



Newcastle Family Hub Timetable

Autumn 2025

Newcastle Family Hub

Cemetery Road
Knutton
Newcastle-under-Lyme
ST5 6DH
01782 296100

Maryhill Family Hub

Gloucester Road
Kidsgrove
Stoke-On-Trent
ST7 4DJ
01782 296100

FPC = Free Pass Card Accepted up to a value of £5 per participating session

TT = Term Time Only



Sign up to get our latest news.



Right help.
Right time.
Right place.

MONDAY

Health Visitors Well Baby Clinic

Maryhill Family Hub

Health Visitor Clinics to have your baby weighed and to get advice
9:30—11:30
FREE Drop-in Session
Tel: 0808 178 0611

Thrive & Mothers Mind Infant Feeding Café TT

Newcastle Family Hub

These nurturing sessions bring together a wealth of support for both you and your baby, including: Infant feeding support, lactation advice, professional tongue-tied consultancy, emotional support & maternal wellbeing.
9:30—10:30
FREE Drop-in Session

Stay & Play Breakfast Club TT

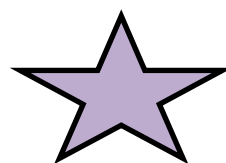
Newcastle Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play
Birth to 4 years
9:45—11:00
FREE Drop-in Session
Tel: 01782 296100

Maryhill Explorers Stay & Play TT

Maryhill Family Hub

These sessions are friendly, fun stay & play groups that are free. The groups are open to parents/carers and their children 0-4 yrs in the Newcastle District.
9:45—11:00
FREE Booking Required
<https://bookwhen.com/maryhillexplorers>



MONDAY cont.

Little Treasures—SEND Stay & Play TT

Newcastle Family Hub

These relaxed & friendly sessions offer a safe, accessible space where your child is free to be themselves, led by Volunteer SEN Parent where you can share with others, be listened to and supported.
5-11 years
2:30—4:30
FREE Drop-in Session

TUESDAY

Jump Into Parenting Classes/Courses FPC

Newcastle Family Hub

Contact for course dates
Booking Required
<https://bookwhen.com/jumpintoparenting>
Tel: 07341 482 582

Messy Play Lots of messy play for your little one to explore. From paint to spaghetti, they can develop their senses through play
Suitable from 3 months to Preschool
9:30—11:00
£7.00 per child, £4.50 sibling

Baby Massage

A 5 week Baby Massage course helps to reduce colic, constipation & wind, improve sleep patterns, strengthen muscles & increase blood flow
Suitable from birth to beginning to crawl
12:00—1:00
£30.00 per course



TUESDAY cont.

Baby Yoga & Music FPC

Newcastle Family Hub

A 5 week course combines singing & movement— also includes a make & take activity.
Booking Required
Suitable from 8 weeks to crawling
1:30—2:30
£40.00 per course

WiGiggles FPC TT

Wiggle it to Music

Maryhill Family Hub

Action Packed, fun music & movement classes to develop bright little minds and grow confidence whilst stimulating the senses.
Toddlers: Confident walkers to 5 years
9:30—10:30
Babies: 12 weeks to confident walkers
11:00—12:00

Booking Required
£6.50 per child, or class pass £27.50 (5 sessions)
Tel: Kerry Holland 07729 192 880
<https://bookwhen.com/wigiggles>



Find us on Facebook for updates and information for Newcastle and Maryhill Family Hub



Newcastle Family Hub Sensory Room

- £5.50 per booking
- CASH ONLY
- 1 Hour Slots
- Up to 4 people—adults & children

Monday to Friday
Call 01782 296100
to book



TUESDAY cont.

Everyone Health Clinic— Smoking Cessation

Newcastle Family Hub

A **FREE** drop in clinic for anyone aged 18+ who would like help & support to stop smoking.

[Stop Smoking - Everyone Health Staffordshire](#)

School Nurses Drop-In TT Newcastle Family Hub

Parents & carers of children 5-19 are invited to attend. You can speak to your child's school nurse about your child's health. Open access, no appointment needed
Young people not attending school, employment or training can also attend.

1:00—4:30

[Drop in schedule \(5-19\) - Staffordshire :: Midlands Partnership University NHS Foundation Trust](#)

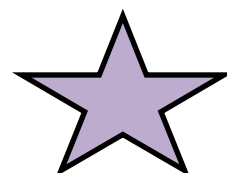
WEDNESDAY

Everyone Health Clinic—Adult Weight Management

Maryhill Family Hub

A **FREE** drop in clinic for Adult Weight Management, NHS Health Checks and Stopping Smoking
9:00—12:00

FREE Drop-in no booking required



WEDNESDAY cont.

Peter Pan Stay & Play FPC Newcastle Family Hub

Led by Peter Pan Centre's experienced Family Support Worker, relaxed & friendly sessions for families with young children aged under 5yrs who may need extra support.

Sessions run bi-weekly

Contact 01782 296100 for dates 10:00—12:00

Booking Required £5 per session

To book your place email:

familysupport@thepeterpancentre.co.uk

WiGiggles -

Wiggle It To Music TT FPC

Newcastle Family Hub

Action packed, fun music & movement classes to develop little bright minds and grow confidence whilst stimulating the senses

Toddlers: Confident walkers to 5 years

9:30—10:30 Booking Required

Babies: 12 weeks to confident walkers

11:00—12:00 Booking Required £6.50 per child

£27.50 - 5 Class Pass

Tel: Kerry Holland 07729 192 880

<https://bookwhen.com/wigiggles>

WiGiggles Nurture Group TT FPC

Newcastle Family Hub

Aa social group offering you & your little one an opportunity to meet new friends in a warm & friendly environment. Different activities each week, including keepsakes, photo shoots, sensory & music sessions. Includes refreshments

Birth to confident walkers

£6.50 per child

12:30—2:00 Booking Required

Tel: Kerry Holland 07729 192 880

<https://bookwhen.com/wigiggles>



THURSDAY

Health Visitors Well Baby Clinic

Newcastle Family Hub

Health Visitor Clinics to have your baby weighed and to get advice.

9:30—11:30

Drop-in Session

Tel: 0808 178 0611

Stay & Play Breakfast Club TT Maryhill Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play. 0 to 4 years

9:45—11:00

FREE Drop-in Session

Tel: 01782 296100

Jump into Parenting Classes FPC

Newcastle Family Hub

Booking Required

<https://bookwhen.com/jumpintoparenting>

Tel: 07341 482 582

Sensory Play

Sensory Toddlers —from active crawling to preschool

A follow on class from Sensory-Babies. Different stations each week for your little ones to explore, from colour mats, physical area, fidget boards and much more.

9:30—10:30

Booking Required

£5.50 per child, £3.00 sibling

Sensory Babies — from birth to active crawling

From bubbles to lights, fabric to music, all your baby's senses will be given the opportunity to develop and learn through play with Mums' & Dads'.

11:00—12:00

Booking Required

£5.50 per child, £3.00 sibling



THURSDAY cont.

Home-Start Together—Lunch & Play TT

Maryhill Family Hub

Join us for stay & play activities for your little ones; including make and take crafts, messy play, and a closing song for all to join in. Our stimulating bonding and early development sessions start off with a **FREE** children's lunch while parents have tea and toast.

0 to 4 years 12:00—13:30

FREE—Advance Booking

Email info@hsnb.org.uk or call us at
Tel: 01782 938912.

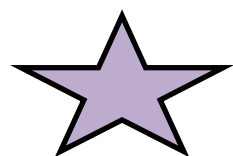
Pram to Primary Course

Newcastle Family Hub

Would you like to feel more confident in your parenting? Would you like to learn more about your child's behaviours & emotional Development?

A free 6 week course for parents of 0 -11yr olds.

Rolling Programme



FRIDAY

Alice Charity Big Cup TT Newcastle Family Hub

Big Cup offers parents the opportunity to meet up with other local families. It offers the chance to discuss common concerns, to talk about the demands of a toddler and offers the space to smile and relax in friendly surroundings.

9:30—11:30

FREE Drop-in

Email: info@alicecharity.org

Tel: 01782 614 838

Rhythm Time FPC TT Newcastle Family Hub

It's never too early to introduce your little baby to the wonders of music. Sessions can help with language development, eye tracking/balance, muscle development, bonding and relaxation, hand/eye co-ordination and speech development.

£20.91 per month

Toddlers 10:45—11:15

Babies 11:30—12:00

Booking Required

Tel: Joanne Downes 07947 525791

<http://www.rhythmtime.net/jd7>

Bloom Baby FPC TT Newcastle Family Hub Booking Required

[https://](https://www.bloombabyclasses.com/north-staffordshire/classes-and-timetable)

www.bloombabyclasses.com/north-staffordshire/classes-and-timetable

Busy Bees 6mths to wobbly walkers

Come along and join a funmusical baby development class encouraging fine & gross motor skills, language & communication & body awareness.

1:00-1:45

£8.00 per class



FRIDAY Cont.

Caterpillar Club 6weeks to 6mths

Caterpillar Club is suitable for babies from around 6 weeks to 6 months. It is a gentle baby development class filled with lovely moments for bonding opportunities.

2:00-2:45

£8.00 per class

Baby Moon Mum & Baby Yoga FPC TT

Maryhill Family Hub

A gentle flowing weekly class combining postnatal yoga, baby yoga, rhythm, rhyme, story & sensory experiences to aid baby's development. Learn about easing infant ailments, adapting to your postnatal body.

8 weeks - crawling

1:20—2:20

£38 for a 6 week course

Booking Required

Tel: Emma 07825 302 481

<https://bookwhen.com/babymoonyoga>

Gather's Youth Hub 11—16 year olds

Newcastle Family Hub

Offering young people a safe space, whilst helping to make positive choices.

Fitness activities, Kickboxing, Boxing, Artz & Craftz, Snacks & Games.

FREE

18:00—20:00



Feeding your baby's hungry little mind is easy...

Staffordshire
County Council



Sign up to get emails packed with activities, support and reminders when your baby's health checks are due.

For parents of 0 to 2 year olds.

Scan the code to sign up and start feeding your baby's hungry little mind!



Hungry Little Minds Staffordshire and Stoke-on-Trent

Childcare Choices

Keep your childcare support – check your details every 3 months:
gov.uk/childcareaccount



HM Government

Find out about childcare support at childcarechoices.gov.uk

THINK 2

Funded Early Learning Childcare Sessions

Funded sessions for 2 year olds.

Is your child eligible?

SCAN HERE



Staffordshire
County Council

What is a Family Hub?

Family Hubs are a one-stop shop where you can access advice & information, services & activities for families with children and young people aged 0-19 (up to 25 with SEND).

Newcastle Family Hub

We have 2 centres, the largest is situated in Knutton, known as Newcastle Family Hub and our sister site is Maryhill Family Hub, situated on Kidsgrove Primary School in Kidsgrove.

Here we aim to provide support for families to keep them happy, healthy, and safe providing the right help, at the right time, in the right place. We are here to answer any questions that you may have, help you find the right support, as well as provide a range of fantastic activities & services for you to access, all in one hub. On this timetable, you will see all of the amazing activities that we provide for 0-19 year olds (up to 25 with SEND) in the local area, as well as information for the local support that is offered.

If you have any questions or ideas, please contact us via our phone number or Facebook page.



Family Hub Courses

Staffordshire Family Hubs offer a variety of courses designed to support families in learning about parenting and child development. Here are some of the courses Available

To book a place email:
Groupwork@staffordshire.gov.uk

From Pram To Primary School



Scan for more information

Would you like to feel more confident in your parenting, or learn more about your child's behaviours and emotional development? Our **FREE 6 week Pram to Primary School** course for parents of 0-11 year olds may be for you. Available virtually and face-to-face.

When and where?
Various dates and times available, please contact us to find your local course.

To register your interest please contact
groupwork@staffordshire.gov.uk

Family Hub Staffordshire

- Right help.
- Right time.
- Right place.

Search Family Hubs Staffordshire to get the support you deserve

Talking Teens Virtual



Scan for more information

Would you like to feel more confident parenting your teen? Would you like to understand their emotions and behaviours, and receive support to help set clear and appropriate boundaries? Our **FREE Virtual Talking Teens** course for 13-18 year olds may be for you.

When and where?
Various dates and times available, please contact us to find your local course.

To register your interest please contact
groupwork@staffordshire.gov.uk

Family Hub Staffordshire

- Right help.
- Right time.
- Right place.

Search Family Hubs Staffordshire to get the support you deserve

Useful links & information



Bump to Toddler Pathway

A website full of advice and support from conception till your child turns 2 years old!



Sign up to get our latest news.



- Right help.
- Right time.
- Right place.

Staffordshire County Council

Funded by UK Government

Household Support Fund

Financial Wellbeing Workshops
Funding available subject to eligibility.

Are you struggling with your personal finances or concerned about the cost of living?

If you would like to join us, please scan the QR code, or copy the link below into your browser which will take you to our workshop sign up form

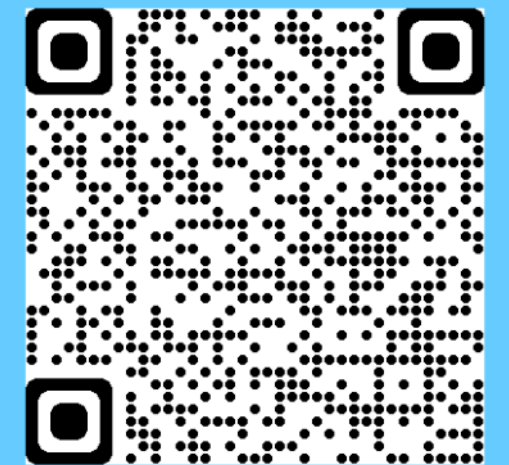
<https://forms.office.com/e/zAkFuY7XPP?origin=lprLink>

- Help towards food and utility bills.
- Help to - Identify and overcome your barriers.
- Receive tips and tricks that will help your money go further, reduce costs, and leave you feeling more hopeful.
- Discuss how our financial difficulties can affect our wellbeing.



For any additional support, please contact -
financialwellbeing@staffordshire.gov.uk

Newcastle District has a wealth of support for you and your family please visit [Staffordshire Connects](#) for more details.





Little Heroes Assemble

HERE EVERY DAY READY ON TIME

Staffordshire County Council





If you need to speak to a Health Visitor please call the Hub on
0808 178 0611

Healthy Start Vouchers
Are you pregnant or have children under four? You may qualify for the Healthy Start voucher scheme to help you buy food, milk and vitamins.



MPFT Virtual Group Programme
FAMILIES HEALTH & WELLBEING SERVICE 0-19

Topics covered:-

- Baby brain development
- Getting ready to breastfeed
- Safer sleep
- Supporting speech & language development
- Moving onto solids
- Toilet training

To find out more or to book a place, scan the QR code or visit our bookings page via this link <https://mpft.live/cde>



All sessions are FREE & delivered by your 0-19 Community Development Team

Staffordshire
County Council



Family Hub Staffordshire VOLUNTEER PROGRAMME

Session
Lead

Session
Support

Community
Champion

Admin
Volunteer



Do you have a few hours to spare each week?
Would you like to come and volunteer in your local Family Hub?
We have opportunities for volunteers to come and support our delivery across the Staffordshire county.
If you would like to find out more please contact Debbie Burgess or scan the QR code above to apply now

Call
07704 798133

Email
debbie.burgess@staffordshire.gov.uk

Family Hub
Staffordshire

VOLUNTEER PROGRAMME

ROLES AVAILABLE AT YOUR LOCAL FAMILY HUB



Connecting you with help and support in your community.

STAFFORDSHIRE
CONNECTS



Visit the new Staffordshire SEND Local Offer
(Special Educational Needs and Disability)

www.staffordshireconnects.info

For children and young people aged 0-25 years

The best place to go to find information about SEND support in Staffordshire.

- Early years and childcare
- Education
- Social Care
- Health and Wellness
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money Matters
- Extra Help available to children, families and settings
- Information and support including support groups and organisations
- Policy information, referral mechanisms, forms and templates

Email: localoffer@staffordshire.gov.uk

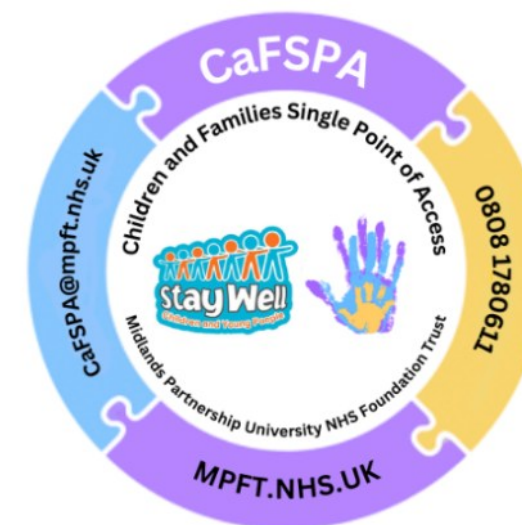
Staffordshire
County Council

Aiming High



SCAN ME

Aiming High is a programme of activities & short breaks for children & young people aged 0-18 years old with a special educational need/disability (SEND) who live in Staffordshire. An Education Health and Care Plan (EHCP) is not needed to take part in these activities.



Children and Families Single Point of Access (CaFSPA) – Staffordshire

CaFSPA aims to simplify the way children, young people, their families or carers in Staffordshire seek care, support, and guidance, while also streamlining how health and care professionals, alongside others can make a referral. Information provided is triaged to understand the needs of the child, young person, and their families, and the team will make further contact if further information is required to identify a service best placed to offer appropriate support. [CAMHS South Staffordshire](#), [Health Visiting and School Nursing](#) and [Stay Well](#) are the first services to be part of CaFSPA, with further teams set to be included.

• Telephone: [0808 178 0611](tel:08081780611)

• Email: CaFSPA@mpft.nhs.uk

**HOLIDAY
ACTIVITIES
AND FOOD**