# Dewsbury Moor Best Start Family Hub

100 Heckmondwike Road
Dewsbury Moor
WF13 3NT

**Families Together Navigator** – Paul Jones - Paul.Jones@kirklees.gov.uk – 07973 978399

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| **NHS Midwife Clinic**<br>*By appointment only*<br>⏰ **9am - 4pm** | **NHS Midwife Clinic**<br>*By appointment only*<br>⏰ **9am - 4pm** | **NHS Midwife Clinic**<br>*By appointment only*<br>⏰ **9am - 4pm** | **NHS Midwife Clinic**<br>*By appointment only*<br>⏰ **9am - 4pm** | **NHS Midwife Clinic**<br>*By appointment only*<br>⏰ **9am - 4pm** | |
| **Perinatal Mental Health Session**<br>*By appointment only*<br>⏰ **10am - 11.30am** | **Happy Mamas Super Mamas - Stay & Play**<br>*For children up to 5 years*<br>*Free drop-in*<br>⏰ **9.30am - 11.30am** | **SEND Stay & Play Session 0-5yrs**<br>*For children up to 5 years*<br>*Free drop-in*<br>⏰ **9.30am - 11am** | **LOCALA Infant Feeding support**<br>*By appointment only*<br>⏰ **9am - 11am**<br>*Group session*<br>⏰ **9am - 4pm**<br>*1:1 session's* | | |
| **Parenting Together Session - Family Links**<br>*By appointment only*<br>⏰ **9.30am - 11.30am** | | **Invictus Wellbeing**<br>*By appointment*<br>⏰ **9am - 7pm** | **Kirklees Success Centre**<br>*Booking required*<br>⏰ **9am - 1.30pm** | | |

September – December 2026

# Session Description

## NHS Community Midwife

By appointment only – Please contact your midwife for further information – Bronte Birth Centre 01924 319354

## Perinatal Group

Perinatal Health Team provide antenatal and postnatal therapy groups.
Please contact 01924 316009 to discuss and book an appointment.

## Happy Mamas, Supper Mamas Stay & Play Session

Suitable for children aged 0-5 years.
Fun sessions to help support your child's development. No need to book just turn up.

## SEND Stay & Play Sessions

Suitable for children aged 0-5 years with SEND.
Qualified SEND staff available for advice. No need to book just turn up.

## Kirklees Success Centre

Free training for anyone wanting to volunteer in a school, as well as courses to improve core skills in Maths and English.
Furthermore, there are several personal development and wellbeing courses.
Please contact 01484 234153 for information.

## LOCALA Breastfeeding Support Group

The team offer friendly, expert support for parents in Kirklees with feeding breastfeeding, bottle feeding and mixed feeding.
To book, call: 0300 304 5555 or contact via text message on 07520 618867.

## Invictus Wellbeing

Free counselling, support, activities and opportunities for children and young people aged 5-25 years.
For more information call 01488 730015 or email at: enquiries@invictuswellbeing.com

## Family Play Session

Join the play team for lots of engaging activities for the young people and families. Take part in activities like arts and crafts, sensory play, sports and more. No need to book just pop in between 11:00 am & 1:00pm. All ages welcome.

## Parenting Together Sessions

Kirklees Parenting Together offers access to a range of programmes that can support you being a parent.
Click here to find out more and how to book **Courses for parents and carers**

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