

Family Hub

Infant Massage



5-week course, for parents/carers with non-mobile babies.

The classes are facilitated by an IAIM trained Infant Massage Instructor. Learn how simple strokes can help your baby with wind or constipation, how important your touch is in supporting the bonding process and your baby's emotional development.

Seashell Family Hub
8 January – 5 February
1 – 2.30pm

Blackberry Family Hub
13 January – 10 February
1 – 2.30pm

Clovelly Family Hub
25 February – 1 April
1 – 2.30pm

**The Ashby Centre
Family Hub**
26 Feb - 26 March
1 – 2.30pm

Cutbush Family Hub
7 March – 4 April
10 – 11.30am



To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk

@familyhubsouthampton

www.soton.cc/familyhub

Family Hub

Infant Massage



5-week course, for parents/carers with non-mobile babies.

The classes are facilitated by an IAIM trained Infant Massage Instructor. Learn how simple strokes can help your baby with wind or constipation, how important your touch is in supporting the bonding process and your baby's emotional development.

Seashell Family Hub
8 January – 5 February
1 – 2.30pm

Blackberry Family Hub
13 January – 10 February
1 – 2.30pm

Clovelly Family Hub
25 February – 1 April
1 – 2.30pm

**The Ashby Centre
Family Hub**
26 Feb - 26 March
1 – 2.30pm

Cutbush Family Hub
7 March – 4 April
10 – 11.30am



To book your place visit:

soton.cc/familyhub-parentingreferral

For more information please contact:

Familyhub@southampton.gov.uk

@familyhubsouthampton

www.soton.cc/familyhub

Family Hub

LOCATIONS

Family Hub locations are available online at:
soton.cc/family-hub-locations.

Alternatively scan the QR code with the camera of a phone.



LOCATIONS

 @familyhubsouthampton

www.soton.cc/familyhub

Family Hub

LOCATIONS

Family Hub locations are available online at:
soton.cc/family-hub-locations.

Alternatively scan the QR code with the camera of a phone.



LOCATIONS

 @familyhubsouthampton

www.soton.cc/familyhub