

What's on

April 2026 – August 2026



Chester-le-Street

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 Chester-le-Street
Gray Avenue, Chester-le-Street,
DH2 2EL.
03000 261 111





Chester-le-Street

Educational Psychologist Drop-in	Monday 9.30am - 11.30am
Sleep Workshop (online booking required)	Monday 10.00am - 12noon
Staying Cool Teen	Wednesday 12noon - 3.00pm
SENDIASS Drop-in	Monday 1.00pm - 3.00pm
Infant Massage (online booking required)	Monday 1.00pm - 2.30pm
Understanding Pregnancy, Labour, Birth and Your Baby.	Monday 3.30pm - 5.30pm
Safer Choices	Monday 4.00pm - 5.00pm
FEARless	Tuesday 9.30am - 11.30am
Managing Big Emotion (online booking required)	Tuesday 1.00pm - 2.30pm
Chill Kids	Tuesday 4.00pm - 5.15pm
Supporting Speech and Language Development - WellComm (online booking required)	Wednesday 9.30am - 12.30pm
Infant Massage (online booking required)	Wednesday 10.00am - 11.30am
CAMHS Drop-in	Wednesday 12.30pm - 2.30pm
Let's Talk at Home	Wednesday 1.00pm - 2.30pm

20 April 2026 15 June 2026 17 August 2026	Drop-in
15 June 2026	Runs for 1 session
20 April 2026 27 April 2026	Both sessions need to be attended.
6 April 2026 11 May 2026 1 June 2026 6 July 2026 3 August 2026	Drop-in
20 April 2026	Runs for 6 sessions
6 July 2026	Runs for 5 sessions
11 May 2026	Runs for 6 sessions
12 May 2026	Runs for 6 sessions
9 June 2026	Runs for 1 session
12 May 2026	Runs for 8 sessions
22 April 2026 20 May 2026 17 June 2026 15 July 2026	Monthly
3 June 2026	Runs for 6 sessions
13 May 2026 8 July 2026 9 September 2026	Drop-in
3 June 2026	Runs for 6 sessions

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



Chester-le-Street

Understanding Pregnancy, Labour, Birth and your Baby.	Wednesday 3.30pm - 5.30pm
DurhamWorks Drop-in	Wednesday 1.00pm - 4.00pm
Henry – Eating Well for Less	Thursday 9.30am - 11.00am
Henry - Starting Solids Workshop	Thursday 10.00am - 11.30am
Henry - Healthy Teeth Workshop	Thursday 10.00am - 11.30am
0-12 Workshops, Dealing with Disobedience	Thursday 10.00am - 12noon
0-12 Workshops, Managing Fighting and Aggression	Thursday 10.00am - 12noon
0-12 Workshops, Developing Good Bedtime Routines	Thursday 10.00am - 12noon
0-12 Workshops, Hassle-free Shopping with Children	Thursday 10.00am - 12noon
0-12 Workshops Hassle-free Mealtimes with Children	Thursday 10.00am - 12noon
12-18 Workshop - Coping with Your Teenager's Emotions	Thursday 10.00am - 12noon
12-18 Workshop - Reducing Family Conflict	Thursday 10.00am - 12noon
12-18 Workshop - Getting Your Teenager to Co-operate	Thursday 10.00am - 12noon
12-18 Workshop - Building Your teenager's Survival Skills	Thursday 10.00am - 12noon
Chill Kids	Thursday 4.00pm - 5.15pm

29 April 2026	Runs for 5 sessions
8 April 2026 13 May 2026 10 June 2026 8 July 2026 12 August 2026	Drop-in
2 April 2026	Runs for 1 session
6 August 2026	Runs for 1 session
27 August 2026	Runs for 1 session
30 April 2026	Runs for 1 session
7 May 2026	Runs for 1 session
14 May 2026	Runs for 1 session
21 May 2026	Runs for 1 session
4 June 2026	Runs for 1 session
11 June 2026	Runs for 1 session
18 June 2026	Runs for 1 session
25 June 2026	Runs for 1 session
2 July 2026	Runs for 1 session
30 April 2026	Runs for 8 sessions

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



Chester-le-Street

Educational Psychologist Drop-in - Talk to the Educational Psychologist 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.

Sleep Workshop – Sleep strategies and support for mams, dads and carers of children aged 18 months to 19 years including children with SEND/additional needs.

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

Staying Cool Teen - For teenagers looking at anger management and ways to deal with these feelings. For more information or to book a place please call 03000 261 111.

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.

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>

Safer Choices - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices.

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

FEARless - For mams, dads and carers of children aged 6-14 years, to help you understand your child's anxious feelings. For more information or to book a place please call 03000 261 111.

Managing Big Emotions – This course is for families of children aged 3 to 11. Educational psychologists will provide information on emotions, identify possible triggers and explore ways of supporting your children to regulate their 'big feelings'.

To book go to <https://events.durham.gov.uk/familyhub>

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.

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

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>

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 Family Hub team will also be available to give you more information about what we offer for parents, carers and children.

Lets Talk at Home - For mams, dads and carers of children aged 14mths - 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.

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

Understanding Pregnancy, Labour, Birth and your Baby - A course delivered by the Midwife, Health Visitor and Early Help Practitioner for mams and dads-to-be. We cover topics including antenatal brain development, relationships, preparation for parenthood labour and birth, pain relief, infant feeding and beyond into the postnatal period. To book a place visit <https://events.durham.gov.uk/familyhub>

Henry Eating Well for Less - Healthy eating doesn't have to be expensive - and can be delicious! Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank? This workshop helps the whole family to eat well for less. To book your place email hdfh.henrypractitioners@nhs.net

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

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 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>

12-18 Workshop - Coping with Teenagers Emotions - Learn how to cope with difficult situations and how teenagers can become emotional. Meet other mams, dads and carers and discuss how you can help your teenager to control their emotions. For more information or to book a place please call 03000 261 111.

12-18 Workshop - Reducing Family Conflict - Meet other mams, dads and carers to talk about being a parent and managing family conflict. Understand why teenagers are argumentative or aggressive and learn strategies to help you cope. For more information or to book a place please call 03000 261 111.

12-18 Workshop - Getting Teenagers to Co-operate - Meet other mams, dads and carers and share some ideas and experiences about managing difficult behaviour and think about goals for change. For more information or to book a place please call 03000 261 111.

12-18 Workshop - Building Teenagers' Survival Skills - Meet other mams, dads and carers to discuss some of the reasons teenagers take part in risky activities and how we can help them to enjoy themselves without putting their health and wellbeing at risk. 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