

**Staying Cool Teen** - For teenagers looking at anger management and ways to deal with these feelings.

**Baby and Me** - For families with babies from birth to 12 months, to enjoy time with your baby and meet new parents. Sessions include activities to help your baby to learn, and their brain and body to develop and advice and support on issues like bonding and safe sleeping.

**Educational Psychology Drop-in** - Talk to the Educational Psychology team about any concerns you may have about your child such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

**Chill Kids** - For children aged 7-11 years old, helping them understand their big feelings and find positive ways to manage them.

**Homework Heroes** - Need support in understanding and accessing your child's homework platforms such as Times Tables Rock Stars, Corbettmaths, White Rose? We can show you! Come along to our course and learn all about them. Free Amazon tablet per eligible participant. To book email [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**Crock Pot Savvy - Budgeting Brilliance with Slow Cooker** - Manage your family budget, look at shopping strategies and cooking on a budget. Come and learn about meal planning and preparing budget friendly meals to get the best value for your money! Free slow cooker per eligible participant. To book email [multiply@durham.gov.uk](mailto:multiply@durham.gov.uk)

**Sleep Action Workshop** - Sleep strategies and support for parents of children aged 18 months to 19 years including children with SEND/additional needs. To book please ring our duty number on 03000263538 or message us via Health Chat on our Growing Healthy Children's Health Services app.

**Supporting the health and development of children with SEND – 2 workshops for parents and carers of children 2-6 years old.** Workshops include **1. SEND; strategies and Empowering families; SEND children and continence challenges and 2. Sensory challenges and fussy eating.**

To book please email [hdft.0-25senddurham@nhs.net](mailto:hdft.0-25senddurham@nhs.net)

**Time Together** – Fun activities for 1 – 4 year olds (pre-school) including crafts, music, games and stories. No booking required just come along.

**Infant feeding support** - For mams, dad and carers around feeding their baby or child.

**Growing Healthy Drop-in** - Ask the health visiting team any questions about your child's health and development.

**SENDIASS Drop-in** - For mams, dads and carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

**Incredible Babies** - For mams, dads, carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before your baby is 6 months old.

**WellComm** - To identify children who are experiencing barriers to speech and language development, and provide strategies and activities for parents to use at home. If you think your child would benefit from this please contact your health visitor

**Toddler and Me** - For parents/carers and their child aged 1-2 years old. An informal group, each week focuses on a different aspect of your child's development.

**DurhamWorks Drop-in** - Support to help 16-24-year-olds into education, employment or training.

Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm  
[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies) [www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)

# What's on

April to August 2024



Brandon

*We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.*

*Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.*

Brandon Family Hub  
Carr Avenue, Brandon, DH7 8NL.  
03000 269 820





Brandon

## Brandon Family Hub What's On

<b>Staying Cool Teen</b> (booking required) Monday 4.00pm – 5.00pm	Starts 10 June 2024 for 6 weeks
<b>Baby and Me</b> Tuesday 9.30am – 11.00am	Weekly
<b>Educational Psychology Drop-in</b> Tuesday 12.30pm – 2.00pm	21 May 2024
<b>Chill Kids</b> (booking required) Tuesday 4.00pm – 5.00pm	Starts 11 June 2024 for 6 weeks
<b>Homework Heroes</b> (booking required *Free Amazon tablet per eligible participant) Tuesday 10.00am – 12.00noon	11 June 2024
<b>Crock Pot Savvy - Budgeting Brilliance with Slow Cooker</b> (booking required * Free slow cooker per eligible participant) Wednesday 10.00am – 12.00noon	10 April 2024
<b>Sleep Action Workshop</b> Wednesday 9.30am – 10.30am	5 June 2024
<b>Empowering Families, SEND Children with Continance Challenges</b> Wednesday 9.30am – 10.30am	12 June 2024
<b>Sensory Challenges and Fussy Eaters, Strategies for SEND Children.</b> Wednesday 9.30 – 10.30am	19 June 2024
<b>Infant Feeding Support</b> Wednesday 11.30am – 12.30pm	Weekly

<b>Time Together</b> Wednesday 1:30pm-2:30pm (Held at The Hut, Chestnut Grove, Ushaw Moor DH7 7LJ)	3 April 2024 1 May 2024 5 June 2024 3 July 2024 7 August 2024
<b>Chill Kids</b> (booking required) Wednesday 4.00pm – 5.00pm	Starts 10 April 2024 for 6 weeks
<b>Growing Healthy Drop-in</b> Thursday 9.30am – 11.00am	Weekly
<b>SENDIASS Drop-in</b> Thursday 12.45pm – 2.45pm	11 April 2024 9 May 2024 13 June 2024 11 July 2024 8 August 2024
<b>Incredible Babies</b> (booking required) Thursday 12.30pm – 2.30pm	Starts 18 April 2024 for 10 weeks
<b>WellComm</b> (Referral only) Thursday 9.30am – 12.30pm	7 March 2024 4 April 2024 2 May 2024 6 June 2024 4 July 2024 1 August 2024
<b>Toddler and Me</b> Friday 9.30am – 11.00am	Weekly
<b>DurhamWorks Drop-in</b> Friday 12.00noon – 3.00pm	Weekly
<b>Time Together</b> Friday 9:45am – 10.45am (Held at Hamsteels Community Centre, Western Avenue, Esh Winning DH7 9LS)	26 April 2024 24 May 2024 28 June 2024 26 July 2024 23 August 2024

To book at place or for more information please call 03000 269 820