes and how to book
<b>Thursday continued</b>	4.30-7.30pm	<b>Senior young Carers</b>	East & North Family Hub <i>Kennet</i>	13-18 year olds	Group sessions for young carers to chat through any concerns and access helpful life advice, alongside fun activities <b>Invite only</b> Contact your Family Hub
	6.30-9.30pm	<b>Dads-to-Be (2 x evenings per course)</b>	East & North Family Hub <i>Main hall</i>	Expectant dads in Reading	Meet other dads-to-be at a friendly and educational session led by a midwife and Family Hub staff <b>Contact your Family Hub for dates and to book</b>
<b>Friday</b>	9am-12pm	<b>Housing Support &amp; Advice</b>	East & North Family Hub <i>Kennet</i>	Reading residents	RBC Homelessness Prevention team offers advice and support around housing issues <b>3 July and 6 November</b> Drop-in
	10-11am	<b>Baby Dimensions</b>	East & North Family Hub <i>Main hall</i>	Families with a baby aged 0-18 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as babies discover the world around them through touch, sound and movement Drop-in
	10-11am	<b>Breastfeeding Support</b>	East & North Family Hub <i>Avon</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental evidence-based information at any stage of your journey, whatever age your child. <b>1st &amp; 3rd Friday of the month</b>
	1-2pm	<b>Education Drop-in</b>	East & North Family Hub <i>Rupert</i>	For families struggling to access education	<b>4th Friday of the month</b>
	5-8pm	<b>Youth Outreach</b>	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

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Reading Family Hubs URL





**South Reading Family Hub**  
252 Northumberland Ave, Reading RG2 7QA



**East & North Reading Family Hub**  
Sun Street, Reading RG1 3JX



**Southcote Family Hub**  
Coronation Square, Reading, RG30 3QP



**Ranikhet Family Hub**  
Thurso Close, Reading RG30 4YH

### Advice and support for your child's development

The government's Best Start in Life parent hub brings together information, trusted advice and guidance for parents on everything from pregnancy, early education and childcare, right through to starting school and beyond.

[www.beststartinlife.gov.uk](http://www.beststartinlife.gov.uk)

UK Government | NHS

**For parents' questions, BIG & small.**

Why is my baby crying?

What should I pack in my hospital bag?

How do I apply for childcare support?

Get advice and support at [BestStartInLife.gov.uk](http://BestStartInLife.gov.uk)

**Best Start in Life - Reading Family Hubs**  
[www.reading.gov.uk/beststartinlifefamilyhubs](http://www.reading.gov.uk/beststartinlifefamilyhubs)

