

Just drop in!

Tuesday

Stay & Play - 9.30am - 11.00am Volunteer led weekly play session for children aged 0-5 with their parent/carer.

Family Support Team Coffee Morning (27th September) - 10.00am - 11.30am

Menopause Café (27th September) - 1.00pm - 2.00pm Drink tea, eat cake and talk menopause

Wednesday

Let's Talk (Starting from 14th September) - 9.30am - 11.30am A weekly group for parents to chat to staff & peers about the stresses they may come across at home

Family Hub Forum (14th September) - 9.30am - 11.00am Have your say in what we offer at the hub! Come along and tell us your ideas

Thursday

Stockton Parent Carer Forum (6th October) - 10.00am - 12.00pm

Family Biscuit Ninjas - 3.30pm - 5.00pm Table top board games club. Family fun & free biscuits!

Friday

Babbling Babies - 9.30am - 10.30am Baby and parent group. Play, chat, sing and stories. Suitable for babies from birth to confident walking.

Breast Friends - 11.00am - 12.30pm For expectant, new and experienced breastfeeding mum. Drop in and have a friendly chat with other mums and access support from trained staff and peer support volunteers.

Café

Monday-Thursday 10.00am - 5.00pm

Friday 10.00am - 4.30pm

A community cafe for all to enjoy. Including home baked food, take away and specials on Wednesday! Hot food available until 3:30pm.

C-Card

We are a C-Card registration site. Free condoms available for people aged 13-24. For more info visit - www.thesexualhealthhub.co.uk

Billingham Hub

01642 527235

Redhill Hub

01642 524314



Thornaby Hub

01642 528947

Stockton Hub

01642 528848

Billingham Family Hub

Timetable

Autumn 2022



Family Hub

You can...
we'll help!

Billingham Family Hub
Ochil Terrace
Billingham
TS23 2QL

For further information & to book contact us on 01642 527235 or



@SOTfamilyhubs

Useful phone numbers:
Health Visitors - 03333 202 302
Midwives 01642 383440
Family Information Service
01642 527225
Family Action 01423 557701

Book on

Parent Workshops & Courses

Toilet Training Workshop Support in successfully toilet training your child. Includes information for children with Autism and/or an additional needs (10th October 9:30-11:30am or at Redhill Hub on 25th September 9:30-11:30am)

Sleep Workshop Getting the whole family into healthy sleep habits! (Available at Redhill Hub on 8th September 12:30-2:30pm)

Starting Solids Workshop Offering advice with weaning your baby (29th September 1-2:30pm)

Nurturing A 10 week programme to help parents understand and manage feelings and behaviour whilst becoming more positive about nurturing in their relationships (8th September 9:30-11:30am or 21st September 5:30-7:30pm)

Talking Teens A 5 week programme to help parents understand your teenager's brain and avoid conflict! (12th September 12:45-2:45pm)

Henry An 8 week programme for parents with children under the age of 5 for healthy families right from the start (Available at Thornaby Hub on 12th September 1-3pm)

Empowering Parents Empowering Communities An 8 week programme for parents of children aged 2-11 years. Building positive relationships—delivered by parents! (26th September 9:30-11:30am)

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

Home Safety & First Aid Workshop 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 (5th September or 11th October 9:30-12:30pm)

Learning & Skills Courses

One Pot Cooking 6 week workshop for parents/carers to create healthy meals using one pot! (Starting 21st September 1-3pm)

Confidence & Craft 6 week workshop for parents/carers to try a variety of autumn themed crafts (Starting 19th September 1-3pm)

Outdoor Crafting One off workshop for the family to create seasonal autumn crafts outdoors (20th September 4-5:30pm)

Book on

For New & Expecting Parents

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)

Baby Massage A 4 week group for babies from 6 weeks and their parent/carer. Calm and soothe your baby through massage. (Waiting list available)

Baby Yoga A 4 week 1 hour fun session for babies from 16 weeks and their parent/carer. (Waiting list available)

Parentcraft A 3 week antenatal programme to help prepare for your new baby, from 28 weeks gestation. Course delivered by Midwives and Health Visitors. (Starting 7th September 5:30-7:30pm – book with midwives 01642 383440)

Welcome to the World An antenatal programme to help prepare you for your new baby (Virtual session 27th September 5:30-7:30pm)

Solihull: Understanding Your Baby A 6 week group for new parents and their babies (0-6months) Find out about baby's development, communication & more! (Available at Redhill Hub starting 13th September 9:30-11:30am)

For Kids!

Relax Kids Group sessions that help lower anxiety, improve sleep, promote calmness, build self-esteem and reduce stress for children 3-15 years old (Available at Thornaby Hub 6th September 3:30-4:15pm & 4:30-5:15pm or at Redhill Hub 13th September 3:30-4:15pm & 4:30-5:15pm)

North East Autism Society Parent & Toddler Group For families with children who have ASD or going through diagnosis (Book with NEAS on 07468 861933 or email Rebecca.welch@ne-as.org.uk)

Cornerhouse Youth Club Youth club for children aged 8 - 19 years old (Book on 01642 868331 or email ashleigh@cornerhouseyouthproject.co.uk Fortnightly 12th September 5:30-7pm)

More available!

Prior Pursglove Autism Awareness 20 week course to gain a certificate in Understanding Autism Level 2. For further info contact 01287 280800 (Starting 15th September 12:30pm - 2:30pm)

Stop Smoking Specialist stop smoking service (Starting 6th September 2.00pm-4.00pm Call 01642 383819 to book your appointment)

Stockton Advice Service (Starting Tuesdays and Thursdays from 13th September 9:00-12:00 call 01642 626135 to book your appointment)