

Best Start Family Hub Elmhurst

Dunsham Lane, Aylesbury, HP20 2DB

☎ 01296 398 242

Autumn Term (September to December 2026)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My First Playtime 10am to 11:30am Weekly Drop-in Infant feeding and support 9:30am to 12pm Weekly Drop-in Child Health Drop in 12:30pm to 2:15pm First and third Monday of the month Drop-in Making it REAL 1:30pm to 2:30pm 14 September to 12 October Booking required Parent Puzzle 12:30pm to 2pm 16 November to 7 December Booking required Midwifery Team Appointment only	Grandparents Group 10am to 11:30am Weekly Drop-in Little Talkers 1:30pm to 2:30pm 28 September to 14 October Booking required Junior Hangout 3:15pm to 4:30pm Weekly Drop-in (Ages 8 to 11) Hangout 4:30pm to 6pm Weekly Drop-in (Ages 12+) Bucks Mind and Youth Concern Counselling for Young People Appointment only Midwifery Team and feeding support Appointment only	Balanceability 11am to 12pm 16 September to 14 October Booking required Keeping Your Child in Mind 10am to 1pm 18 to 25 November Booking required Youth Concern counselling for young people Appointment only Midwifery Team Appointment only	Nurture Programme 9:45am to 12:30pm 17 September to 15 October Booking required Play and learn Family Learning 17 September to 22 October Messy Play and Explore 1:30pm to 3pm Weekly Drop-in Youth Concern counselling for young people Appointment only	SEND Parent Drop-in 10am to 11am Second Friday of the month Drop-in Baby Yoga with Sport in Mind 10am to 11am Term-time only Drop-in Midwifery Team and feeding support Appointment only	Messy Play and Explore 10am to 11:30am Second Saturday of the month Drop-in Antenatal Classes Third Saturday of the month Booking required	The African Culture Centre (TACC) Early Years and Family Learning 10am 12pm Family Wellbeing and Community 12pm to 2pm Children and young people 2pm to 4pm
Information and advice drop-ins 9am to 5pm (4pm on Fridays) Drop-in - no booking required				For information, advice or direct support from our friendly team, drop in to our Family Hub If you would like to book an appointment outside of these hours please contact us on 01296 398 242		

(See 'Useful Information' page for more details)



For updates at this Hub, follow us on Facebook by scanning or pressing the QR code



Useful information

Universal Sessions

My First Playtime – 0 to 1 years old

Children can explore and learn whilst playing with a range of activities, with a focus on sensory play.

Messy Play and Explore – 0 to 5 years (10 years in school holidays)

Children can explore and learn whilst playing with a range of activities such as messy play, arts and crafts, construction and sensory play.

Play and connect

A fun and friendly session where children can play and explore whilst parents and carers connect with each other, share experiences and access information and support.

SEND parent drop-in

An informal session that provides an opportunity to meet others, share experience and build support networks. Professionals are available to offer information, advice and signposting. Children are welcome to attend with their parent or carer.

Junior Hangout – 8 to 11 years old

Join us for games, activities and fun with friends. A great place for young people to build confidence and try something new.

Hangout – 12 years old and above

A welcoming space for young people to make friends, try new activities, learn new skills and grow in confidence.

Booking courses or sessions

For sessions and courses that require a booking, this can be done online by scanning or pressing the QR code. If you require assistance with booking, feel free to contact your local Hub.



Free to borrow resources

Ask a member of the Family Hub team about our free to borrow resources and activities to support your child's development. This includes our Balance Bike library, Boromi Bags, Starting Reception bags, and much more.

Buckinghamshire Family Information Service

For information and advice from our supportive team, contact the Family Information Service by:

 Email: familyinfo@buckinghamshire.gov.uk

Follow the Family Information Service on social media:

 facebook.com/bucksfamilyinfo

 [@BucksFamilyInfo](https://www.instagram.com/BucksFamilyInfo)

Useful websites

Scan or press the QR codes to visit these useful websites:

Health for teens



healthforteens.co.uk

Health for under 5s



healthforunder5s.co.uk

Autism Early Support



autismearlysupport.org.uk

Best Start in Life



beststartinlife.gov.uk

Chat Health



chathealth.nhs.uk