



An tOspidéal Náisiúnta Máithreachais  
The National Maternity Hospital

# Postnatal Hubs

**Here to support you!**

We provide a welcoming, supportive, and friendly environment where you can receive professional care for non-urgent issues, share experiences, and feel supported during the postnatal period.

**Contact & Support**  
**Mon to Fri 9.30am - 3.30pm**  
**01 637 3145**  
**[postnatalhub@nmh.ie](mailto:postnatalhub@nmh.ie)**



## DAILY HUB LOCATIONS

|           |   |
|-----------|---|
| Monday    | Shankill Primary Care Centre (D18 DW08)   |
| Tuesday   | Ballyboden Primary Care Centre (D16 W3P8) |
| Wednesday | Arklow Primary Care Centre (Y14 AE10)     |
| Thursday  | Ballyboden Primary Care Centre (D16 W3P8) |
| Friday    | Wicklow Primary Care Centre (A67 K5C7)    |

## SERVICES AND TIMES

|   |                       |
|---|-----------------------|
| <b>Morning<br/>Drop in Clinics</b>          | <b>9.30am-12.00pm</b> |
| <b>Afternoon<br/>Scheduled Appointments</b> | <b>2.00pm-3.30pm</b>  |