

# WHAT'S ON IN BENTILEE?

Day	Activity	Description	Time	Location
Monday	<b>Big Cup</b>	Alice Charity Parent and Toddler group.	9:30am -11:30am	Bentilee Family Hub
	<b>Breastfeeding Group</b>	Get support at any stage of your feeding journey.	12:30pm -2pm	Bentilee Family Hub
	<b>Coffee Break</b>	Join Alpha to learn about available services	1:30pm -2:30pm	Bentilee Family Hub
Tuesday	<b>Family Advisor Drop In</b>	Pop along and find out about support and activities on offer.	1pm -3pm	Bentilee Family Hub
	<b>The Bread and Butter Thing</b>	Affordable food solution for families, booking required, see website for details.	1:30pm -2:pm	Bentilee Family Hub
Wednesday	<b>Mother's Mind</b>	A support group providing a safe place to talk about maternal mental health.	10am - 12pm	Bentilee Family Hub
	<b>Babbling Babies</b>	A fun group to encourage early speech and language.	12:30pm -2:15pm	Bentilee Family Hub
Thursday	<b>Well Baby Drop In</b>	Discuss health issues and get your baby weighed.	9:30am -11:30am	Bentilee Family Hub
	<b>Sound Pots and Play</b>	Create music and sound in this fun group for 0-5's.	1pm -2:30pm	Bentilee Family Hub
Friday	<b>Mums 2 B</b>	Discover how to have a healthy pregnancy and learn to prepare for a new born.	10am -12pm	Bentilee Family Hub
	<b>Fun Friday</b>	A fun stay and play with songs and music.	12:30pm -2:15pm	Bentilee Family Hub

All information correct at time of printing 10/10/2024  
 or more information about groups and support, please visit [www.familyhubs.stoke.gov.uk](http://www.familyhubs.stoke.gov.uk)