

Discover Help and Support for Your Family at Family Hubs!

What is a Best Start Family Hub?

Family Hubs support families from pregnancy, through childhood, and up to age 19 (or 25 for those with special educational needs and disabilities). Whether it's free classes, events and activities, help with your children before they start school or finance and housing advice - the hubs will provide wrap around support either providing the service directly or connecting you to the right local support.

Our Plymouth Family Hub website is the best place to keep up to date with our face-to-face and virtual offer. Visit [Family Hubs | PLYMOUTH.GOV.UK](https://www.plymouth.gov.uk/family-hubs) to find the latest information. You can also view our current timetable and contact details below.

Are you aware that Family Hubs are here to support you in your local area...

We have 11 Family Hubs across the city:

- ★ Efford Family Hub (Efford)
- ★ Four Woods Family Hub (West Park)
- ★ Green Ark Family Hub (Devonport)
- ★ Manor Street Family Hub (Stonehouse)
- ★ Morice Town Family Hub (Devonport)
- ★ Nomony Family Hub (Cattedown)
- ★ North Prospect Family Hub (North Prospect)
- ★ Rees Family and Wellbeing Hub (Plympton)
- ★ Southway Family and Wellbeing Hub (Southway)
- ★ The Barn Family Hub (Barne Barton)
- ★ Whitleigh Family and Wellbeing Hub (Whitleigh)



[Find a Family Hub | PLYMOUTH.GOV.UK](https://www.plymouth.gov.uk/family-hubs)

How a Family Hub can support you and your family

Your local Family Hub has:

- ★ Practical help from professionals and peer supporters
- ★ Guidance on creating a positive home learning environment
- ★ Breast feeding and infant feeding support
- ★ Equipment on loan for example, breast pumps
- ★ Face to face support, to talk through yours and your family's needs and help you make a plan
- ★ Activities and groups for the family, and links with organisations across the city that offer fun, inclusive opportunities for all ages and needs, including SEND.
- ★ Access to extra help if things get difficult

What to expect

- ★ Friendly, welcoming staff who are available to talk about anything you may be worried about. Family Hubs offer a “one-stop shop” of services, and there are no wrong questions.
- ★ A range of support formats to suit you: drop-ins, support groups, bookable courses, and outreach, with the option to attend alone or bring your children. Please refer to our timetable or contact us to find out more about specific services such as crèches. Activities take place across our Family Hubs and satellite sites, including libraries and other community venues.
- ★ Support for parents, carers, grandparents and wider family members, recognising that every family is unique.

Family Hubs offer early support to help families overcome challenges before they become more difficult. “The right support at the right time in the right place” means making sure you and your family can get help that truly meets your needs.

At family hubs, this means:

- The right thing to do: reaching out for help, advice or reassurance whenever you need it.
- The right time: accessing support early, whether during pregnancy, starting school or as soon as things start to feel difficult.
- The right support: receiving help from the people who know you best, with additional professional support available if it’s needed.

Online resources

Explore our padlets, these are up to date virtual bulletin boards for various topics:

[Best Start Family Hubs Timetable](#)

[Family Hub SEND Support in Plymouth](#)

[Plymouth Family Hubs Home Learning \(PEEP\)](#)

[Plymouth Best Start Family Hub Infant Feeding](#)

[Plymouth Best Start Family Hubs Antenatal Services and Information](#)

[Best Start Family Hub Parenting Programmes](#)

TOGETHERNESS

Togetherness is an NHS online platform offering evidence-based emotional-health learning for parents, families and young people. Developed by psychologists and other professionals, it helps you understand child development and emotions, supporting healthier relationships and emotional wellbeing.

To explore the courses available to you, use this link: [Pathways library - Togetherness](#)

Free access using code ‘**TAMAR**’

How to contact us for further information

- Contact a Family Hub directly. Contact details listed under each hub [here](#)
- Email: familyhubs@plymouth.gov.uk

- [Contact us on Facebook](#)
- Speak to your family support worker within the school