

What's on

September to December 2026



Seaham

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.

Best Start Family Hub Seaham
North Terrace, Seaham,
SR7 7EU.
03000 261 111





Best Start Family Hub Seaham

Staying Cool Adult*	Monday 8.30am - 4.30pm
Infant Massage (Seaview Centre SR7 8QE) (online booking)	Monday 1.15pm - 2.45pm
Parenting When Separated Online session	Monday 10am - 12noon Monday 6pm - 8pm
Parenting When Separated Online session	Tuesday 10am - 12noon Tuesday 6pm - 8pm
Basic First Aid (Seaview Centre SR7 8QE)	Tuesday 9.30am - 12.30pm
Triple P Teen*	Tuesday 12noon - 4pm
SENDIASS Drop-in	Tuesday 9.30am - 11.30am
Starting Solids (delivered in Baby and Me session Seaview Centre SR7 8QE)	Tuesday 1pm - 2.30pm
Healthy Teeth (delivered in Baby and Me session Seaview Centre SR7 8QE)	Tuesday 1pm - 2.30pm
Teen Zone*	Tuesday 4pm - 5pm
Fussy Eating	Wednesday 9.30am - 11am
Parenting Together Workshop	Wednesday 6pm - 8.30pm
Dads Drop-in	Wednesday 9.30am - 11am

***Contact the Best Start Family Hub to book a place**

9 November	Full day
2 November	6 weeks
30 November	2 hours online
15 September	2 hours online
24 November	3 hours
22 September	11 weeks
22 September 27 October 24 November 22 December	2 hours
22 September	1.5 hours
3 November	1.5 hours
3 November	6 weeks
18 November	1.5 hours
16 September 21 October 11 November 9 December	2 hours online
21 October	Drop-in



Best Start Family Hub Seaham

Staying Cool Teen*	Thursday 9am - 12.30
Let's Talk at Home* (Seaview Centre SR7 8QE)	Thursday 1pm - 3pm
Chill Kids* (Seaview Centre SR7 8QE)	Thursday 4pm - 5.15pm
CAMHs Nurse Drop-in	Friday 9.30am - 11.30am
Supporting Speech and Language Development (Wellcomm) (online booking)	Friday 1pm - 4pm
0-12 Workshops Dealing with Disobedience (online booking)	Friday 1pm - 3pm
0-12 Workshops Managing Fighting and Aggression (online booking)	Friday 1pm - 3pm
0-12 Workshops Developing Good Bedtime Routines (online booking)	Friday 1pm - 3pm
0-12 Workshops Hassle-free Shopping with Children (online booking)	Friday 1pm - 3pm
0-12 Workshops Hassle-free Mealtimes with Children (online booking)	Friday 1pm - 3pm
Staying Cool Family*	Friday 8.30am - 4.30pm

***Contact the Best Start Family Hub to book a place**

19 November 26 November	2 sessions Must attend both
15 October	6 weeks
1 October	8 weeks not half term
4 September	Drop-in
25 September 30 October 27 November 18 December	45 min appointment
23 October	2-hour workshop
30 October	2-hour workshop
6 November	2-hour workshop
13 November	2-hour workshop
20 November	2-hour workshop
16 October	1 full day



Best Start Family Hub Seaham

Staying Cool Adult - For adults looking at anger management and ways to deal with these feelings.

Dads Drop-in - This is a relaxed friendly session where you can meet the team and learn about activities, groups and services we offer.

Infant Massage - For mams, dads and carers of babies from 8 weeks up to 6 months old. To book a place visit <https://events.durham.gov.uk/familyhub>

Parenting When Separated - Is a 6-week course for parents who are preparing for, going through, or have gone through separation or divorce, to help you and children cope.

Basic First Aid - Our first aid course is perfect for Mams, dads, carers and parents-to-be. The course teaches you first aid basics like dealing with choking, seizures and burns to help keep children in your family safe.

Triple P Teen - For mams, dads and carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy, and happy teenagers, and to improve family relationships.

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

Starting Solids - This workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough and how to make mealtimes a more enjoyable experience for you both. To get more information or to sign up, please email hdfh.henrypractitioners@nhs.net this is delivered in the Baby and Me session.

Healthy Teeth - This session will give you practical tips for looking after your child's first teeth. To get more information or to sign up, please email hdfh.henrypractitioners@nhs.net this is delivered in the Baby and Me session

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem.

Fussy Eating - A 90-minute workshop for parents and carers where we explore the difficulties of coping with a child who eats a limited range of foods, looking at portion sizes and ways to create enjoyable family mealtimes.

Please email hdfh.henrypractitioners@nhs.net

Parenting Together Workshop - Bickering and disagreements are all part of a healthy normal relationship, it is when disagreements are happening frequently, they are quite intense and are never resolved or sorted out that you might need some support. It might be yourself and your partner are disagreeing over the children, chores, money etc. This workshop will help you in lots of different ways.

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

Let's Talk at Home - For mams, dads and carers of children aged 14 months - 4 years. These play-based sessions are fun, practical and filled with talking tips to help develop your child's speech, language and communication skills, at home using their favourite activities.

Chill Kids - For children in key stage 2 (school years 3 to 6), helping them to understand their big feelings and find positive ways to manage them.

CAMHS Nurse Drop-in - For parents and carers of children aged 5 - 19 years old. You can drop in and speak to a CAMHS worker about your child's need. One of the Best Start Family Hub team will also be available to give you more information about what we offer for parents, carers and children.

Supporting Speech and Language Development - To identify children aged 2, 3 and 4 years old who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Dealing with Disobedience - You will understand why your child may have difficulty learning to follow instructions and learn strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and manage disobedience when necessary.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Managing Fighting and Aggression - You will learn what skills your child needs to be able to cooperate and get along with others, and how to teach skills such as sharing, communicating and being gentle. You will also prepare a plan to manage times when fighting and aggression occurs.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Developing Good Bedtime Routines - We will look at common problems and why they happen and learn the skills to get into a good bedtime routine, strategies to help prevent problems, as well as looking at how to get your child to stay in their own bed throughout the night.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Hassle-free Shopping with Children - We will look at how you deal with difficult behaviour in public. You will learn step-by-step suggestions for preventing problems and teaching your child how to behave on shopping trips. You will develop plans to manage problem behaviour during shopping trips and situations.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Hassle-free Mealtimes with Children - We will explore things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. You will look at ways to increase food variety, be introduced to some positive strategies to help manage mealtimes and de-escalate the situation.

To book a place visit <https://events.durham.gov.uk/familyhub>

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

We know stopping smoking can be hard, so we have lots of ways that you, and those close to you, can get help and support to quit!

With expert help, you are four times more likely to quit than those who try to quit without support

We can offer you help and support to stop smoking if you:

- Are over 36 weeks pregnant
- Have a child under the age of 2
- Are the partner of someone who is pregnant or has a child under the age of 2
- Are a family member/live in the same house as someone who is pregnant or has a child under the age of 2.

Visit www.durham.gov.uk/quitsmoking or email stopsmoking@durham.gov.uk

Register with us:

[www.durham.gov.uk/
FamilyHubsRegistration](http://www.durham.gov.uk/FamilyHubsRegistration)



Information is correct at time of printing but is subject to change and new sessions being added.

Please check the website for the up-to-date timetable www.durham.gov.uk/FamilyHubs



We are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs