



One minute guide

Nottinghamshire Family Hubs



Date: July 2025

Version: 1

Children's Centre Services have become Family Hubs

Children's Centre Service teams have become family hub teams and the buildings are now called Family Hubs. They still provide a range of services for parents-to-be and families with children under the age of five, but can now also help families with older children.

Our Family Hubs aim to make a positive difference to children, young people and their families by providing joined-up local services which will offer the right support at the right time. They are places where families can easily access non-judgmental information, advice and support.

What do Family Hub teams do?

Family Hubs are a 'front door' for families, offering a 'one stop shop' of family support from pregnancy, through the child's early years, later childhood and into young adulthood, up to the age of 19 (or up to 25 for young people with special educational needs or disabilities). Teams are made up of Early Years Practitioners, Family Support Workers, Community Development Workers and a mix of other professionals based in the Hub building.

Each Family Hub Network is based in a Family Hub building, linking with other services and access points in the local area, such as libraries, health and SEND (special educational needs and disabilities) services. It is unique to the community it serves and aims to make a positive difference to parents, carers and their children through a mix of physical and virtual spaces, as well as provide support in family homes.

The Virtual Family Hub

Notts Help Yourself is our 'Virtual Family Hub' – giving parents, carers and the professionals who work with them easy access to lots of useful information, advice and guidance. You can find it by visiting our [Families Information Service page](#).

What do Family Hubs provide?

The Family Hub staff are fully trained to deal with individual needs a child or young person might have, and work with many partners to ensure they can support families in whatever area they need.

Workers offer a range of support including:

- preparing for a baby
- children's development, including listening, speech, language and communication
- learning through play
- understanding children's emotional health
- children's behaviour
- preparing a balanced diet and weaning
- increasing confidence to help parents prepare for work
- volunteering
- domestic abuse (in partnership with Women's Aid services)

Our Best Start for Life Offer

Information for expectant families and new parents is at the heart of Family Hubs - this is part of Nottinghamshire's Best Start for Life Offer. The first 1001 days of a child's life - from the moment they are conceived to their 2nd birthday - is the time when their brain develops the most and they grow the quickest. Having the right start makes a big difference to their future.

Best Start for Life information is available online and in a leaflet. This is the main place to find out local information and advice about pregnancy, being a new parent and bringing up babies and toddlers.

- [Nottshelpyourself | Best Start for life offer: During pregnancy](#)
- [Nottshelpyourself | Best Start for life offer: From birth to 2 years](#)
- [Nottshelpyourself | Best Start for life offer: More advice and support](#)

Key contacts:

You can find more information about our Family Hubs and read about the Early Help and services available on the [Discover your local family hub \(Nottinghamshire County Council\)](#) web page.

Look out for more information on our [Facebook](#) and [Instagram](#) pages.