

# What's on

September – December 2024



Durham

**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.**

Durham Family Hub  
The Woodlands, Gilesgate, DH1 2EY.  
03000 261 111





# Durham Family Hub

<b>Antenatal Clinic</b>	Monday 9.30am - 1pm
<b>Toddler and Me</b>	Monday 9.30am - 11am
<b>Cooking on a Budget</b> Free slow cooker per eligible participant.	Monday 12.30pm - 2.30pm
<b>Chill Kids*</b>	Monday 4pm - 5pm
<b>Fussy Eaters*</b> (Sherburn Hill Centre DH6 1PA)	Tuesday 9.30am - 11am
<b>Incredible Babies*</b>	Tuesday 9.30am - 11.30am
<b>Baby and Me</b>	Tuesday 1pm - 2.30pm
<b>Starting Solids*</b>	Tuesday 1pm - 2.30pm
<b>Healthy Teeth*</b>	Tuesday 1pm - 2.30pm
<b>Growing Healthy drop-in</b>	Tuesday 1pm - 2.30pm
<b>Stepping Stones*</b>	Tuesday 5pm - 7pm
<b>Wellcomm Screening*</b>	Wednesday 9.15am - 12.15pm

**\*Contact the Family Hub to book**

	Weekly
	Weekly
4 November	Once
16 September 4 November	6 weeks
24 September	Once
17 September	10 weeks
	Weekly
8 October	Once
29 October	Once
	Weekly
17 September	10 weeks
18 September 16 October 20 November 18 December	Monthly



<b>SENDIASS drop-in</b>	Wednesday 12.45pm - 2.45pm
<b>Baby and Me</b> (Sherburn Hill Centre DH6 1PA)	Thursday 9.30am - 11am
<b>Nurturing Little Minds</b>	Thursday 9.30am - 11.30am
<b>Infant Massage*</b>	Thursday 1.30pm - 3pm
<b>Safer Choices*</b>	Thursday 4pm - 5pm
<b>Teen Zone*</b>	Thursday 4pm - 5pm
<b>Durham Young Dads project</b>	Thursday 6pm - 8pm
<b>Toddler and Me</b> (Sherburn Hill Centre DH6 1PA)	Friday 9.30am - 11am
<b>Online Safety</b> Free love to shop voucher per eligible participant.	Friday 9.30am - 12noon
<b>Durham Young Dads Stay and Play</b>	Friday 11am - 12.30pm
<b>DurhamWorks</b>	Friday 12noon - 3pm

**\*Contact the Family Hub to book**

18 September 16 October 20 November 18 December	Monthly
	Weekly
	Weekly
12 September 7 November	5 weeks
19 September	6 weeks
7 November	6 weeks
	Weekly
	Weekly
6 September 13 December	Once
13 September 11 October 8 November	Monthly
6 September	Fortnightly



**Antenatal Clinic** - Did you know you may be able to have your midwifery appointments in the Family Hub? Speak to your midwife if this would be easier for you to attend.

**Toddler and Me** - For mums, dads and carers and their child aged 1 and 2 years old. An informal group, each week focuses on a different aspect of your child's development.

**Cooking on a Budget** - Manage your family budget, look at shopping strategies and cooking on a budget. Come and learn about meal planning and preparing budget friendly meals to get the best value for your money! Free slow cooker per eligible participant.

**Chill Kids** - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them.

**Incredible Babies** - For mums, dads and carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.

**Baby and Me** - For families with babies from birth to 12 months, to enjoy time with your baby and meet new parents. Sessions include activities to help your baby to learn, their brain and body to develop and get advice and support on issues like bonding and safe sleeping.

**Starting Solids** - Is a free 90-minute workshop and looks at how to know your baby is ready to start solids, suitable first foods and progress to finger foods and family foods. Choking is also discussed. All participants will receive a free resource that can support them on their journey.

**Healthy Teeth** - Is a free 90-minute workshop that looks at how consuming certain foods and drinks can affect our teeth, healthy swaps and toothbrushing, how, when to start and strategies for encouraging our children to clean teeth. All participants will receive a free resource that can support them on their journey.

**Growing Healthy drop-in** - To ask the Health Visiting Team any questions about your child's health and development including baby weighing (in line with NHS guidance), infant feeding, weaning, sleep and toileting advice.



**Wellcomm Screening** - Supports children who are experiencing barriers to speech and language development and provides strategies and activities for mams, dads and carers to use at home. If you think your child would benefit from this

**SENDIASS drop-in** - For mams, dads and carers of families with SEND, drop in for impartial information or advice.

**Nurturing Little Minds** - A weekly peer support group for those who have given birth within the last 12 months, who may be feeling alone, isolated, or worried about their emotional wellbeing or mental health. This does not need to be diagnosed. If you think you would benefit from this group, please contact your health visitor. You can contact your Health Visitor on 03000 269 833.

**Infant Massage** - For parent and carers of babies from 6 weeks to 6 months old

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

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

**Durham Young Dads project** - Support young dads to grow, as well as helping them to develop their parenting skills this is done through mentorship, educational resources and community engagement, to create an environment where young dads can thrive as well as monthly stay and play session for dad and their children.

**Online Safety** - Learn how to help keep you and your child safer online, including understanding what your child is accessing and if the games and apps they use are safe.

**DurhamWorks** - Support to help 16-24-year-olds into education, employment, or training.

**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.

**Fussy Eaters** - Is a 90-minute workshop for Parents and Carers where we explore the difficulties of coping with a child that eats a limited range of foods, looking at portion sizes and ways to create enjoyable family mealtimes.

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](http://www.durham.gov.uk/FamilyHubs)



Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm  
[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies) [www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)