

Though the Family Hubs are currently closed for groups and sessions, our Family Support Workers are available for One:one or group support & information via phone, social media, video sessions or private messaging.

## Contact

### Managers

**Sally Lawson:** West Family Hub covering Newbury & Area

07810 658805 [slawson@victoriapark.w-berks.sch.uk](mailto:slawson@victoriapark.w-berks.sch.uk)

**Sharon Pearce:** Central Family Hub covering Thatcham & Area

07824 408456 [Sharon.pearce2@westberks.gov.uk](mailto:Sharon.pearce2@westberks.gov.uk)

**Jo Roberts:** East Family Hub covering Calcot & Area

07500 951014 [Joanne.roberts@westberks.gov.uk](mailto:Joanne.roberts@westberks.gov.uk)

**Shelly Hambrecht:** Hungerford & Area Family Centre

01488 682628 Opt 2 [Shelly@hungerfordnursery.w-berks.sch.uk](mailto:Shelly@hungerfordnursery.w-berks.sch.uk)

## Facebook

**West Family Hub:** @familyhubwest

**Central Family Hub:** @familyhubcentral

**East Family Hub:** @familyhubeast

**Hungerford Family Centre:** @hungerfordandareafamilycentre

**Breastfeeding:** West Berkshire Community Breastfeeding Support

## Support

- Postnatal Support
- Feeding your baby and child
- Toilet Training
- Managing unwanted behaviours
- Keeping your children entertained
- Support to manage mental health and wellbeing
- Signposting for families in financial need
- Practical help for self-isolating families
- A listening Ear



## Virtual Sessions

- Zoom 3 week, evening Antenatal
- Facebook Live
- Zoom Storytime
- Zoom 5 week, evening Wellbeing
- Zoom Introducing solids
- Zoom Baby groups
- Zoom Breastfeeding
- Zoom BOOST/PAFT & Parenting
- Zoom 4 week Postnatal