

What's on

April 2026 – August 2026



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.

Best Start Family Hub Brandon
Carr Avenue, Brandon,
DH7 8NL.
03000 261 111





Brandon

Infant Massage (online booking required)	Monday 9.30am - 11.00am
Supporting Speech and Language Development (WellComm) (online booking required)	Monday 12.30pm - 3.30pm
SENDIASS Drop-in	Monday 1.00pm - 3.00pm
Teen Zone	Monday 4.00pm - 5.00pm
CAMHS Drop-in	Tuesday 9.30am - 11.30am
0-12 Workshops, Dealing with Disobedience	Tuesday 9.30am - 11.30am
0-12 Workshops, Managing Fighting and Aggression	Tuesday 9.30am - 11.30am
0-12 Workshops, Developing Good Bedtime Routines	Tuesday 9.30am - 11.30am
0-12 Workshops, Hassle-free Shopping with Children	Tuesday 9.30am - 11.30am

For more information or to book a place please contact Best Start Family Hubs – 03000 261 111

11 May 2026	Runs for 6 sessions
27 April 2026 11 May 2026 1 June 2026 6 July 2026	Monthly
13 April 2026 11 May 2026 8 June 2026 13 July 2026 10 August 2026	Monthly drop-in
11 May 2026	Runs for 6 sessions
21 April 2026 23 June 2026 25 August 2026	Drop-ins
2 June 2026	Runs for 1 session
9 June 2026	Runs for 1 session
16 June 2026	Runs for 1 session
30 June 2026	Runs for 1 session



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0-12 Workshops Hassle-free Mealtimes with Children	Tuesday 9.30am - 11.30am
Henry - Starting Solids Workshop	Tuesday 9.30am - 11.00am
Henry - Healthy Teeth Workshop	Tuesday 9.30am - 11.00am
Educational Psychologist Drop-in	Tuesday 12.30pm - 2.30pm
Triple P Baby	Tuesday 12.30pm - 2.30pm
Incredible Years	Wednesday 9.15am - 11.15am
Chill Kids	Wednesday 4.00pm - 5.15pm
Stepping Stones	Thursday 12.30pm - 2.30pm

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7 July 2026	Runs for 1 session
8 September 2026	Runs for 1 session
22 September 2026	Runs for 1 session
5 May 2026 7 July 2026 1 September 2026	Drop-in
12 May 2026	Runs for 8 sessions
6 May 2026	Runs for 10 sessions
20 May 2026	Runs for 8 sessions
23 April 2026	Runs for 9 sessions

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

Supporting Speech and Language Development (WellComm) - 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>

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.

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem. For more information or to book a place please contact Best Start Family Hubs.

CAMHS 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.

0-12 Workshops - Dealing with Disobedience - You will understand why your child may have difficulty learning to follow instructions and strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and to manage disobedience when necessary.
To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshop - 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 Workshop - 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 Workshop - 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 workshop - 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 situation.
To book a place visit <https://events.durham.gov.uk/familyhub>

HENRY - 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 an enjoyable experience for you both.

To find out more email hdfh.henrypractitioners@nhs.net

HENRY - Healthy Teeth - This session will give you practical tips for looking after your child's first teeth. To find out more email hdfh.henrypractitioners@nhs.net

Educational Psychologist 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.

Triple P Baby - For mams, dads and carers who may feel they are struggling with their new role as a parent, with their confidence, their child's behaviours or looking after themselves as a couple. For more information or to book a place please call 03000 261 111.

Incredible Years - For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour.

For more information or to book a place please call 03000 261 111.

Chill Kids - For children in Year 3 to Year 6 of Primary School, helping them to understand their big feelings and find positive ways to manage them.

For more information or to book a place please call 03000 261 111.

Stepping Stones - For mams, dads and carers of children aged 0-12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential.

For more information or to book a place please call 03000 261 111.

Register with your Best Start Family Hub at
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