

Family Hubs - helping you give your baby the best start



Family Hubs are where you can find out about pregnancy and looking after children.

Care when you are pregnant



The early weeks of pregnancy are important for you and your baby.



When you know you are pregnant, make an appointment with a midwife.



You can make an appointment to see a midwife by calling your GP surgery or ring: **0116 258 4834**



A midwife is a type of nurse who will look after you when you are pregnant and help when your baby is being born.



Your midwife will help you keep well during pregnancy and make appointments for checks and scans.

Care during pregnancy is called antenatal care



You can go to sessions with other families to learn how to feed and look after your baby.



You can learn about keeping healthy while you are pregnant.



You can learn about giving birth.



You can meet other parents and carers.

Your child aged 0-2 years



Family Hub staff can support you through your child's life.



The first two years of your child's life are very important.



Talking to your child and playing with them are important for their development.



Family Hub stay and play and learning together sessions help you to meet other families. They also help your child to play with other children.

Help and support



There is lots of help and support for you.



You can get help on:

Support before and after your baby is born



Feeding your baby and family



Child health



Relationships



Special educational needs and disabilities



Advice about being a parent



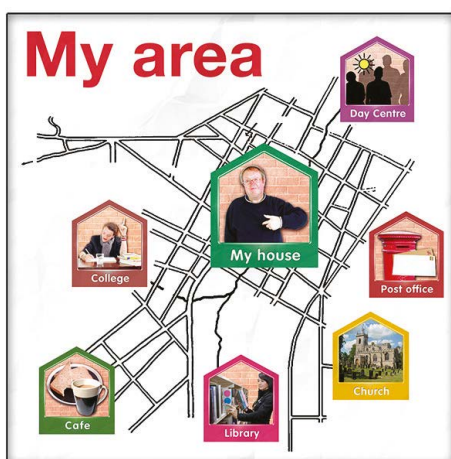
Support for your mental health



Money



Can signpost to housing support



Community groups where you live

Other support

Start for Life

The national NHS Start for Life programme
nhs.uk/start4life

Live Well Little Ones

Information for you and your family including safer sleep, Healthy Start and oral health.
leicester.gov.uk/littleones

Health for under 5s

Provides support for you and your family including how to register with a midwife
healthforunder5s.co.uk

Chat Health

For free confidential health and advice text **07520 615 381** and a public health nurse will get back to you within 24 hours

Leicester Mammias

For breastfeeding support and general advice on baby matters
mammias.org.uk

Heads Up

Supporting parents, carers and young people who are experiencing behaviour, relationship and mental health challenges.
headsupleicester.org.uk



You can find Family Hubs at these places:

- **Braunstone**

Gallards Hill, LE3 1QR

Tel: 0116 454 3890

- **Eyres Monsell**

Hillsborough Road, LE2 9PT

Tel: 0116 454 3390

- **Thurnby Lodge**

Dudley Avenue, LE5 2EG

Tel: 0116 454 3850

- **Highfields**

20 Barnard Close, LE2 0UZ

Tel: 0116 454 3810

- **Belgrave**

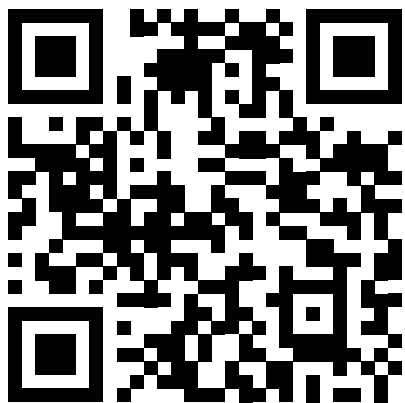
Cossington Street, LE4 6JD

Tel: 0116 454 3320

Or where you see the Family Hub logo

You can get information by scanning the QR code:

- (1) Open the camera app
- (2) Point the camera at the QR code
- (3) Wait for a notification to appear
- (4) Tap the notification to open the link.



Or go to the website:

families.leicester.gov.uk