

Family Hub at Poole Old Town – Timetable

Spring Term 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
am pm	9.00 to 16.00 Midwives clinic: appointments only	9.00 to 12.00 Health clinic for 10 month check: appointments only	9.00 to 16.00 Midwives clinic: appointments only	9.30 to 12.30 Newborn hearing clinic: appointments only	9.00 to 12.00 SALT: Speech and Language Team: appointments only
	10.00 to 11.30 Health clinic: drop in	9.30 to 11.00 Stay and play: weekly	10.00 to 11.00 Friendly food club mash and munch (6 to 18 months): 15 January to 5 February and 5 to 26 March	9.45 to 11.00 Breast feeding support: weekly	10.00 to 11.45 Portage stay and play: second Friday of every month (pre-booking)
	9.30 to 11.30 SENDiass4BCP drop in: 20 January 24 February 24 March	9.30 to 11.00 Triple P primary: 15 January to 4 March (booking required)	12.30 to 16.00 OASIS midwives clinic: appointments only	13.00 to 14.00 DorPip PeaPods antenatal class: 16 to 30 January (pre-booking)	
		12.30 to 16.00 Perinatal health clinic: (booking required)	13.00 to 14.30 Flourish young parents group: weekly	15.45 to 16.45 Family friendly food club (all ages): 16 January to 6 February	
			17.30 to 19.00 Parenting journey: online 8 January to 12 February and 19 February to 26 March		

Family Hub at Poole Old Town Green Road, Poole, BH15 1QB

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- Early help navigators
- Pre-birth and babies, toddlers and pre-school
- 5 to 11 Primary school age
- 11 to 16 Secondary school age
- Young adults, parents and carers



