

Hampshire Healthy Families



Parent & Toddler Groups

Eastleigh & Romsey Area

**Visit Hampshire Healthy Families for more local & county information
including free workshops and local activities:**

www.hampshirehealthyfamilies.org.uk

Eastleigh (South)

<p><u>Adult & Baby Walking Group</u></p> <p>Meet at: Dowds Farm Park (Car Park), Hedge End, SO302BH</p> <p>Facebook: https://www.facebook.com/groups/402255993684784/</p> <p>Tel No: 01489797094</p>	<p>Day/s: Monday's</p> <p>Time: 10am</p> <p>Cost: Free</p>
<p><u>Baby & Toddler Group</u></p> <p>Venue: The Salvation Army Community Church, Hedge End, SO302GL</p> <p>Website: https://www.salvationarmy.org.uk/hedge-end</p> <p>Facebook: https://www.facebook.com/HedgeEndSA/?ref=br_tf&epa=SEARCH_BOX</p> <p>Tel No: 01489796491</p>	<p>Day/s: Mondays & Thursdays (Term Time)</p> <p>Time: 10.30-12.00</p> <p>Cost: Not Specified</p>
<p><u>Magpies Toddler Group</u></p> <p>Venue: Pilands Wood Community Centre, Bursledon, SO318DT</p> <p>Website: http://www.pilandswoodcentre.co.uk</p> <p>Tel No: 02380405119</p>	<p>Day/s: Mondays (Term Time)</p> <p>Time: 09.30-11.00am</p> <p>Cost: 25p per child.</p>
<p><u>Teddies Baby & Toddler Group</u></p> <p>Venue: St Thomas Church, FairOak, SO507BG</p> <p>Website: http://www.sttoms.co.uk/page1/page17/page6/</p> <p>Facebook: https://www.facebook.com/StTomsFairOak/</p> <p>Tel No: 02380695786</p>	<p>Day/s: Tuesdays (Term Time)</p> <p>Time: 09.30am</p> <p>Cost: £1</p>
<p><u>Flutterbies Baby & Toddler Group</u></p> <p>Venue: All Saints Church, Botley, SO302EA</p> <p>Website: https://www.bcd-churches.org.uk/activities/flutterbies/</p> <p>Facebook:</p> <p>Tel No: 01489782445</p>	<p>Day/s: Tuesdays (Term Time)</p> <p>Time: 09.45-11.45am</p> <p>Cost: Not Specified</p>

<p><u>Hamble Parent and Toddlers</u></p> <p>Venue: Hamble Memorial Hall, Hamble, SO314JE</p> <p>Website: https://www.hvmh.org.uk/bookings-calendar.html</p> <p>Tel No: 02380458240</p>	<p>Day/s: Tuesdays (Term Time)</p> <p>Time: 09.30-11.30am</p> <p>Cost: £1.75 per child</p>
<p><u>Little Gems Baby & Toddler Group (Bursledon & Lowford Families Only)</u></p> <p>Venue: St Pauls Church, Bursledon, SO318DU</p> <p>Website: https://bursledonparish.org/youth-kids/littlegems/</p> <p>Facebook: https://www.facebook.com/BPCYF/?_tn=%2Cd%2CP-R&eid=ARBBMvKq_kJEqBlc1ZgRkuYpBg_eWWa6LlofP_teMC0xq_FPHKPkh1NlinDegC6e4hqmoG0mxjoE1XBM</p> <p>Email: suzanne.houston@bursledonparish.org</p>	<p>Day/s: Wednesday, Thursday & Friday (Term Time)</p> <p>Time: 10.30-11.45am</p> <p>Cost: Not Specified</p>
<p><u>Cherubs Baby & Toddler Group</u></p> <p>Venue: St Andrews Church, Hamble, SO314JF</p> <p>Facebook: https://www.facebook.com/cherubshamble/</p> <p>Tel No: 02380452148</p>	<p>Day/s: Wednesday (Term Time)</p> <p>Time: 10.30-12.00</p> <p>Cost: Not Specified</p>
<p><u>Rhymetime & Storytime</u></p> <p>Venue: Netley Library, Station Road, Netley Abbey SO31 5DT</p> <p>Venue: West End Library, Parish Centre Chapel Road SO30 3FE</p> <p>Venue: Hedge End Library, 11 Upper Northam Road SO30 4DY</p> <p>Website: https://www.hants.gov.uk/librariesandarchives/library</p> <p>Tel No: 0300 555 1387</p> <p><i>Rhymetime at Netley Library - Fridays 10.15-10.45</i> <i>Rhymetime at West End Library - Fridays 10.30-11</i> <i>Rhymetime at Hedge End Library Thursdays - 10-10.30</i></p>	<p>Day/s: Fridays- Netley & West End Thursdays- Hedge End</p> <p>Time: 10:00 (Hedge End) 10.15 (Netley) 10.30 (West End)</p> <p>Cost: Free</p>

Eastleigh (North)	
<p><u>Bumps & Babies Coffee Morning with Breast Feeding Support NCT</u> (No need to book or be an NCT member, all are welcome regardless of how you are feeding your baby.)</p> <p>Venue: 1st Monday of the month Waitrose Café, 1 Oakmount Rd, SO532LG All other Mondays Chandlers Ford Library, Oakmount Rd, SO532LH</p> <p>Website: https://www.nct.org.uk/local-activities-meet-ups/region-south-central-england/eastleigh-district</p>	<p>Day/s: Mondays</p> <p>Time: 10.30-12pm</p> <p>Cost: Free</p>
<p><u>Premmie Tots</u> (A support network and sensory play for anyone affected by their baby/babies being born prematurely and needing to spend time in a Neonatal/Special Care Baby Unit.)</p> <p>Venue: Pavilion on the Park, SO50 9LH</p> <p>Website: https://paviliononthepark.org/project/premmie-tots/</p> <p>Tel no: 07583371890</p>	<p>Day/s: Fortnightly on Mondays</p> <p>Time: 11-12</p> <p>Cost: £20 for five sessions, £4 for the first</p>
<p><u>Little Stars Toddler Group</u></p> <p>Venue: St Martins Church, Hilingbury, SO535AG</p> <p>Website: https://parishcf.church/families/kids/</p> <p>Facebook: https://www.facebook.com/LittleStarsToddlerGroup</p> <p>Tel No: 02380 265977</p>	<p>Day/s: Tuesdays (term time)</p> <p>Time: 9.15-10.25/10.35-11.45am</p> <p>Cost: £1.50</p>
<p><u>Little Pixies Toddler Group</u></p> <p>Venue: Pavilion on the Park, Eastleigh SO509LH</p> <p>Facebook: https://www.facebook.com/LittlePixiesEastleigh/</p> <p>Tel No: 02380 612710</p>	<p>Day/s: Tuesdays (term time)</p> <p>Time: 9.45-11.30am</p> <p>Cost: Not Specified</p>
<p><u>Parent & Toddler Group</u></p> <p>Venue: Velmore Church, Chandlers Ford, SO533GY</p> <p>Website: http://www.velmore.org/events.php</p>	<p>Day/s: Tuesdays (term time)</p> <p>Time:</p>

<p>Tel No: 02380 571414</p>	<p>10.15am</p> <p>Cost: Not Specified</p>
<p><u>Stay & Play, Sing & Sign</u></p> <p>Venue: All Saints Church, Eastleigh, SO505LY</p> <p>Website: https://www.eastleighparish.com/calendar</p> <p>Tel No: 02380 321889</p>	<p>Day/s: Tuesdays</p> <p>Time: 12.30-2.00pm</p> <p>Cost: Free</p>
<p><u>Dovetots Toddler Group</u></p> <p>Venue: Chandlers Ford Methodist Church, SO532GJ</p> <p>Website: www.chandlersfordmethodistchurch.org.uk/activityInfo.php?activity=Dovetots</p> <p>Tel No: 02380 260128</p>	<p>Day/s: Wednesdays (term time)</p> <p>Time: 1.45-3.15pm</p> <p>Cost: £1.50 per family</p>
<p><u>Parent & Toddler Group</u></p> <p>Venue: North Baddesley Baptist Church, SO529DZ</p> <p>Website: https://northbaddesleybaptistchurch.weebly.com/weekday-activities.html</p> <p>Tel No: 02380 733878</p>	<p>Day/s: Thursdays (term time)</p> <p>Time: 9.30-11.30</p> <p>Cost: Not specified</p>
<p><u>Pop in Tots</u></p> <p>Venue: Junction Church, High Street, Eastleigh, SO505LG</p> <p>Website: http://www.junctionchurch.org.uk/pop-in-tots/</p> <p>Tel No: 02381 786292</p>	<p>Day/s: Thursdays (term time)</p> <p>Time: 10-11.30am</p> <p>Cost: Not Specified</p>
<p><u>Wiggles & Giggles (for expectant parents and babies up to 6months)</u></p> <p>Venue: Evangelical Church, Bishopstoke SO506DA</p> <p>Website:</p>	<p>Day/s: Fridays (Term Time)</p> <p>Time: 10.00am</p>

http://www.bec.life/wigglesandgiggles/?fbclid=IwAR0dFBM7yZK7fCQDDc9lsuLVnlj0ifqZ1_qhpaC810InXOrbAuxGsQE4rfs Tel No: 07843664992	Cost: £1.50
<u>Stay & Play</u> Venue: St Peters Church, Eastleigh, SO504FZ Website: http://www.parishofboyattwood.org.uk/events/regular-events/ Tel No: 02380 611227	Day/s: Fridays (Term Time) Time: 10.15-11.45am Cost: £1.50
<u>Rhymetime & Storytime</u> Venue: Eastleigh Library, Swan Centre, SO505SF Venue: Chandlers Ford Library, Oakmount Rd, SO532LH Website: https://www.hants.gov.uk/librariesandarchives/library Tel No: 0300 555 1387 <i>Monday- Baby Bounce at Eastleigh Library 10.30-11.00</i> <i>Tuesday- Story Time at Eastleigh Library 10.30-11.00</i> <i>Monday- Storytime at Chandlers Ford Library 10.30-11.00</i> <i>Tuesday & Thursday- Rhymetime at Chandlers Ford Library 10-10.30</i>	Day/s: Mon & Tues- Eastleigh Mon, Tues & Thurs- Chandlers Ford Time: 10.30-11 (both sessions)- Eastleigh 10am (Tues & Thurs) 10.30 (Mon) Cost: Free
Romsey	
<u>Wellow Rainbow Tots</u> Venue: Wellow Village Hall, SO516BR Facebook: https://www.facebook.com/wellowrainbowtots/ Tel No: 01794 322349	Day/s: Mondays (Term Time) Time: 9.15-11am Cost: £2 per family
<u>Tiddlywinks Toddler Group</u> Venue: Romsey Methodist Church, SO518BZ Facebook: https://www.facebook.com/TiddlywinksRomsey/	Day/s: Mondays (Term Time) Time:

	<p>10-11.30am</p> <p>Cost: £1.50 a child & 20p each extra child</p>
<p><u>Baby Sensory</u></p> <p>Venue: Abbotswood Community Centre, Romsey, SO510BX</p> <p>Website: https://clubhubuk.co.uk/clubs/baby-sensory-abbotswood-community-centre-2/</p> <p>Tel No: Please phone 07412661291 to find out more.</p>	<p>Day/s: Tuesdays (Term Time)</p> <p>Time: Varies on Age</p> <p>Cost: Not Specified</p>
<p><u>Toddler Group</u></p> <p>Venue: Horns Drove Community Centre, SO168AD</p> <p>Website: https://ww2.nrweb.org.uk/toddler-group</p> <p>Tel No: 02380 730953</p>	<p>Day/s: Tuesdays (Term Time)</p> <p>Time: 9.30-11.30am</p> <p>Cost: £1.50 per family</p>
<p><u>Adult & Baby Walking Group</u></p> <p>Meet at: Abbotswood Community Centre, Romsey, SO510BX</p> <p>Facebook: https://www.facebook.com/groups/285547762058030/</p> <p>Tel No: 01489797094</p>	<p>Day/s: Tuesdays</p> <p>Time: 1.30pm</p> <p>Cost: Free</p>
<p><u>Baby & Toddler Group</u></p> <p>Venue: Romsey Abbey Church Rooms, SO518EP</p> <p>Website: https://www.romseyabbey.org.uk/get-involved/groups-and-activities/toddler-fellowship/</p> <p>Tel No: 01794 513125</p>	<p>Day/s: Wednesdays (Term Time)</p> <p>Time: 9.30-11am</p> <p>Cost: Not Specified</p>
<p><u>Tots 'N' Tinies</u></p> <p>Venue: Abbotswood Community Centre, Romsey, SO510BX</p>	<p>Day/s: Wednesdays (Term Time)</p>

<p>Website: https://abbotswoodromsey.co.uk/abbotswood-tots-n-tinies/</p> <p>Tel No: 01794 515950</p>	<p>Time: 9.30-11.30am</p> <p>Cost: £1</p>
<p><u>Toddle Time</u></p> <p>Venue: Romsey Baptist Church, SO518GW</p> <p>Website: http://romseybaptist.church/c5/activities/toddle-time-bell-street/</p> <p>Tel No: 01794 501946</p>	<p>Day/s: Wednesdays (Term Time)</p> <p>Time: 10-11.30am</p> <p>Cost: Not Specified</p>
<p><u>Halterworth Playgroup</u></p> <p>Venue: Monfort Hall, Romsey, SO518PN</p> <p>Facebook: https://www.facebook.com/halterworthplaygrouppromsey/</p>	<p>Day/s: Thursdays (Term Time)</p> <p>Time: 10-11.30am</p> <p>Cost: Not Specified</p>
<p><u>Ark Toddler Group</u></p> <p>Venue: Awbridge Village Hall, Awbridge, SO510HG</p> <p>Website: http://www.awbridge.info/organisations/children/ark-toddler-group/</p> <p>Tel No: 01794 340709</p>	<p>Day/s: Fridays (Term Time)</p> <p>Time: 09.30-11am</p> <p>Cost: £1.50 for 1 adult and up to 2 siblings</p>
<p><u>Rhymetime & Storytime</u></p> <p>Venue: Romsey Library, Station Rd, SO518DN</p> <p>Website: https://www.hants.gov.uk/librariesandarchives/library</p> <p>Tel No: 0300 555 1387</p> <p><i>(Tuesday - Storytime at 11.00-11.30am Thursday – Rhymetime at 11.00-11.30 am Friday – Rhymetime at 2.00-2.30pm)</i></p>	<p>Day/s: Tuesdays, Thursdays & Fridays</p> <p>Time: 11-11.30 Tuesday 11-11.30 Thursday 2-2.30 Friday</p> <p>Cost: Free</p>

Useful Websites:

Southern Health

<https://www.southernhealth.nhs.uk/services/child-health-services/health-visiting/access-to-health-visiting-services/child-health-clinics/>

Hampshire Healthy Families

<http://www.hampshirehealthyfamilies.org.uk/>

Families Online

<https://www.familiesonline.co.uk/local/south-west-hampshire/clubs-and-classes/baby-toddler>

Hampshire County Council Family Information Services Hub

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

Mums net

<https://www.mumsnet.com>

Netmums

<https://www.netmums.com>

Music Bugs

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

Jiggy Wrigglers

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