

Hampshire Healthy Families

Havant, Waterlooville & surrounding Areas



Parent/carer & Toddler/Baby Groups
Plus, other Specialist Groups and
Activities

Library Rhyme Times – All year round

Suitable for all under school age children 0-5

<p>Rhyme Time Venue: Waterlooville Library, The Precinct, London Rd, PO7 7DT Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All Staff</p>	<p>Days: Mondays and Thursday Time: 10-10.30am & 11 – 11.30am</p>
<p>Rhyme Time Venue: Havant Library, Havant Meridian Centre PO9 1UN Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All staff</p>	<p>Day: Tuesdays Time: 10.30 to 11am</p>
<p>Rhyme Time Venue: Hayling Island Library, Elm Grove, PO11 9EE Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All Staff</p>	<p>Day: Wednesdays Time: 10.30 to 11am</p>
<p>Rhyme Time Venue: Emsworth Library, Emsworth Community Centre, North Street, Emsworth PO10 7DD Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All staff</p>	<p>Day: Thursdays Time: 10.00 to 10.30am</p>
<p>Rhyme Time Venue: Leigh Park Library, Park Parade, HAVANT, PO9 5AB Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All staff</p>	<p>Day: Fridays Time: 10 to 10.30 am</p>

SEN Support Group

<p>Unida Venue Mondays: Wellington Vale Darnel Rd, Waterlooville Po7 7TY Venue Thursdays: HSDC Havant, New Rd, Havant PO9 1QL Contact: 07443283029 Email: safespacewithjessandbex@gmail.com</p> <p>Local children’s mental health charity. Weekly support groups for parents and carers with children who have SEN and mental health needs to come together.</p>	<p>Day: Mondays Time: 9.15 – 10.15am</p> <p>Thursdays Time: 7 – 8pm</p> <p>Cost: Free</p>
<p>Safe Space Venue: Anders Hall, Jubilee Park, Milton Road, Waterlooville PO7 6AW @safespace_senwaterlooville Contact: Jess or Bex Email: safespacewithjessandbex@gmail.com</p> <p>Uniting parents and carers with neurodiverse children and those with disabilities.</p>	<p>Day: Thursdays Time: 10-12pm</p> <p>Cost: Free</p>
<p>Safe Space Venue: Anders Hall, Jubilee Park, Milton Road, Waterlooville PO7 6AW @safespace_senwaterlooville Contact: Jess or Bex Email: safespacewithjessandbex@gmail.com</p> <p>Uniting parents and carers with neurodiverse children and those with disabilities.</p>	<p>Day: Thursdays Time: 10-12pm</p> <p>Cost: Free</p>
<h2>Mondays</h2>	
<p>Little Fishes Venue: Saint John’s Church Centre, 120 Redhill Road, Rowlands Castle, PO9 6DF Website: Little Fishes Playtime – Saint John's Rowlands Castle (saintjohnschurch.org.uk)</p>	<p>Day: Mondays Time: 9 – 11am Cost: £1 donation</p>

<p>Telephone: 02392 410111 Contact: Church Office</p>	<p>Term Time</p>
<p>Park Play Venue: Heart of the Park (Formally Leigh Park Community Centre) Dunsbury Way, Leigh Park, PO9 5BG Website: cfirst.org.uk/leigh-park-community-centre Telephone: 023 92 476382 Contact: Centre Staff Facebook: Leigh Park Community Centre For children under 5 – safe play area & café (café open 9.30 – 2.30pm Mon- Thurs)</p>	<p>Day/s: Monday – Thursday Time: 10.30 – 12.30pm Cost: £2 All year round</p>
<p>The Breastfeeding Network – Meet up Group Venue: The Spring Arts & Heritage Centre, 56 East Street, Havant . PO9 1BS Website: www.breastfeedingnetwork.org.uk Facebook: @Havantandeasthampshirebreastfeedinginformation (also at other locations through the week)</p>	<p>Day: Mondays Time: 10 – 11.30am Cost: Free – coffee shop open</p>
<p>Beacon Babies Venue: The Beacon Lounge, Inside Meridian Centre, Havant PO9 1UN Telephone: Office 023 92 470167 Email : admin@beaconchurchhavant.org.uk For Babies up to 1 year</p>	<p>Day: Mondays Time: 10am to 11am Cost: £1.50</p>
<p>Meet & Connect Venue: Hayling Island Library, Elm Grove, PO11 9EE Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All Staff</p>	<p>Day: Mondays Time: 10.30 am to 11.30am</p>

<p>New Group for new parents with their new babies from birth providing information and play</p>	<p>Cost: FREE All year round</p>
<p>Baby Play Time Venue: Hayling Island Library, Elm Grove, PO11 9EE Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All Staff Free fun play session for babies up to 1 year old.</p>	<p>Day: Mondays New Time: 2pm – 3pm Cost: FREE All year round</p>
<p>Monday Club Free drop in for parents with children under 5 Play, chat, coffee & Fun. Venue: The Bridge Centre, 67 Beech Rd, West Town, Hayling Island PO11 0JD Telephone: Church & Food Bank : 023 9246 8835 Run by Church volunteers</p>	<p>Day: Mondays Time: 9am – 11am Cost: FREE</p>
<p>Pebbles Venue: Emsworth Baptist Church, North Street, Emsworth, PO10 7BY Website: www.emsbaptist.org.uk Email: admin@emsbaptist.org.uk Telephone: 01243 375 606 Contact: Church office Facebook: Emsworth Baptist Church</p>	<p>Day: Mondays Time: 9.45am – 11:15am Cost: £1</p>
<p>Mini Multiples Venue: St Nicholas Church Hall, Belmont Grove, Bedhampton, HAVANT, PO9 3PU Telephone: 02392 439 185 Facebook: Mini Multiples-Twins, triplets & more group</p>	<p>Day: Mondays (Term Time) Time: 10am to 12pm Cost: £4 per family</p>

Tuesdays

<p>Ready Steady Walk</p> <p>Venue – Meet outside: Spring Arts & Heritage Centre, 56 East St, HAVANT, PO9 1BS</p> <p>Website: www.hampshirehealthyfamilies.org.uk</p> <p>Email: Debbie.mead@barnardos.org.uk</p> <p>Telephone: 07590 625 811</p> <p>Contact: Debbie</p>	<p>Day: Tuesdays</p> <p>Time: 1.30pm</p> <p>45mins</p> <p>Cost: Free</p> <p>No need to book</p> <p>Runs all year</p>
<p>Baby Play Time (Up to 1 yr)</p> <p>Venue: Emsworth Library, Emsworth Community Centre, North St, Emsworth, PO10 7DD</p> <p>Website: www.hants.gov.uk/library</p> <p>Telephone: 0300 555 1375</p>	<p>Day: Tuesdays</p> <p>Time: 10.00– 11.00am</p> <p>Cost: FREE</p> <p>Runs all year</p>
<p>Purbrook Baby & Toddler group</p> <p>Venue: Christ Church Hall, London road, Widley, PO7 5AT</p> <p>Contact: Fleur & Sam</p> <p>Telephone: Fleur 07889 813368</p> <p>Just turn up for group</p>	<p>Day: Tuesdays</p> <p>Time: 10– 11.30am</p> <p>Cost: £1 + 50p ex chd Term Time</p>
<p>Babies, Biscuits and Banter</p> <p>Venue: St. James Office (Next to the Hall on Church Path), Emsworth, Hants.</p> <p>Website: www.warblingtonwithemsworth.org</p> <p>Telephone: 01243 372428</p> <p>For Newborns to pre walkers</p>	<p>Day: Tuesdays</p> <p>Time: 10 – 11.30am</p> <p style="background-color: yellow;">Running through summer 2024</p> <p>FREE</p>
<p>Parent & Toddler Group 0–3yrs</p> <p>Venue: Hart Plain Methodist Church, 59 Hart Plain Ave, Waterlooville, PO8 8RG</p>	<p>Day: Tuesdays</p> <p>Term Time only</p>

<p>Telephone: 02392 254452 Email: admin@hcpcs.co.uk Contact: Karen Swain Website: www.hartplainchurchpreschool.co.uk Facebook: https://www.facebook.com/Hartplainchurchpreschool/</p>	<p>Time: 10 - 12pm</p> <p>Cost: £1.50</p>
<p>Little Acorns Venue: The Acorn Community Centre, Weacock Farm, Waterlooville PO8 9UX Website: www.acorncentre.org.uk Email: admin@acorncentre.org.uk Telephone: 02392 258423</p>	<p>Day: Tuesdays</p> <p>Time: 12.30pm – 2.00pm</p> <p>Cost: £1 donation per family</p>
<p>Parents & Toddlers Venue: St George’s Church, Waterlooville, PO7 7EH Telephone: 0778 4526167 (Phone first – waiting list) Website: http://www.stgeorgesnews.org/ Email: parish.office@stgeorgesnews.org Contact: Dawn Hyett Facebook: https://www.facebook.com/STGWATERLOOVILLE/</p>	<p>Day: Tuesdays</p> <p>Time: 10am -11.30am</p> <p>Cost: £1.50 50p for each additional child</p>
<p>Adventure Time Venue: Havant Leisure Centre, Leisure Centre, Civic Centre Rd, Havant PO9 2AY Website: https://horizonlc.com/ Email: customer.relations@horizon.lc.com Telephone: 02392476026 Contact: Reception Facebook: horizonleisurecentre</p>	<p>Day/s: Tuesdays & Thursdays</p> <p>Time: 9.30am to 11am</p> <p>Cost: £3.50 No need to book</p>
<h2>Wednesdays</h2>	
<p>Baby & Toddler Group</p>	<p>Day:</p>

<p>Venue: Wellington Vale Care Home, Darnel Rd Waterlooville PO7 7TY</p> <p>Contact: Helen Cox</p> <p>Telephone: 02392 240 486</p> <p>Let your Babies and Toddlers play and interact with the residents -bringing benefits to both</p>	<p>Wednesdays</p> <p>Time: 10.30-12pm</p> <p>Cost: FREE</p>
<p>Toddlers at Christ Church Widley</p> <p>Venue: Christ Church Hall, London road, Widley, PO7 5AT</p> <p>Contact: Clara & Gill</p> <p>Facebook: Toddlers at Christchurch Widley Wednesday 9.45am Facebook</p>	<p>Day: Wednesdays (Term Time)</p> <p>Time: 9.45- 11.15am</p> <p>Cost: £2 + 50p ex</p>
<p>Horndean Baptist church Toddlers</p> <p>Venue: Napier Hall, HORNDEAN, PO8 9NL</p> <p>Website: www.horndeanbaptistchurch.org.uk</p> <p>Email: lizknellhbc@gmail.com</p> <p>Telephone: Liz Knell 07739096251</p> <p>Contact: Liz Knell</p> <p>Facebook: (20+) Facebook</p>	<p>Day: Wednesdays</p> <p>Time: 9.15- 11 am</p> <p>Cost: £1.50 per family</p>
<p>St Joseph's Parent, Toddler and Baby Group</p> <p>Venue: St Joseph's Church, 134 West Street, Havant, . PO9 1LP</p> <p>Website: http://www.rchavant.com</p> <p>Email: office@rchavant.com</p> <p>Telephone: 02392 484520</p> <p>Facebook: (20+) Facebook</p> <p>Contact: Hall manager Vicky McGuigan singing, story time, crafts with lots of toys and refreshments</p>	<p>Day: Wednesdays</p> <p>Time: 10 am to 11.30am</p> <p>Cost: £1 Donation per session</p>
<p>St Wilfred's Toddler Group</p> <p>Venue: St Wilfred's Church, Padnell rd, Cowplain, PO8 8DZ</p> <p>Website: St Wilfrid's Toddler Groups - Wednesday and Friday mornings - St Wilfrid's Cowplain (stwilfridscowplain.co.uk)</p> <p>Email: toddlers@stwilfridscowplain.co.uk</p>	<p>Day: Wednesdays & Fridays (term time)</p>

<p>Contact: Bob To Book: www.eventbrite.co.uk/e/st-wilfrids-toddler-groups-tickets-</p>	<p>Time: 9.30am to 11.30am Cost: £2.00</p>
<p>Wednesday Toddlers at COGS Venue: Church of the Good Shepherd, Crookhorn Lane, Waterlooville, PO7 5QB Website: https://cogs.org.uk/ Contact: Clare Hargreaves (Club) Telephone: 02392 256814 Facebook: https://www.facebook.com/COGScrookhorn</p>	<p>Day: Wednesdays (Term time) Time: 10am to 11.30am Cost: £1.50</p>
<p>Tots & Toys Venue: Empower Centre, 47 Botley Drive, Leigh Park, PO9 4RS Website: https://family.church/empowercentres/ Telephone: 0300 302 0090 Email: megg.black@family.church Contact: Megg Black – group Lead</p>	<p>Day: Wednesdays Time: 10 – 11.30am Cost: FREE Including free breakfast</p>
<h2>Thursdays</h2>	
<p>Ready Steady Walk Venue – Meet outside: Wellington Vale Care Home, Darnel Rd, Waterlooville, PO7 7TY Website: www.hampshirehealthyfamilies.org.uk Email: Debbie.mead@barnardos.org.uk Telephone: 07590 625 811 Contact: Debbie Free refreshments after the walk as well as facilities for changing/feeding babies. Can use venue in bad weather if walk not viable.</p>	<p>Day: Thursdays Time: 1.30pm to 2.15pm Cost: FREE No need to book</p>
<p>Meet & Connect Venue: Leigh Park Library, Park Parade, HAVANT, PO9 5AB Website: www.hants.gov.uk/library Telephone: 0300 555 1375 Contact: All Staff</p>	<p>Day: Thursdays Time: 10am- 11am Cost:</p>

<p>New Group for new parents with their new babies from birth providing information and play</p>	<p>Free</p> <p>Runs all year</p>
<p>Bethel Babies – Mums & Tots Venue: Bethel Church 441 Dunsbury Way, Leigh Park Havant PO9 5BD Face Book: https://www.facebook.com/bethelmumstots Telephone: 02392 176400</p>	<p>Day: Thursdays (term time) Time: 9.30am- 11am Cost: Free</p>
<p>The Ark Toddler Group Venue: St James Parish Hall, North St, Emsworth, PO10 7BY Website: www.warblingtonwithemsworth.org Contact: Childrenandyouth@warblington.org</p>	<p>Day: Thursdays (Term time) Time: 9.30am to 11.00am Cost: Free</p>
<p>Tots & Tunes Venue: Church of the Good Shepherd, Crookhorn Lane, Waterlooville, PO7 5QB Website: https://cogs.org.uk/ Contact: Clare Hargreaves (Club) Telephone: 02392 256814 Facebook facebook/cogschildrenandtoddlers Contact: Posy (Administrator) office@cogs.org.uk Facebook: https://www.facebook.com/groups/1140979372914721 https://www.facebook.com/COGScrookhorn</p>	<p>Day: Thursdays (Term time) Time: 10am to 11.00am Cost: £1.50</p>
<p>Toddlers at Waterlooville Baptist Church Venue: Waterlooville Baptist Church, 368 London Rd,</p>	<p>Day: Thursdays</p>

<p>Waterlooville, PO7 7SY</p> <p>Website: Waterlooville Baptist Church : Toddlers</p> <p>Telephone: 02392 269489</p> <p>Contact: Pat Knowles</p> <p>Email: administrator@waterloovillebaptist.org.uk</p>	<p>(Term Time)</p> <p>Time: 10am to 11.30am</p> <p>Cost: £1.25 + ex child 25p</p>
<p>Happy Feet Toddler Group</p> <p>Venue: Hayling Island Community Centre, Station Rd, HI PO11 0HB</p> <p>Website: Community Centre in Hayling Island - HICCA</p> <p>Telephone: 023 9246 7545</p> <p>Facebook: (20+) Happy Feet - Baby & Toddler Group Hayling Island Community Centre Facebook</p>	<p>Day: Thursdays (Term Time)</p> <p>Time: 9.30am to 11.30am</p> <p>Cost: £3</p>
<p>'Toddlers' and 'Bumps & Babies' at Cowplain</p> <p>Venue: Cowplain Evengelical Church, Dudley Rd, Cowplain, PO8 8XA</p> <p>Website: Children Cowplain Church</p> <p>Email: office@cowplainchurch.co.uk</p> <p>Telephone: 02392 262188</p> <p>Contact: Pastor is Rev Phil Brown Tori Loversidge</p> <p>Book: Cowplain Evangelical Church Events Eventbrite</p>	<p>Day: Thursdays</p> <p>Time:</p> <p>Toddlers: 9.30am -11am</p> <p>Bumps & Babies 11.30-1pm</p> <p>Cost: £2 on the door</p>
<p>The Baby Group – up to 1 year old</p> <p>Venue: Havant and Emsworth United Reformed Church, North Street Havant, PO9 1PP</p> <p>Website: https://www.havanturc.org/contactus.htm</p> <p>Telephone: 02392455337</p> <p>Contact: Mrs Chris Shaw dgmshaw@aol.com</p> <p>Facebook: https://www.facebook.com/HavantandEmsworthURC</p>	<p>Day: Thursdays</p> <p>Time: 10.00am to 11.30am</p> <p>Cost: £1.50</p> <p>Term Time only Last one for summer 1st Aug 24</p>

Fridays

<p>Baby Group – up to 1 year old</p> <p>Venue: Waterlooville Horizons Leisure Centre, PO7 7UW</p> <p>Website: Horizon Leisure Centres – Leisure Centres in Havant & Waterlooville (horizonlc.com)</p> <p>Contact: Emma George (Wellbeing Team)</p> <p>Regularly supported by a local GP/health visiting team & Breastfeeding network volunteer</p>	<p>Day: Fridays (Term Time)</p> <p>Time: 10.30 – 11.30am</p> <p>Cost: FREE</p>
<p>Newlands Tots (0 – 4yrs)</p> <p>Venue: Newlands community centre, Newlands Ave, waterlooville, PO7 3BX</p> <p>Website: www.newlandscommunitygroup.com.</p>	<p>Day: Fridays (Term Time)</p> <p>Time: 10 – 11.30am</p> <p>Cost: £2 + 50p for ex children</p>
<p>Beacon Fun Club</p> <p>Venue: The Beacon Church, Inside Meridian Centre, Havant PO9 1UN</p> <p>Telephone: Office 023 92 470167</p> <p>Email : admin@beaconchurchhavant.org.uk</p> <p>Play, singing, music, dance, craft, snack & story time.</p>	<p>Day: Fridays (Term Time)</p> <p>Time: 10 – 11.30am</p> <p>Cost: £1.50 per family Or Babies £1</p>
<p>First Steps</p> <p>Venue: St Mary’s Hall, Church Road, Hayling Island, Hants. PO11 0NT</p> <p>Website: http://www.haylinganglicans.co.uk/young-people-and-families/</p> <p>Telephone: 02392 467277 / 07855861363</p> <p>Contact: Sue Moss or Priest in charge Rev Jenny Gaffin</p>	<p>Day: Fridays (term time)</p> <p>Time: 9am to 11.30am</p> <p>Cost: Donations</p>
<p>Little Lambs</p> <p>Venue: The Pallant Centre Hall, The Pallant, Havant, PO9 1BE</p> <p>Facebook: St Alban's West Leigh Facebook</p>	<p>Day: Fridays (Term Time)</p> <p>Time:</p>

<p>Telephone contact: Karina Green 07598 828480 Sandra Haggan 07452 982787</p> <p>For Parents & Carers and their children aged 0 – 5yrs</p>	<p>9.30 – 11.00am</p> <p>Cost: Donations</p>
<p>Baby Play Time (Up to 1 yr)</p> <p>Venue: Waterlooville Library, The Precinct, London Rd, Waterlooville, PO7 7DT</p> <p>Website: www.hants.gov.uk/library</p> <p>Telephone: 0300 555 1375</p>	<p>Day: Fridays</p> <p>Time: 9.30am to 10.30am</p> <p>Cost: FREE</p> <p>Runs all year</p>
<p>Toddler Time (1 –2 yrs)</p> <p>Venue: Waterlooville Library, The Precinct, London Rd, Waterlooville, PO7 7DT</p> <p>Website: www.hants.gov.uk/library</p> <p>Telephone: 0300 555 1375</p>	<p>Day: Fridays</p> <p>Time: 11am to 12pm</p> <p>Cost: FREE</p> <p>Runs all year</p>
<p>St Wilfred’s Toddler Group</p> <p>Venue: St Wilfred’s Church, Padnell rd, Cowplain, PO8 8DZ</p> <p>Website: St Wilfrid's Toddler Groups - Wednesday and Friday mornings - St Wilfrid's Cowplain (stwilfridscowplain.co.uk)</p> <p>Email: toddlers@stwilfridscowplain.co.uk</p> <p>Contact: Bob</p> <p>To Book: www.eventbrite.co.uk/e/st-wilfrids-toddler-groups-tickets-</p>	<p>Day: Fridays & Wednesdays (Term time)</p> <p>Time: 9.30am to 11.30am</p> <p>Cost: £2.00</p>
<p>Bethel Babies – Mums Meet</p> <p>Venue: Bethel Church 441 Dunsbury Way, Leigh Park Havant PO9 5BD</p> <p>Face Book: @bethelmumstots.church</p> <p>Telephone: 02392 176400</p>	<p>Day: Fridays (Term time)</p> <p>Time: 1.30pm – 3pm</p> <p>Cost: Free</p>

<p>Little Explorers Stay & Play</p> <p>Venue: Syrch Centre, Lutman Street, Emsworth</p> <p>A friendly group for children, from birth onwards, and their families. Meet new friends and enjoy painting, playdough, sensory activities, singing and more.</p> <p>Contact: Laura or Mary to book a place</p> <p>Telephone: 07776320608</p> <p>Email : littleexplorersnurseryschool@gmail.com</p>	<p>Day: Fridays (Please check dates)</p> <p>Time: 1.45 – 2.45pm</p> <p>Cost: £1 per family</p> <p>BOOK</p>
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Saturdays

<p>Who Let the Dads out?</p> <p>Suitable age – children 0-5yrs</p> <p>Venue: Christ Church Hall, London road, Widley, PO7 5AT</p> <p>Contact: Robin Humphris</p> <p>Webpage link: Who Let The Dads Out? Christ Church Portsdown</p> <p>Opportunity for Dads and male carers to come together, have a bacon sarnie and play with their children</p>	<p>Day: Every 3rd Saturday of the month</p> <p>Time: 9- 11.am</p> <p>Cost: FREE</p>
<p>Dadzclub – Stay 'N' Play</p> <p>Venue: Buckland Family Hub Portsmouth PO1 4PN</p> <p>Webpage link: www.dadzclub.com</p>	<p>Day: Saturdays</p> <p>Time: 10- 11.30am</p> <p>Cost: FREE</p>

Other useful apps & websites

<p>Happity https://www.happity.co.uk/</p> <p>Families Online https://www.familiesonline.co.uk/local/south-west-hampshire/clubs-and-classes/baby-toddler</p> <p>Hampshire County Council Family Information Services Hub https://fish.hants.gov.uk/kb5/hampshire/directory/home.page</p>

Parent Voice – Additional needs groups

http://www.parentvoice.info/en/Find_a_Support_Group

* Most groups are term time only – check with provider for more details*
If you notice a change to a group listed, please let us know so that we can keep this list updated.

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

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