

## Look Out For

**All Together For You** An opportunity to speak to agencies such as Alliance, Youth employment, CAMHs, Citizen's Advice Bureau, Tees Credit Union, Daisy Chain, School Support, CGL and Family Action.

**Third Friday of each month - 9.30am - 11.30am**

Billingham Family Hub 20th September 2024

Redhill Family Hub - 18th October 2024

Stockton Family Hub - 15th November 2024

Thornaby Family Hub - 20th December 2024

**Daisy Chain Parent Coffee Morning - Billingham Family Hub**

9th & 16th, 23rd, 30th September, 7th, 14th, 22nd October

**Family Hub Forum** A chance to join us to issues all things Family Hubs. Share ideas, find out what's going on and enjoy a cuppa. Look out for dates advertised separately.

**Let's Talk** One to one support for parents/carers. Please contact us for more details.

## Other Services

**Change Grow Live (CGL)** A safe and confidential space for anyone struggling with drug and/or alcohol issues to have a discussion providing education, information and brief interventions

**Citizen's Advice Bureau** *Billingham & Thornaby only*

*Call 01642 626135 to book your appointment*

**Stop Smoking Service** Specialist stop smoking service

*Call 01642 383819 to book your appointment*



# Stockton-on-Tees Family Hubs Timetable September to December 2024



Telephone: 01642 528525  
Monday - Thursday 9.00am - 5.00pm  
Friday 9.00am - 4.30pm

Working in partnership with



## Stockton Family Hub

Yarm Road, Stockton-on-Tees, TS18 3PJ

<b>Monday</b>	11:00am - 12:00pm	Walking group
	1.45pm - 2.45pm	Ladies Dancercise
	1.00pm - 2.30pm	Childrens Physio Monthly Drop in 23rd Sept, 21st Oct 2024, 25th Nov
<b>Tuesday</b>	10.00am - 11.30am	Infant Feeding Support Group
	3.30pm - 5.00pm	Family Biscuit Ninjas
<b>Wednesday</b>	10.00am - 11.30am	Tea & Toast Stay & Play
<b>Thursday</b>	1.00pm - 2.30pm	Babbling Babies

## Redhill Family Hub

Redhill Road, Stockton-on-Tees, TS19 9BX

<b>Monday</b>	7:00pm	Andy's Man Club
<b>Tuesday</b>	9.00am—10.30am	Childrens Physio Monthly Drop in 17th Sept, 15th Oct , 19th Nov, 17th Dec 2024
	1.30pm - 2.30pm	Monthly Messy Play. Last Tues of the month. Call to book a place.
<b>Wednesday</b>	9.30am –11am	Babbling Babies
	10.00am - 11.30am	Infant Feeding Support Group
<b>Thursday</b>	10.00am - 11.30am	Tea & Toast Stay & Play

## For Children & Young People

**Babbling Babies** Baby and parent group. Suitable from birth to confident walking

**Chill Skills** Designed to help young people aged 11+ to feel more confident, improve their learning potential & manage their emotions. Classes include concentration games, exercises, relaxation techniques and discussions on developing a healthy lifestyle

**Children's Lifesaving Skills** A session which will give children the skills and confidence to act in an emergency (suitable for 8-11yrs & 12+)

**Create** A craft group designed for young people aged 11+ who are experiencing low mood or anxiety, to support self esteem, build confidence and awareness of self

**Family Biscuit Ninjas** Put down the phones and consoles. Come along with your family and have some fun! From dominoes and chess, to Scrabble and Jenga we have them all. Plus free biscuits!

**Mindful Together** Group sessions that supports your children's mental and emotional health and wellbeing with a range of tools and techniques to help calm their body and mind and build confidence and self-esteem. Suitable for ages 3-11years.

**Stay & Play** Family play sessions for children aged 0-5 with their parent/carer

## For New & Expecting Parents

**Antenatal Nurturing** 5 week programme supports in preparing both practically and emotionally for the upcoming birth of your baby

**Baby Massage** 4 week 1 hour group for babies from 6 weeks old and their parent/carer. Discover the benefits of calming and soothing your baby through massage

**Baby Yoga** 4 week 1 hour fun session for babies from 16 weeks and their parent/carer. Baby yoga supports in long lasting relationships between parent & baby and is a relaxing way to build a connection together

**Breastfeeding Class** A monthly breastfeeding information session delivered by midwives. *Book with midwives 01642 383440*

**Healthy Start** A clinic with Health Visitors, aimed at providing you with all the professional help you will need for your family including baby advice, health issues, baby weighing and development issues. *Book with health visitors 03333 202 302.*

**Infant Feeding Support Group** Drop in sessions for a friendly chat with other mums and access support from the Infant Feeding Team to gain advice and support around feeding your little ones.

**Parentcraft** A 3 week antenatal programme to help prepare for your new baby, from 28 weeks gestation. Course delivered by Midwives and Health Visitors. *Book with midwives 01642 383440*

**Practical Parenting** An exciting programme that will support you in all you need to know for when little one arrives, from what to expect in those nappies, which nappies to buy and bathing baby to safety aspects such safe sleeping and ensuring everything is sterilised to keep little one safe

**Solihull: Understanding Your Baby** A 6 week group for new parents to attend with their babies (0-6months). Sessions include activities, videos and discussions about baby's development, communication and more

**Cake and Cuddles** A 4 week relaxing social baby group that will support and help nurture your relationship with your baby through shared experiences with other parents. Age-appropriate topics are discussed and fun is encouraged using singing and sensory play

## Thornaby Family Hub

5 Tedder Avenue, Thornaby, TS17 9JP

<b>Monday</b>	12.30pm - 2.00pm	Babbling Babies
	1.30pm - 2.30pm	Infant Feeding Support Group
	2.00pm - 3.30pm	Childrens Physio Monthly Drop in 9th Sept, 7th Oct, 11th Nov 2024
<b>Wednesday</b>	9.30am - 11.30am	Knit & Natter
	12.30pm - 2.30pm	Multiples Group (now weekly)
<b>Thursday</b>	9.30am - 11.00am	Tea & Toast Stay & Play (please note may be subject to change of time)

## Billingham Family Hub

Ochil Terrace, Billingham, TS23 2QL

<b>Monday</b>	10.00am - 12.00pm.	Community Garden
<b>Tuesday</b>	9.30am - 11.00am.	Tea & Toast Stay & Play
	9.30am - 11.00am	Childrens Physio Monthly Drop in 3rd Sept, 1st Oct, 5th Nov 2024
<b>Thursday</b>	3.30pm - 5.00pm	Family Biscuit Ninjas
<b>Friday</b>	9.30am - 11.00am	Babbling Babies
	10.30am - 12.00pm	Infant Feeding Support Group

## Parent Workshops & Courses

**Family Safety** Find out the most common home accidents for children and what we can do to prevent them, along with basic first aid and resuscitation techniques. Completing this workshop entitles you to access to free and low cost safety equipment

**Henry** 8 week programme for parents with children under the age of 5. This programme supports you in feeling more confident as a parent, reducing mealtime stress, being more active as a family and encouraging your child away from screens

**Incredible Years** 14 week parenting programme to promote positive behaviour, manage children's stressors and difficult behaviours.  
*Book with Alliance on 01642 352747.*

**Keeping Kids Safe Online Workshop** Advice and support in keeping children safe when online and good practice around internet safety for the family, looking at what devices are in the home and setting appropriate settings and restrictions.

**Nurturing** A 10 week parenting programme to help parents and carers of children, between 2 and 11 years, to understand and manage feelings and behaviour whilst becoming more positive about nurturing in their relationships and each other. Creating a happy family life for everyone.

**Sleep and Toilet Training Workshops** Contact us for individual appointments either face to face or via the telephone to receive support for tackling sleep and toilet training.

## Parent Workshops & Courses

**Starting Solids Workshop** Advice & support with weaning your baby. This workshop covers when your baby is ready to try solid food, what food to start with, when baby is hungry & when they've had enough and how to make mealtimes an enjoyable experience

**Talking Teens** Being a parent of a teenager can be stressful and challenging. This 5 week programme helps to understand a teenager's brain, improve communication and avoid conflict. Virtual classes also available.

**Keeping Your Child in Mind** This 5 week programme promotes positive approaches to parenting and reduces conflict in the home between any parents / carers.

**Tots Talking** An 8 week programme for parents of toddlers concerned about language delays. Each week starts with a welcome chat followed by a video or an activity to discuss. During sessions parents can make something fun to take home and play with their child

**Understanding Children's Behaviour** These workshops look at the effects of feelings on behaviour and the links between feelings and needs, along with useful strategies to support managing your child's behaviour. Focusing on the changes we want to see within the family and what we can do to make it happen. A one off session covering 2-5 year olds and 3 sessions for children aged 5-10 years.

**Looking After Ourselves** This 90 minute workshop supports in recognising the signs of stress in ourselves and what we can do about it as well as ways to recharge our batteries as parents.