

Early Years

Five to Thrive

Leigh Park Library

Four-week course for families with babies aged 6 weeks to up 6 months old. Looking at the 5 building blocks for your baby's optimal brain development.

Next course starts 08.09.26

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 July 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 July 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](#).

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.

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

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** www.eequ.org/connect4familiesand youth

Email- admin@connect4.org.uk

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THRIVE After-School

programme

40% off community card holders FREE for THRIVE memberships FREE for Family Memberships Scooter Club, non-contact boxing, family rackets, family non-contact boxing, dodgeball, UV dodgeball, Hangout Youth Club, rackets club, Family Boxercise.

THRIVE SEND sessions

- Family Bounce & Play
- SENDsational Bounce & Move
- Public Swimming

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** www.eequ.org/connect4familiesand youth 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.

Back to Basics

Empowering parents and carers to support their child's emotional wellbeing within the home.

Togetherness

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

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](#).

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

Digital Drop-in provided by Citizen Advice

When; 3rd Tuesday of every month

Where: Leigh Park Library

Time: 2pm-4pm (drop in)

Bring your own device along for support with setting up an email, booking NHS appointments,, online banking and much more.

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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