

The Hub Timetable

Monday	9:30-11:30	The Hub 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Cuppa and chat	Drop-in playgroup session. The YourFamily team are on hand to provide information or help with family issues.	All welcome
Monday and Thursdays	13:00-15:00	The Hub, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Mindful Mums	A six-week group course to boost mental wellbeing. Delivered by Specialist Health Visitors for Perinatal Health	To book your place, contact Ros Shackleton 01702 482862 rosshacklton@nhs.net
Tuesday	10:00-12:00	The Hub, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Mini Milks	Group breastfeeding support and sensory playgroup session provided by the SYMCA Bump to Breast team and ABSS crèche.	All welcome from ABSS wards
Tuesday	13:00-14:30	The Hub 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Chaos and Calm	Chaos and Calm weekly drop-in session for children with a disability under the age of two.	All welcome
Tuesday	12:30-14:30	The Hub 29-31 Alexandra St, Southend-on-Sea SS1 1BW	HENRY drop-in	The HENRY Healthy Families Team are available to answer any questions you may have on diet and nutrition or parenting in general.	All welcome from ABSS wards
Wednesday	13:00-14:30	Pip's playroom, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Parenting Solo	Weekly drop-in support group and playgroup session for solo parents provided by Cake Club	All welcome from ABSS wards
Wednesday	All day	The Hub, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Parent Champions Day		Parent Champions only Contact: abss@savssouthend.co.uk

Thursday	9:00-12:00	The Hub, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Chaos and Calm	A playtime and sensory session for children under the age of four with disabilities.	Book your place contact Hannah Davies admin@chaosandcalm.org
Friday (first Friday every calendar month)	10:00-12:00	The Hub, 29-31 Alexandra St, Southend-on-Sea SS1 1BW	Coffee Morning, Family Support Team for Social Communication Needs	Monthly coffee morning sessions for support for families whose child is on the multi-disciplinary waiting list or has a recent diagnosis related to concerns around communication, interaction and/or imaginative play	For families living in ABSS wards To book your place, contact Laura Pullum or Natalie Chopas