

# Hampshire Healthy Families

## Eastleigh & Romsey



Parent/Carer & Toddler/Baby Groups  
Plus, Other Specialist Groups &  
Activities

## Netley, Bursledon, Hamble, Hedge End, Botley, West End

<p><b><u>Hamble Parent and Toddlers</u></b></p> <p><b>Venue:</b> Hamble Memorial Hall, Hamble, SO314JE</p> <p><b>Website:</b> <a href="https://www.hvmh.org.uk/bookings-calendar.html">https://www.hvmh.org.uk/bookings-calendar.html</a></p> <p><b>Tel No:</b> 02380458240</p>	<p><b>Day:</b> Tuesdays</p> <p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b> £2 for first child 50p for additional children</p>
<p><b><u>Mini Gems (under 3's) &amp; Little Gems (Under 5's) Parent &amp; Toddler Group</u></b></p> <p><b>Venue:</b> St Pauls Church, Bursledon, SO318DU</p> <p><b>Booking is essential:</b> <a href="#">(4) CYF at Bursledon Parish   Facebook</a></p> <p><b>Email:</b> <a href="mailto:suzanne.houston@bursledonparish.org">suzanne.houston@bursledonparish.org</a></p>	<p><b>Mini Gems</b> <b>Day:</b> Thursdays 10.45-11.45am</p> <p><b>Little Gems Day:</b> Fridays 10.30-11.30am</p> <p><b>Cost:</b> Not Specified</p>
<p><b><u>Cherubs Baby &amp; Toddler Group</u></b></p> <p><b>Venue:</b> St Andrews Church, Hamble, SO314JF</p> <p><b>Facebook:</b> <a href="https://www.facebook.com/cherubshamble/">https://www.facebook.com/cherubshamble/</a></p> <p><b>Tel No:</b> 02380452148</p>	<p><b>Day:</b> Wednesday (Term Time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> Not Specified</p>

<p><b><u>Baby &amp; Toddler Group</u></b></p> <p><b>Venue:</b> The Salvation Army Community Church, Hedge End, SO302GL</p> <p><b>Contact for more info:</b> paul.northover@salvationarmy.org.uk</p> <p><b>Facebook:</b>  <a href="https://www.facebook.com/HedgeEndSA/?ref=br_tf&amp;epa=SEARCH_BOX">https://www.facebook.com/HedgeEndSA/?ref=br_tf&amp;epa=SEARCH_BOX</a></p>	<p><b>Day/s:</b> Thursdays (Term Time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> £1.50 per family</p>
<p><b><u>Chuckles Baby &amp; Toddler Group</u></b></p> <p><b>Venue:</b> Kings Community Church, Hedge End, SO304BZ</p> <p><b>Must book for this session via Facebook - <a href="#">Chuckles Baby &amp; Toddler Group - Hedge End   Facebook</a></b></p>	<p><b>Day/s:</b> Mondays &amp; Wednesdays (Term Time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Rhymetime</u></b></p> <p><b>Venue:</b> Hedge End Library, 11 Upper Northam Road SO30 4DY</p> <p><b>Website:</b> <a href="#">Children's clubs and events   Hampshire County Council (hants.gov.uk)</a></p> <p><b>Tel No:</b> 0300 555 1387</p>	<p><b>Day/s:</b> Mondays &amp; Thursdays</p> <p><b>Time:</b> 10-10.30</p> <p><b>Cost:</b> Free</p>
<p><b><u>Meet &amp; Connect Sessions</u></b> (Free drop-in sessions for parents/carers with newborn babies)</p> <p><b>Venue:</b> Hedge End Library, 11 Upper Northam Road SO30 4DY</p>	<p><b>Day/s:</b> Monday</p> <p><b>Time:</b> 1-2pm</p> <p><b>Cost:</b></p>

<p><b>Website:</b> <a href="https://www.hants.gov.uk/childrens-clubs-and-events">Children's clubs and events   Hampshire County Council (hants.gov.uk)</a></p> <p><b>Tel No:</b> 0300 555 1387</p>	<p>Free</p>
<p><b>Toddler Time</b> (Stories &amp; Rhymes for under 5's)</p> <p><b>Venue:</b> Netley Library, Station Road, SO315DT</p> <p><b>Website:</b> <a href="https://www.hants.gov.uk/childrens-clubs-and-events">Children's clubs and events   Hampshire County Council (hants.gov.uk)</a></p> <p><b>Tel No:</b> 0300 555 1387</p>	<p><b>Day/s:</b> Fridays</p> <p><b>Time:</b> 10-10.30</p> <p><b>Cost:</b> Free</p>
<p><b>Ready Steady Walk</b></p> <p><b>Venue:</b> Meeting at Dowds Farm Community Car Park, Wellstead Way, Hedge End, SO302LD</p> <p><b>Website:</b> <a href="https://www.hampshirehealthyfamilies.org.uk/ready-steady-walk">Ready Steady Walk : Hampshire Healthy Families</a></p>	<p><b>Day/s:</b> Thursdays (all year round)</p> <p><b>Time:</b> 1pm</p> <p><b>Cost:</b> Free</p>
<p><b>Abbey Tots by Hound Owls Pre-school</b></p> <p><b>Venue:</b> Abbey Hall, Victoria Road, Netley Abbey, SO315FR</p> <p><b>Website:</b> <a href="https://www.houndowls.co.uk/">Hound Owls Preschool   Butlocks Heath, Netley Abbey SO31 5FJ</a></p>	<p><b>Day:</b> Tuesdays</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> £1 per person</p>
<p><b>Stay &amp; Play</b> (Toddlers up to 4years)</p> <p><b>Venue:</b> <b>St James Church, West End, SO30 3AT</b></p>	<p><b>Day/s:</b> Wednesdays (Term Time)</p>

<p><b>Website:</b> <a href="http://stjameswestend.org.uk">About us - St James' Church West End (stjameswestend.org.uk)</a></p>	<p><b>Time:</b> 9.15-10.45am</p> <p><b>Cost:</b> £1.50</p>
<p><b><u>Rhyme/ Story Time</u></b></p> <p><b>Venue:</b> West End Library, Chapel Rd, SO30 3FE</p> <p><b>Website:</b> <a href="http://hants.gov.uk">West End Library   Hampshire County Council (hants.gov.uk)</a></p> <p><b>Tel No:</b> 0300 555 1387</p>	<p><b>Day/s:</b> Tuesday</p> <p><b>Time:</b> 1.30-2pm</p> <p><b>Cost:</b> Free</p>
<p><b>Eastleigh, Fair Oak, Chandlers Ford</b></p>	
<p><b><u>Walk &amp; Talk NCT</u></b></p> <p><b>Venue:</b> Outside Pavilion on the Park, Eastleigh, SO509LH</p> <p><b>Website:</b> <a href="#">Eastleigh and district   Local activities &amp; meet-ups   NCT</a></p>	<p><b>Day/s:</b> Mondays</p> <p><b>Time:</b> 11-12pm</p> <p><b>Cost:</b> Free</p>
<p><b><u>Little Pixies (Babies &amp; Toddlers 0-5years)</u></b></p> <p><b>Venue:</b> Pavilion on the Park, Eastleigh, SO509LH</p> <p><b>Website:</b> <a href="#">Little Pixies Parent, Baby &amp; Toddler Group - Pavilion on the Park</a></p>	<p><b>Day/s:</b> Tuesdays</p> <p><b>Time:</b> 9.30-11.30am</p> <p><b>Cost:</b> £4.50 per child £1 for additional</p>

<p><b><u>Pixies 4 Papas</u></b> (children aged 0-8years with Dads, Grandads, Uncles, Cousins &amp; big brothers!)</p> <p><b>Venue:</b> Pavilion on the Park, Eastleigh, SO509LH</p> <p><b>Website:</b> <a href="#">What we do - Pavilion on the Park</a></p>	<p><b>Day/s:</b> Saturday 1<sup>st</sup> June 29<sup>th</sup> June 3<sup>rd</sup> August 7<sup>th</sup> September 5<sup>th</sup> October 7<sup>th</sup> December</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> £3.50 per child £1 for additional</p>
<p><b><u>Parent &amp; Toddler Group</u></b></p> <p><b>Venue:</b> Velmore Church, Chandlers Ford, SO533GY</p> <p><b>Website:</b> <a href="#">Toddler Group – Velmore Church</a></p> <p><b>Tel No:</b> 02380 571414</p>	<p><b>Day:</b> Tuesdays (term time)</p> <p><b>Time:</b> 10-12pm</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Footprints</u></b> (an inclusive play &amp; support group for children under 5 with additional needs along with their families &amp; carers)</p> <p><b>Venue:</b> St Francis Church, Valley Park, SO534ST</p> <p><b>Website:</b> <a href="https://stfrancis-valleypark.org.uk/events/footprints">https://stfrancis-valleypark.org.uk/events/footprints</a></p>	<p><b>Day:</b> Tuesdays (term time)</p> <p><b>Time:</b> 10.30-12pm</p> <p><b>Cost:</b> Not specified</p>

<p><b><u>Stay &amp; Play</u></b></p> <p><b>Venue:</b> All Saints Church, Eastleigh, SO505NH</p> <p><b>Website:</b> <a href="#">Children's Ministry   eastleighparish</a></p>	<p><b>Day:</b> Tuesdays (term time)</p> <p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Dove Tots (from birth to Year R)</u></b></p> <p><b>Venue:</b> Chandlers Ford Methodist Church, SO532GJ</p> <p><b>Website:</b> <a href="http://www.chandlersfordmethodistchurch.org.uk/activityInfo.php?activity=Dovetots">www.chandlersfordmethodistchurch.org.uk/activityInfo.php?activity=Dovetots</a></p> <p><b>Facebook:</b> <a href="#">(4) DoveTots Toddler Group   Facebook</a></p> <p><b>Tel No:</b> 02380 260128</p>	<p><b>Day:</b> Wednesday (term time)</p> <p><b>Time:</b> 1.45-3.15pm</p> <p><b>Cost:</b> £1.50 per family</p>
<p><b><u>Who let the Dads out</u></b> (Babies -infant school children with dads, grandads, uncles etc)</p> <p><b>Venue:</b> Chandlers Ford Methodist Church, SO532GJ</p>	<p><b>Day/s:</b> 4<sup>th</sup> Saturday of the month</p> <p><b>Time:</b> 9.30-11.30am</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Pop in Tots (0-4years)</u></b></p> <p><b>Venue:</b> Junction Church, High Street, Eastleigh, SO505LG</p> <p><b>Website:</b> <a href="http://www.junctionchurch.org.uk/pop-in-tots/">http://www.junctionchurch.org.uk/pop-in-tots/</a></p> <p><b>Email:</b> <a href="mailto:popintots@junctionchurch.org.uk">popintots@junctionchurch.org.uk</a></p>	<p><b>Day:</b> Wednesday (term time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b></p>

	Not specified
<p><b><u>Bumps &amp; Babies Group NCT</u></b></p> <p><b>Venue:</b> Places Leisure, Eastleigh, SO509NL</p> <p><b>Website:</b> <a href="#">Eastleigh and district   Local activities &amp; meet-ups   NCT</a></p>	<p><b>Day:</b> Friday</p> <p><b>Time:</b> 1.15-2.45pm</p> <p><b>Cost:</b> Suggested donation £2.50</p>
<p><b><u>Feeding Support Group NCT</u></b></p> <p><b>Venue:</b> Chandlers Ford Library, SO532LH</p> <p><b>Website:</b> <a href="#">Eastleigh and district   Local activities &amp; meet-ups   NCT</a></p>	<p><b>Day:</b> Monday</p> <p><b>Time:</b> 10-12pm</p> <p><b>Cost:</b> Free</p>
<p><b><u>Tots n Tinies</u></b></p> <p><b>Venue:</b> St Marys Church, Bishopstoke, SO506DL</p> <p><b>Website:</b> <a href="#">What's on   cofebishopstoke</a></p>	<p><b>Day:</b> Tuesday</p> <p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b> Not Specified</p>
<p><b><u>Stay &amp; Play</u></b></p> <p><b>Venue:</b> St Peters Church, Eastleigh, SO504FZ</p>	<p><b>Day:</b> Friday</p> <p><b>Time:</b> 10-11.30am</p>



<p><b>Website:</b>  <a href="http://www.parishofboyattwood.org.uk/events/regular-events/">http://www.parishofboyattwood.org.uk/events/regular-events/</a></p>	<p><b>Cost:</b>  Not specified</p>
<p><b><u>Rhyme Time</u></b></p> <p><b>Venue:</b> Eastleigh Library, Swan Centre, SO505SF</p> <p><b><u>Story Time &amp; Crafts</u></b></p> <p><b>Venue:</b> Eastleigh Library, Swan Centre, SO505SF</p> <p><b><u>Meet &amp; Connect Sessions</u></b> (Free drop-in sessions for parents/carers with newborn babies)</p> <p><b>Venue:</b> Eastleigh Library, Swan Centre, SO505SF</p>	<p><b>Day:</b>  Monday &amp; Thursday</p> <p><b>Time:</b>  10.30-11am</p> <p><b>Day:</b>  Tuesday</p> <p><b>Time:</b>  10-11am</p> <p><b>Day:</b>  Friday</p> <p><b>Time:</b>  2-3pm</p> <p><b>Cost:</b>  Free</p>
<p><b><u>Rhyme Time</u></b></p> <p><b>Venue:</b> Chandlers Ford Library, SO532LH</p> <p><b><u>Story Time</u></b></p>	<p><b>Day:</b>  Tuesday &amp; Thursday</p> <p><b>Time:</b> 10.30-11am</p> <p><b>Day:</b>  Monday</p>

<p><b>Venue:</b> Chandlers Ford Library, SO532LH</p>	<p><b>Time:</b> 10.30am</p> <p><b>Cost:</b> Free</p>
<p><b><u>Teddies Baby &amp; Toddler Group</u></b></p> <p><b>Venue:</b> St Thomas Church, Fair Oak, SO507BG</p> <p><b>Website:</b> <a href="http://sttoms.co.uk/">http://sttoms.co.uk/</a></p>	<p><b>Day:</b> Thursday (term time)</p> <p><b>Time:</b> 9.30am</p> <p><b>Cost:</b> Not Specified</p>
<p><b><u>Rhyme Time</u></b></p> <p><b>Venue:</b> Fair Oak Community Library, SO507AX</p> <p><b>Website:</b> <a href="http://www.facebook.com/FairOakCommunityLibrary">www.facebook.com/FairOakCommunityLibrary</a></p> <p><b><u>Story Time</u></b></p> <p><b>Venue:</b> Fair Oak Community Library, SO507AX</p>	<p><b>Day:</b> Monday</p> <p><b>Time:</b> 10-10.30am</p> <p><b>Day:</b> Friday</p> <p><b>Time:</b> 10-11am</p> <p><b>Cost:</b> Free</p>

North Baddesley & Romsey	
<p><b><u>North Baddesley Toddler Group (0-5years)</u></b></p> <p><b>Venue:</b> North Baddesley Village Hall, Botley Rd, SO529DT</p> <p><b>Website:</b> <a href="http://www.facebook.com/groups/72172997625/">www.facebook.com/groups/72172997625/</a></p>	<p><b>Day:</b> Wednesday</p> <p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b></p>

	£3.00 for first child. 50p per additional
<p><b><u>Sunshine Saints Toddler Group</u></b></p> <p><b>Venue:</b> All Saints Church, North Baddesley, SO529ER</p> <p><b>Website:</b> <a href="https://www.acnb-church.org/blog/2022-sunshine-saints/">https://www.acnb-church.org/blog/2022-sunshine-saints/</a></p>	<p><b>Day:</b> Friday</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> Suggested donation £2</p>
<p><b><u>Wellow Rainbow Tots</u></b></p> <p><b>Venue:</b> Wellow Village Hall, SO516BR</p> <p><b>Facebook:</b> <a href="https://www.facebook.com/wellowrainbowtots/">https://www.facebook.com/wellowrainbowtots/</a></p>	<p><b>Day:</b> Monday</p> <p><b>Time:</b> 9.15- 11am</p> <p><b>Cost:</b> £3.00 per family</p>
<p><b><u>Tiddlywinks Toddler Group</u></b></p> <p><b>Venue:</b> Romsey Methodist Church, SO518BZ</p> <p><b>Booking link available via facebook:</b> <a href="https://www.facebook.com/TiddlywinksRomsey/">https://www.facebook.com/TiddlywinksRomsey/</a></p>	<p><b>Day:</b> Monday</p> <p><b>Time:</b> 10-11.15am</p> <p><b>Cost:</b> £3.00 (suggested donation)</p>
<p><b><u>Toddler Group</u></b></p> <p><b>Venue:</b> Horns Drove Community Centre, SO168AD</p>	<p><b>Day:</b> Tuesday</p> <p><b>Time:</b></p>

<p><b>Website:</b> <a href="https://nrweb.org.uk/community-facilities/toddler-group">https://nrweb.org.uk/community-facilities/toddler-group</a></p>	<p>9.30-11.30am</p> <p><b>Cost:</b> £1.50 per family</p>
<p><b><u>Abbey Toddler Group</u></b></p> <p><b>Venue:</b> Romsey Abbey Church Rooms, SO518EP</p> <p><b>Website:</b> <a href="#">Abbey Toddlers   Romsey Abbey</a></p>	<p><b>Day:</b> Wednesday (term time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> £1 per family</p>
<p><b><u>Singing Story Time</u></b></p> <p><b>Venue:</b> St Swithuns Church, Romsey, SO519AP</p> <p><b>Website:</b> <a href="#">Abbey Toddlers   Romsey Abbey</a></p>	<p><b>Day:</b> Wednesday (term time)</p> <p><b>Time:</b> 1.30pm</p> <p><b>Cost:</b> £1 per family</p>
<p><b><u>Tots 'N' Tinies</u></b></p> <p><b>Venue:</b> Abbotswood Community Centre, Romsey, SO510BX</p>	<p><b>Day:</b> Monday (term time)</p>

<p><b>Website:</b> <a href="https://abbotswoodromsey.co.uk/abbotswood-tots-n-tinies/">https://abbotswoodromsey.co.uk/abbotswood-tots-n-tinies/</a></p>	<p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b> Free</p>
<p><b><u>Toddle Time</u></b></p> <p><b>Venue:</b> Romsey Baptist Church, SO518GW</p> <p><b>Website:</b> <a href="https://romseybaptist.church/activities/toddle-time-bell-street/">https://romseybaptist.church/activities/toddle-time-bell-street/</a></p>	<p><b>Day:</b> Wednesday (term time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Woodley &amp; Halterworth Playgroup</u></b></p> <p><b>Venue:</b> Woodley Village Hall, Romsey, SO157NY</p> <p><b>Facebook:</b> <a href="http://www.facebook.com/halterworthplaygroupromsey/">www.facebook.com/halterworthplaygroupromsey/</a></p>	<p><b>Day:</b> Thursday (term time)</p> <p><b>Time:</b> 10-11.30am</p> <p><b>Cost:</b> Not specified</p>
<p><b><u>Ark Toddler Group</u></b></p> <p><b>Venue:</b> Awbridge Village Hall, Awbridge, SO510HG</p> <p><b>Website:</b> <a href="http://www.awbridge.info/organisations/children/ark-toddler-group/">http://www.awbridge.info/organisations/children/ark-toddler-group/</a></p> <p><b><u>Rhyme Time</u></b></p>	<p><b>Day:</b> Friday (term time)</p> <p><b>Time:</b> 9.30-11am</p> <p><b>Cost:</b> £2.50 and 50p per additional</p> <p><b>Day:</b> Thursday</p>

<p><b>Venue:</b> Romsey Library, Station Rd, SO518DN</p> <p><b><u>Story Time</u></b></p> <p><b>Venue:</b> Romsey Library, Station Rd, SO518DN</p> <p><b><u>Baby Play</u></b> (drop in session birth – 12months)</p> <p><b>Venue:</b> Romsey Library, Station Rd, SO518DN</p>	<p>Friday</p> <p><b>Time:</b> 11-11.30am 2-2.30pm</p> <p><b>Day:</b> Tuesday</p> <p><b>Time:</b> 11-11.30</p> <p><b>Day:</b> Monday (term time)</p> <p><b>Time:</b> 10-11.30am</p>
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\* Most groups are term time only – check with provider for more details\*

If you notice a change to a group listed or know of a group we have missed please email us so that we can keep this list updated - [hfh@barnardos.org.uk](mailto:hfh@barnardos.org.uk).

Other Useful Websites	
Health Visiting Service	

<https://healthforunder5s.co.uk/hampshire/services/your-health-visiting-service/>

Breastfeeding Support Groups

<https://www.hampshirehealthyfamilies.org.uk/breastfeeding>

Families Online

<https://familiesonline.co.uk/whats-on/>

Hampshire County Council Family Information Services Hub

<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

Music Bugs

<http://www.musicbugs.co.uk/southampton/classes/>

Jiggy Wrigglers

<https://www.jiggywrigglers.com/category/news/locations-news/page/2/>

Baby Sensory

[www.babysensory.com](http://www.babysensory.com)

Born to Move – Early Years

<https://www.facebook.com/SarahHarmonFitness>