

Reading Family Hubs

**Annual timetable from
March 2026 to April 2027**

**Ranikhet | South Reading
Southcote | East & North Reading**

Activities are correct at time of publication.
For latest updates visit www.reading.gov.uk/beststartinlifefamilyhubs

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	All DAY	SEND & Neurodivergent Advisory Support	Ranikhet Family Hub <i>Training room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 1st Monday of the month
	9.30-11.30am	Department for Work and Pensions (DWP)	Ranikhet Family Hub <i>Small office</i>	Reading families	Support with benefits, employment and return to work Drop-in 2nd & 4th Monday of the month
	9.30-11.30am	Early Years Support	Ranikhet Family Hub <i>Training room</i>	Reading families with a child under 5	Check your eligibility for funded childcare. 2nd & 4th Monday of the month Drop-in
	9.30-11.30am	Early Years Child Development and Starting School	Ranikhet Family Hub <i>Training room</i>	Reading families with a child under 5	For advice about your child's development or starting school. Drop in. 2nd & 4th Monday of the month Starting from May 2026
	10-11am	Head to Toe Baby Massage	Ranikhet Family Hub <i>Caterpillar room</i>	Parents/carers with babies aged under 1 year	Babies enjoy gentle massage from head to toe. This one-to-one time with parents supports bonding, attachment and relaxation Contact your Family Hub to book
	10.30am-12.30pm	Compass Recovery College	Ranikhet Family Hub <i>Butterfly room</i>	New/expectant parents	Monthly perinatal parent support group providing emotional health support for new parents 1st Monday of the month Drop-in
	1-3pm	New Directions	Ranikhet Family Hub <i>Small office</i>	Neurodivergent families	Support with training, employment and being out of work Drop-in
	1-5pm	Family Wellbeing Support	Ranikhet Family Hub <i>Butterfly room</i>	Parents with children of any age	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol/substance dependency

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates www.reading.gov.uk/beststartinlifefamilyhubs

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday cont'd	7-9pm	Midwife Home Birth Course	Ranikhet Family Hub <i>Training room</i>	Expectant parents	Help you prepare for a calm, confident home birth Invite only
	3.30-5pm	Youth Drop-in	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 years (up to 25 with SEND)	Emotional support for young people around any of their concerns
Tuesday	8am-1pm	Health Visiting Team	Ranikhet Family Hub <i>Butterfly room</i>	Families with a 3 month old or 6 month old	Invite only 3rd Tuesday of the month
	9.30am-3pm	SEND & Neuro-divergent Advisory Support	Ranikhet Family Hub <i>Small office</i>	Families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education 4th Tuesday of the month
	2-4pm	Education Drop-in	Ranikhet Family Hub <i>Butterfly room</i>	For families struggling to access education	Advice, guidance and support 1st Tuesday of the month
	3.30-4.30pm	Children's Games Club	Battle Library	Children of all ages	No booking required
	3.30-5pm	Youth drop-in	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 (up to 25 including SEND)	Emotional support for young people around any of their concerns
	N/a	Early Years SEND Advisor	Online MS Teams	For families with children aged under 5 with SEND	SEND advisors virtual outreach service (with availability throughout the week) Support request form
	5-8pm	Youth Outreach Team	Out in the surrounding community	Young people aged 12-18 years	The team is in various locations throughout the week

Special educational needs and/or disabilities (SEND)

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Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk

Reading Family Information Service: www.readingfis.org

Reading SEND Local Offer: www.readingSENDlocaloffer.org

Health visiting team: 0118 931 2111 | Community midwives: 0118 322 8059

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	ALL DAY	SEND & Neuro-divergent Advisory Support	Ranikhet Family Hub <i>Training room</i>	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education 2nd Wednesday of the month
	9am-12pm	Housing Support and Advice	Ranikhet Family Hub <i>Butterfly room</i>	Reading families	RBC Homelessness Prevention team offers advice and support around housing issues 8 April, 5 August & 2 December Drop-in
	10-11am	Little Explorers	Ranikhet Family Hub <i>Caterpillar room</i>	Parents/carers with children aged 0-2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11am	Early Explorers	Battle Library	Parents/carers with babies aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	10am-12pm	Parenting Special Children	Norcot Mission Church, Brockley Close, Reading RG30 4YP	For families of children with additional needs from ethnically diverse communities	Diverse communities coffee morning Monthly drop-in. Contact: 07557 102 623
	1.30-2.30pm	Portage Stay & Play	Ranikhet Family Hub <i>Butterfly room</i>	For Portage families & those with children under 5 with SEND needs	Drop in or Stay & Play for a session to support under fives with SEND in two or more areas of their development
	1.30-2.30pm	Big Explorers	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	3.30-5pm	Youth Drop-in	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 years (up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	SEND & Neuro-divergent Advisory Support	Ranikhet Family Hub <i>Small office</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for advice tailored to your family's needs 3rd Thursday of the month
	Time TBC at invite	Health Visiting Team	Ranikhet Family Hub <i>Training room</i>	Families with a child under 2	2-year reviews Invite only
	9.30-11.30am	Well Baby Clinic	Ranikhet Family Hub <i>Butterfly room</i>	Families with children aged up to 5 years	Drop in to speak to a health professional for a brief consultation about your child's health, and weigh your baby 1st Thursday of the month
	10-11.30am	Time for Twos	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged 2 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery
	10am-12pm	Coffee Morning	Battle Library	Adults	Drop in every Thursday for tea, coffee and biscuits, plus a monthly quiz is held on the final Thursday. Reading Voluntary Action (RVA) will be on hand to help you get online
	1-1.30pm	Meet the Health Visiting team	Ranikhet Family Hub <i>Training room</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities 3rd Thursday of the month
	1-2pm	Virtual Sessions Intro to family foods Toilet Training	Online using MS Teams	For families with children aged under 5	Advice on weaning babies 6 months + Support & advice when toilet training your child Contact your Family Hub

Self-weigh baby scales available all week

Useful contacts

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday cont'd	1-2pm	Early Explorers	Ranikhet Family Hub <i>Caterpillar room</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1-4pm	Elevate Careers Service	Ranikhet Family Hub <i>Training room</i>	For young people aged 13-25	Careers advice and guidance, education, employment and training options 3rd Thursday of the month
	3.30-4pm	LEGO Club or Craft Club	Battle Library	For children aged 6+	Alternate weeks. No booking required
Friday	Time TBC at invite	Health Visiting team	Ranikhet Family Hub <i>Training room</i>	Parents/carers with babies aged up to 9 months	9 month-olds' reviews Invite only
	10-10.30am & 11-11.30am	Rhymetime	Battle Library	For families with little ones aged under 5	Drop in for a singing and rhyming session to encourage speech and language skills while having fun.
	10-11.30am	Stay & Play	Ranikhet Family Hub <i>Butterfly room and Caterpillar room</i>	For families with little ones aged under 5	A welcoming session that supports early social skills, confidence and communication as children explore, play together and build positive relationships.
	12-2pm	Education Drop-in	Ranikhet Family Hub <i>Butterfly room</i>	For families struggling to access education	Advice, guidance and support 3rd Friday of the month
	3.30-5pm	Source Youth Drop-in	Ranikhet Family Hub <i>Small office</i>	Young people aged 13-19 (up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. 1st Friday of the month
	5-8pm	Youth Outreach	Out in the surrounding community	Young people aged 13-19 (up to 25 including SEND)	The Youth team is in various locations throughout the week

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	ALL DAY	SEND & Neurodivergent Advisory Support	South Reading Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 3rd Monday of the month
	ALL DAY	Family Employment Advisor	South Reading Family Hub <i>Room H</i>	Reading families	Help with anything work-related. Starting and returning to work, finding courses and employment, CVs and interview techniques
	10am-12pm	Reading Borough Council (RBC) Housing and Communities	Whitley Wood Community Centre	Reading families	Drop-in 4th Monday of the month
	1-2pm	Virtual Sessions Intro to family foods Toilet Training	Online using MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	1.30-2.30pm	Portage Stay & Play	South Reading Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	Drop in or Stay & Play for a session to support under fives with SEND in two or more areas of their development
	6-8pm	Reading Community Trust Youth Club	Hexham Road Community Centre	Young people aged 8-18	Positive activities for young people in South Reading Drop-in

Self-weigh baby scales available all week

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Tuesday	9.30-11.30am	Department for Work and Pensions (DWP)	South Reading Family Hub <i>Small meeting room</i>	Reading families	Support with benefits, employment and return to work Drop-in 2nd & 4th Tuesday of the month
	10-11am	Early Explorers	South Reading Family Hub <i>Main hall</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	10-11am	Breastfeeding Support	South Reading Family Hub <i>Crèche</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental and evidence-based information however old your child
	10-10.30am	Meet the Health Visitor	South Reading Family Hub <i>Crèche</i>	Reading families with a child under 5	For health-related questions about your baby. 3rd Tuesday of the month
	10am-12pm	RBC Debt Relief Team	South Reading Family Hub <i>Whitley Café</i>	Reading residents	Support to make informed decisions on dealing with debts 1st Tuesday of every month
	10am-12pm	Affinity Housing Surgery	South Reading Family Hub <i>Whitley Café</i>	Affinity Housing residents	Advice and support around housing issues 1st Tuesday of every month
	10am-12pm	New Directions	South Reading Community Hub <i>Room H</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or further training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	10am-12pm	Housing and communities with Citizens Advice Reading	Hexham Road Community Centre	Reading families	Advice and support around housing and community issues 3rd Tuesday of every month Drop-in
	10am-1pm	Coffee Morning	Whitley Wood Community Centre	Adults	Warm welcome space
	12.30-2.30pm	Education Drop-in	South Reading Family Hub <i>Small meeting room</i>	For families struggling to access education	Advice, guidance and support 2nd Tuesday of the month

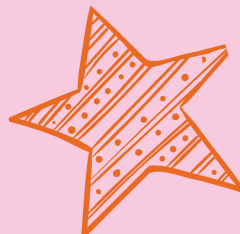
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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	1-2pm	Stay & Play	South Reading Family Hub <i>Main hall</i>	For families with children aged 0-5 years	A welcoming session that supports early social skills, confidence and communication as children explore, play together and build positive relationships
	1-3pm	Reading Family Church Pantry	Whitley Wood Community Centre	Pantry members living in Whitley <i>(Membership open to those on benefits or low incomes)</i>	£5 for each shop Access to fresh fruit and vegetables and store cupboard favourites often valuing £20-£25 Sign up online or in person at the Pantry
	1-3pm	Citizens Advice	Whitley Wood Community Centre	Reading residents	Advice on legal, financial and personal issues, including debt, benefits, housing and consumer rights Every other week. Drop-in
	5-8pm	Youth Outreach	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week
	N/a	Virtual Early Years	Online	For families with children under 5 years old	SEND advisors virtual outreach service with availability throughout the week

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	ALL DAY	SEND & Neurodivergent Advisory Support	South Reading Family Hub <i>Small meeting room</i>	For families concerned about their child's anxiety & school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education 4th Wednesday of the month
	9.30am-4pm	Community Wellness Outreach	South Reading Family Hub <i>Whitley Café</i>	For Whitley residents aged over 30	Health check appointments and drop-ins 3rd Wednesday of the month
	9.30am-4pm	Community Wellness Outreach	Whitley Wood Community Centre	For Whitley residents aged over 30	Health check appointments and drop-ins 2nd Wednesday of the month
	9.30-11am	Time for Twos	South Reading Family Hub <i>Crèche</i>	For families with children aged 2 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery
	9.30-11.30am	Early Years Support	South Reading Family Hub <i>Small meeting room</i>	Reading families with a child under 5	Check your eligibility for funded childcare. Drop-in 1st & 3rd Weds of the month
	9.30-11.30am	Early Years Child Development and Starting School	South Reading Family Hub <i>Small meeting room</i>	Reading families with a child under 5	For advice about your child's development or starting school. Drop in. 1st & 3rd Weds of the month. Starting from May 2026
	12-1pm	Compass Recovery	South Reading Family Hub <i>Whitley Café</i>	Adults	Drop-in support group for mental health
	1-2pm	Messy Play	South Reading Family Hub <i>Main hall</i>	For families with children aged under 5	A fun, sensory session exploring textures and materials to build creativity Excluding 1st Wed of the month
	1-5pm	Family Wellbeing Support	South Reading Family Hub <i>Room H</i>	Parents with children of any age	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol/substance dependency
	1.30-3.30pm	Well Baby Clinic	South Reading Family Hub <i>Main hall</i>	For families with children aged up to 5 years	Drop in to speak to a health professional for a brief consultation about your child's health and to weigh your baby 1st Wednesday of the month
	3.30-5pm	Youth drop-in	South Reading Community Hub <i>Room H</i>	For young people aged 13-19 (up to 25 with SEND)	Drop-in for general advice and support

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Weds cont'd	3.30-5pm	Youth drop-in	South Reading Community Hub <i>Room H</i>	For young people aged 13-19 (up to 25 with SEND)	Drop-in for general advice and support
	4-5.30pm	Cooking club	Whitley Wood Community Centre	Adults over 18 living in the Reading area	With Compass Recovery College Drop-in 2nd Wednesday of the month

Thursday	ALL DAY	SEND & Neurodivergent Advisory Support	South Reading Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop in for support and advice tailored to your family's needs 1st Thursday of the month
	10-11am	Little Explorers	South Reading Family Hub <i>Main hall</i>	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	10-11.30am	Playgroup	Whitley Wood Community Centre	For families with a child aged 0-4 years old	Free play and themed activities, plus singing and story time Drop-in, term-time only
	11-11.30am	Rhymetime	Whitley Library	For families with a child aged up to 5 years old	A singing and rhyming session to encourage speech and language skills while having fun Drop-in
	1-4pm	Elevate Careers Service	South Reading Community Hub <i>Room H</i>	Young people aged 13-25	Advice and guidance around employment, education & training options. 2nd Thursday of the month
	3.30-5pm	Source Youth Drop-in	South Reading Community Hub <i>Room H</i>	Under 18 year olds or up to 25 with learning difficulties	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. 3rd Thursday of the month
	3.30-5pm	Youth Support	South Reading Community Hub	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns 1st, 2nd and 4th Thursdays of the month

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday continued	5-6pm	Youth Club	Hexham Road Community Centre	8-13 year olds	Drop-in
	6-7pm	Youth Club	Hexham Road Community Centre	14-18 year olds	Drop-in
	5-6pm	Youth Club	Hexham Road Community Centre	8-13 year olds	Drop-in
	5.30-7pm	BECALM Youth Club	Whitley Wood Community Centre	For children aged 7+	Term-time only Fun arts, crafts, pool table, board games and workshops Please book: hello@becalmfoundation.co.uk or call 07584 518 611
	6-7pm	Youth Club	Hexham Road Community Centre	14-18 year olds	Drop-in

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Friday	9.00-12.00pm	Housing Support and Advice	South Reading Family Hub <i>Main hall</i>	Reading families	RBC Homelessness Prevention team offers advice and support around housing issues 8 May and 4 September only Drop-in
	9.15-11.15am	Parenting Special Children	South Reading Community Hub	For families with children who have additional needs	Safe and supportive group for sharing experiences and gaining peer support
	10-11.30am	Stay, Play & Stories	Hexham Road Community Centre	For families with little ones aged 0-4 years	Free play group during term-time only. To book contact e.walker@reading.ac.uk
	10am-12pm	Becoming Mums	Hexham Road Community Centre	For all new mums and expectant mums	Peer support group for women with shared experience of becoming a new mum
	1-2pm	Big Explorers	South Reading Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	2.30-4pm	Education Drop-in	South Reading Family Hub <i>Small meeting room</i>	For families struggling to access education	Advice, guidance and support 4th Friday of the month
	5-8pm	Youth Outreach	Out in the community	Young people aged 12-18 years	The Youth team is in various locations throughout the week
Saturday	10am-12pm	LEGO Club	Whitley Library	Families with children	A Saturday morning fun session for children. Drop-in, no need to book
	10am-12pm	Family Crafts	Whitley Library	Families with children of all ages	Free family crafts. Drop-in, no need to book
	10am-12pm	Citizens Advice	Whitley Community Café	Reading residents	1st Saturday of the month



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	ALL DAY	SEND & Neurodivergent Advisory Support	Southcote Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 4th Monday of the month
	10-11am and 1-2pm	Virtual Sessions Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	10-11am	Little Explorers	Southcote Family Hub <i>Main hall</i>	Families with a child aged up to 2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-2pm	Baby Dimensions	Southcote Family Hub <i>Main hall</i>	Families with babies aged up to 6 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as they discover the world around them through touch, sound and movement Contact your Family Hub to book
	3-5pm	Source Youth Drop-in	Southcote Family Hub <i>Small meeting room</i>	Under 18 year olds or up to 25 with learning difficulties	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. 2nd Monday of the month
	6-7.15pm	Grassrootz Junior Youth Club	Coley Community Centre	Children aged 7-11 years	Activities, sports, arts and crafts
	7.30-9pm	Grassrootz Senior Youth Club	Coley Community Centre	Children aged 11-16 years	Activities, sports, arts and crafts

Self-weigh baby scales available all week

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Tuesday	N/a	Early Years SEND Advisor	Online MS Teams	For families with children aged under 5 with SEND	SEND advisors virtual outreach service (with availability throughout the week) Support request form
	9am-12pm	Housing Support and Advice	Southcote Family Hub <i>Community room</i>	Reading residents	RBC Homelessness Prevention team offers advice and support around housing issues 2 June and 6 October Drop-in
	9.30am-12.30pm	SEND & Neuro-divergent Advisory Support	Southcote Family Hub <i>Small meeting room</i>	For families with concerns around their child's anxiety and school attendance	Support for children in school or other education settings: routines, managing anxiety, helping students return to education 3rd Tuesday of the month
	10-11am	Big Explorers	Southcote Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	10.30-11.30am	Coffee morning	Southcote Library	Reading residents	Drop-in, suggested 30p donation towards tea, coffee and biscuits
	1-2pm	Sing & Play	Coley Community Centres	For families with babies and children aged 5 and under	Join us for a fun and friendly session offering a range of activities
	3.30-5pm	Youth Support	Southcote Family Hub <i>Small meeting room</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns
	5-8pm	Youth Outreach	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

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Wednesday	9.30-11am	Autism Berkshire	Southcote Family Hub	Reading families	Drop-in for parents whose child may be neurodivergent or has a diagnosis of a neurodivergence 2nd and 4th Weds of the month Term-time only
	9.30-am-12.30pm	New Directions	Southcote Family Hub <i>Community room</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians to support. Build participants' confidence, independence and decision-making
	10-11.30am	Education Drop-in	Southcote Family Hub <i>Café</i>	For families struggling to access education	Advice, guidance and support 1st Wednesday of the month
	10-11.30am	Time for Twos	Southcote Family Hub <i>Main hall</i>	For families with children aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery Contact Family Hub to book
	1-2pm	Early Explorers	Southcote Family Hub <i>Main hall</i>	For families with children aged up to 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	1.1.30pm	Meet the Health Visitor	Southcote Family Hub <i>Main hall</i>	For families with children aged up to 1 year	In Bumps & Babes session 2nd Wednesday of the month
	1-3pm	Early Years Support	Southcote Family Hub <i>Café</i>	Reading families with a child under 5	Check your eligibility for funded childcare. 2nd & 4th Wednesday of the month Drop-in
	1-3pm	Early Years Child Development and Starting School	Southcote Family Hub <i>Café</i>	Reading families with a child under 5	For advice about your child's development or starting school. Drop in. 2nd & 4th Weds of the month. Starting from May 2026
	1-3pm	Department for Work and Pensions (DWP)	Southcote Family Hub <i>Small meeting room</i>	Reading families	Support with benefits, employment and return to work Drop-in 2nd & 4th Weds of the month
	5-7pm	Youth Club	Southcote Family Hub <i>Main hall</i>	Children aged 8-18 years	5-6pm 8-12 year-olds 6-7pm 12-18 year-olds

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Weds cont'd	1.30-4.30pm	NHS Health Visiting Service	Southcote Family Hub <i>Community room</i>	For families with a baby aged 9 months	Development reviews for nine-month-olds with the health visiting team
Thursday	ALL DAY	SEND Neurodivergent Advisory Support	Southcote Family Hub <i>Small meeting room</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 2nd Thursday of the month
	9.30-11.30am	Education Drop-in	Southcote Family Hub <i>Café</i>	For families struggling to access education	Advice, guidance and support 3rd Thursday of the month
	9.30-11.30am	Well Baby Clinic	Southcote Family Hub <i>Community room</i>	Families with children aged up to 5 years	Drop in to speak to a health professional for a brief consultation about your child's health and to weigh your baby 4th Thursday of the month
	9.45-10.15am	Rhymetime	Southcote Library	For families with a child aged up to 5 years old	A singing and rhyming session to encourage speech and language skills while having fun Drop-in
	Time TBC at invite	NHS Health Visiting Service	Southcote Family Hub <i>Community room</i>	For families with a baby aged 9 months	Development reviews for 9-month olds Invite only
	9.30-11.30am	Breastfeeding Support	Southcote Family Hub <i>Main hall</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental and evidence-based information however old your child
	10.15-11.15am	Messy Play	Southcote Family Hub <i>Main hall</i>	For families with a child under 5	A fun, sensory session where children explore textures and materials to build creativity
	10.30-11.30am	Games Morning	Southcote Library	For adults	Drop-in for cards or a board game. Tea and coffee provided with suggested donation of 30p
	1-4pm	Elevate Careers Service	Southcote Family Hub <i>Small meeting room</i>	Young people aged 13-25	Advice and guidance around employment, education & training options. 1st Thursday of the month

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday cont'd	1.30-2.30pm	Portage Stay & Play	Southcote Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	Drop in or Stay & Play for a session to support under fives with SEND in two or more areas of their development

Friday	9.30am-12.30pm	New Directions	Southcote Family Hub <i>Community room</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	9.30am-1pm	Family Wellbeing Support	Southcote Family Hub <i>Main hall</i>	Reading families	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol or substance dependency
	10.30-11.30am	Book Club	Southcote Library	Book club members	Contact Southcote library for more information on 0118 937 5109 2nd Friday of the month
	10.30am-12pm	Compass Wellbeing	Southcote Family Hub <i>Café</i>	Adults	Drop-in coffee morning 1st Friday of the month
	5-8pm	Youth Outreach	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

Special educational needs and/or disabilities (SEND)

Please note: Activities for 0-5 year-olds may change over school holiday periods. Please check online for any updates www.reading.gov.uk/beststartinlifefamilyhubs

Useful contacts

Reading Family Hubs: FamilyHub@reading.gov.uk

Reading Family Information Service: www.readingfis.org

Reading SEND Local Offer: www.readingSENDlocaloffer.org

Health visiting team: 0118 931 2111 | Community midwives: 0118 322 8059

@BFfCChild



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Monday	ALL DAY	SEND Neurodivergent Advisory Support	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 2nd Monday of the month
	10-11am	Big Explorers	East & North Family Hub <i>Main hall</i>	For families with children aged 2-5 years	Fun, playful activities that encourage talking, listening and early learning to grow confident communicators and support speech and language
	10am-12pm	Well Baby Clinic	Greyfriars Church	For families with children up to 5 years	Speak to a health professional for a brief consultation about your child's health and to weigh your baby Drop-in
	12-5pm	NHS Visiting Service	East & North Family Hub <i>Main hall</i>	Reading families	9 month and 2 year reviews. Invite only
	1-2pm	Virtual Sessions Intro to family foods Toilet Training	Online MS Teams	For families with children aged under 5	Advice on weaning babies 6 months and above Support & advice when toilet training your child Contact your Family Hub to book
	1.30-2.30pm	Sport In Mind Mother & Baby Exercise	Rivermead Leisure Centre Richfield Ave Reading RG1 8EQ	Mothers at least 10 weeks post-birth	Exercise with your baby in a supportive environment
	1.30-3.30pm	Well Baby Clinic & Breastfeeding Support	East & North Family Hub <i>Kennet</i>	For families with children aged under 5	Speak to a health professional for a brief consultation about your child's health and to weigh your baby 3rd Monday of the month Drop-in

Self-weigh baby scales available all week

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday	ALL DAY	SEND & Neurodivergent Advisory Support	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 1st Tuesday of the month
	Time TBC at invite	Health Visiting Service	Caversham Children's Centre	For families with a baby aged 9 months	Development reviews for 9-month olds
	9am-1.30pm	Homestart Mums in Mind	East & North Family Hub <i>Kennet</i>	Postnatal mothers	24 Feb – 21 April Postnatal course in a group setting that supports mothers who may be feeling low, anxious or overwhelmed. Referral only, please contact your Family Hub
	10-11am	Homestart Mums in Mind	East & North Family Hub <i>Kennet</i>	Postnatal mothers	26 May – 21 July Follow up baby group after the course above
	10-10.30am	Meet the Health Visitor	Caversham Children's Centre	For families with children aged up to 1 year	2nd Tuesday of the month Invite only
	10-10.45am	Toe-to-Head Baby Massage	Caversham Children's Centre	For families with a baby aged 8 weeks to 6 months	Babies enjoy gentle massage from head to toe. This one-to-one time supports bonding, attachment and relaxation. Contact the Family Hub to book
	10-11am	Sport in Mind Mother & Baby Yoga	East & North Family Hub <i>Main hall</i>	For families with a child aged under 1 year	Gentle movement, light fitness and exercise circuits for mums and babies
	10am-12pm	New Directions	East & North Family Hub <i>Rupert</i>	Young adults in Reading aged 19 to 25 (or their parent/guardian)	Targeted support to move into work or training. Equip parents / guardians so they can support Build participants' confidence, independence and decision-making
	10.30-11am	Rhymetime	Palmer Park Library RG1 3QB	For families with a child aged 0-5 years	Introducing your child to language through rhyme



Day	Time	Activity	Venue	Suitable for	Notes and how to book
Tuesday continued	1-2pm	Little Explorers	East & North Family Hub <i>Main hall</i>	For families with a child aged 0-2 years	Play, songs and stories that support early language, social interaction and confidence to help strengthen speech, understanding and communication skills
	1-5pm	Family Wellbeing Support	East & North Family Hub <i>Avon</i>	Reading families	Support for families experiencing conflict at home, domestic abuse, emotional health needs or alcohol or substance dependency
	N/a	Early Years SEND Advisor	Online MS Teams	For families with children aged under 5 with SEND*	SEND advisors virtual outreach service (with availability throughout the week) Support request form
	5-8pm	Youth Outreach	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week

* Special educational needs and/or disabilities (SEND)

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Wednesday	ALL DAY	SEND & Neurodivergent Advisory Support	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 3rd Wednesday of the month
	9.30-11.30am	Well Baby Clinic	Caversham Children's Centre	For families with children aged up to 5 years	Speak to a health professional for a brief consultation about your child's health and to weigh your baby 2nd Wednesday of the month Drop-in
	9.30-11.30am	Breastfeeding Support	Caversham Children's Centre	Breastfeeding parents	Breastfeeding Network Reading offers free, non-judgemental evidence-based information at any stage of your journey, whatever age your child
	10-11.30am	Time for Twos	East & North Family Hub <i>Main hall</i>	For families with a child aged 2-3 years	Play-based activities to support early independence, social skills and communication to help children feel ready for nursery Contact Family Hub to book
	1-2pm	Early Explorers	East & North Family Hub <i>Main hall</i>	For families with a child under 1 year	A calm, sensory session for babies with songs, simple play and early communication activities
	Time TBC at invite	Health Visiting Service	Caversham Children's Centre	For families with a baby aged 9 months	Development reviews Invite only
	3.30-5pm	Source Youth Drop-in	East & North Family Hub <i>Avon</i>	Under 18 year olds (or up to 25 including SEND)	A safe space to access advice if worried, curious or affected by alcohol or drug use, whether for yourself or someone else. 4th Wednesday of the month
	3.30-5pm	Youth Support Drop-in	East & North Family Hub <i>Kennet</i>	Young people aged 13-19 years (up to 25 including SEND)	Emotional support for young people around any of their concerns

Special educational needs and/or disabilities (SEND)

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Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday	ALL DAY	SEND & Neurodivergent Advisory Support	East & North Family Hub <i>Avon</i>	Families with an autistic child or a child going through the diagnostic pathway	Specialist support and practical strategies to help you understand and support your child. Pre-book or drop-in for support and advice tailored to your family's needs 4th Thursday of the month
	9.30-11am	Autism Berkshire (Term-time only)	East & North Family Hub <i>Rupert</i>	Reading families	Fortnightly drop-in sessions for parents whose child may be neurodivergent or has a confirmed diagnosis of a neurodivergence
	9.30-11.30am	Department for Work and Pensions (DWP)	East & North Family Hub <i>Rupert</i>	Reading families	Support with benefits, employment and return to work Drop-in 1st & 3rd Thursday of the month
	9.30-11.30am	Early Years Support	East & North Family Hub <i>Avon</i>	Reading families with a child under 5	Check your eligibility for funded childcare. 1st & 3rd Thursday of the month Drop-in
	9.30-11.30am	Early Years Child Development and Starting School	East & North Family Hub <i>Avon</i>	Reading families with a child under 5	For advice about your child's development or starting school. Drop in. 1st & 3rd Thursday of the month. Starting from May 2026
	10-11am	Portage Stay & Play	East & North Family Hub <i>Main hall</i>	For Portage families & those with children under 5 with SEND	Drop in or Stay & Play for a session to support under fives with SEND in two or more areas of their development
	10.30-11am	Rhymetime	Palmer Park Library	For families with a child aged 0-5 years	Introducing your child to language through rhyme
	12.30-2.30pm	Education Drop-in	East & North Family Hub <i>Rupert</i>	For families struggling to access education	Advice, guidance and support 2nd Thursday of the month
	1-4pm	Elevate Careers Service	East & North Family Hub <i>Rupert</i>	Young people aged 13-25	Advice and guidance around employment, education & training options. 4th Thursday of the month
	Time TBC at invite	Health Visiting Team	East & North Family Hub <i>Main hall</i>	For families with a baby aged 3 or 6 months	Development reviews 4th Thursday of the month Invite only

Day	Time	Activity	Venue	Suitable for	Notes and how to book
Thursday continued	5-7pm	Senior young Carers	East & North Family Hub <i>Kennet</i>	13-18 year olds	Group sessions for young carers to chat through any concerns and access helpful life advice, alongside fun activities Invite only Contact your Family Hub
	6.30-9.30pm	Dads-to-Be (2 x evenings per course)	East & North Family Hub <i>Main hall</i>	Expectant dads in Reading	Meet other dads-to-be at a friendly and educational session led by a midwife and Family Hub staff Contact your Family Hub for dates and to book
Friday	9am-12pm	Housing Support & Advice	East & North Family Hub <i>Kennet</i>	Reading residents	RBC Homelessness Prevention team offers advice and support around housing issues 3 July and 6 November Drop-in
	10-11am	Baby Dimensions	East & North Family Hub <i>Main hall</i>	Families with a baby aged 0-18 months	A gentle sensory session for babies that encourages curiosity, calmness and connection as babies discover the world around them through touch, sound and movement Drop-in
	10-11am	Breastfeeding Support	East & North Family Hub <i>Avon</i>	Breastfeeding parents	Breastfeeding Network Reading offers free, non judgemental evidence-based information at any stage of your journey, whatever age your child. 1st & 3rd Friday of the month
	1-2pm	Education Drop-in	East & North Family Hub <i>Rupert</i>	For families struggling to access education	4th Friday of the month
	5-8pm	Youth Outreach	Out in the community	Young people aged 13-19 years (up to 25 including SEND)	The Youth team is in various locations throughout the week





South Reading Family Hub
252 Northumberland Ave, Reading RG2 7QA
0118 937 3894



East & North Reading Family Hub
Sun Street, Reading RG1 3JX
0118 937 2551



Southcote Family Hub
Coronation Square, Reading, RG30 3QP
0118 937 2535



Ranikhet Family Hub
Thurso Close, Reading RG30 4YH
0118 937 2885

Advice and support for your child's development

The government's Best Start in Life parent hub brings together information, trusted advice and guidance for parents on everything from pregnancy, early education and childcare, right through to starting school and beyond.

www.beststartinlife.gov.uk



Best Start in Life - Reading Family Hubs
www.reading.gov.uk/beststartinlifefamilyhubs