

COURSES & SERVICES WE OFFER

*REQUEST FOR SERVICE REQUIRED

PEEP Stay & Play 0-5years (previously known as LTTP 0-5)
Sessions for families to play and explore together, gain tips and techniques to support your child's development.

PEEP Babies (0-12 months)*
6 week course supporting you and your baby with helpful tips on play, communication & baby's development.

Peep Toddlers (1-2 years)*
Free 6 week course for parents/carers to give activity ideas, tips and techniques to enable you to support your child/ren's development.

PEEP AND (0-5 years) (Additional Needs and/or Disability)* (previously known as LTTP AND 0-5yrs)
Sessions for parents with children aged 0-5 years to come, play and socialise with other families and share their experiences.

PEEP Early Communicators (15mths -3 years)*
6 week course to support your child's journey through language & communication, play stories & fun activities.

PEEP Preschool (2-4 years)*
6 weeks course providing tips and activity ideas to support your child's development in a fun and friendly group.

HENRY (0-5yrs)*
8 week course, activities & strategies supporting good health, nutrition & exercise.

HENRY Workshops*
One off workshops - Starting Solids, Eating Well for Less, Understanding Behaviour & Fussy Eating & Looking After Ourselves.

HENRY Preparing for Parenthood*
6 sessions to support families expecting a new baby from 20 weeks pregnant to birth.

HENRY Growing Up*
8 sessions to support families with children 4-12 years to improve their health and wellbeing. Open to all families.

Feeding Friends
Come along for infant feeding advice and support, to have a chat and share tips with other parents.

Weaning Workshops
Co-delivered by Health & Family Hub Practitioners. To book please call your single point of contact Health team on 0300 3732488.



Visit our Facebook Page



Membership & Request for Service

Family Chill & Chat

Come and have some fun after school with your family, where you can complete your homework or play family games. Family hub staff will be available for support and advice. You can bring your own snacks.

Free to Be

For young people 13-18 years who identify as LGBTQIA. Get support and advice, take part in activities and lots more. Free food/refreshments.

Weigh & Stay

Free session for parents/carers, have your baby/ies weighed and speak to a health professional. Stay and play together to explore activities and receive your baby book start pack. Please book an appointment if you wish to have your baby weighed by calling your single point of contact on 03003732488 otherwise just drop in to our Stay & Play session

Sensory Chill Out (Additional Needs & Disabilities)

For the whole family who have children with learning or physical disabilities.

Emergency First Aid Awareness

Learn simple and easy techniques, jargon free to help you deal with common childhood incidents, injuries & occurrences.

Healthy Relationships (Virtually)*

Arguments are part of every healthy relationship for parents together or separated, but when they become frequent, intense and poorly resolved, they have a negative impact on you and your family. The Family Hub offers courses to support you and your family, click on the link for a membership form and to join courses.



Healthy Relationships



Solihull Approach



Family Panels

Solihull Approach

Virtual sessions to support children's development. To access the sessions please use code HADRIAN.

Family Panels

Family panels are safe spaces for individuals and families to come together, share their thoughts, views and ideas to help shape the development of the Family Hubs

Growing Healthy 0-19 App



Android



Apple

Blyth West Family Hub,
Devonworth Place,
Cowpen NE24 5AQ
Tel: 01670 541150



Blyth Central Family Hub
103 Wright Street
Blyth NE24 1HG
Tel: 01670 798800



What's on Guide South East Locality Family Hubs Blyth, Cramlington and Seaton Valley Free Courses/Groups Nov - Dec 2024



Check out our Northumberland Family Hubs Website here!



Scan the QR code below to see our new padlet of services



***PLEASE NOTE - any groups/courses with a * in front, require a Request for Service form to be completed**

MONDAY

***HENRY (Preparing for Parenthood)**
Manor Walks Warm Space, Cramlington
9:30 - 11:30am

PEEP Stay & Play (0-5 yrs) Drop in session
Blyth West 1:00 - 2:30pm

Neuro Peer Support Group (11-15 yrs)

Blyth Central 4:30 - 6:00pm

Our Neuro Peer Support Groups offer a space to relax, meet other neurodiverse young people and explore your interests. Our groups are open to neurodivergent young people whether they have received a formal diagnosis or self-identify. Contact melanie.guy@children-ne.org.uk
0191 2733997

TUESDAY

Health Visitor (Weigh & Stay)

Blyth Central 9:30 - 11:30am

Cramlington Community Hub 9:30 - 11:30am
(including Feeding Friends)

Please book an appointment if you wish to have your baby weighed by calling your single point of contact on 03003732488 otherwise just drop in to our Stay & Play session

PEEP AND (0-5yrs)
(Additional Needs & Disabilities)

Blyth West
9:30 - 11:00am

***PEEP Babies (0-12 months)**

Blyth Central
1:00 - 2:30pm

***PEEP Early Communicators**

Hop-In Building, Hareside Primary School
1:30 - 2:30pm

Family Chill & Chat - Drop In

Blyth Central
3:30 - 5:00pm

WEDNESDAY

***PEEP Toddlers**

Blyth Central
9:30 - 11:00am

***PEEP Babies**

Manor Walks Warm Space Cramlington
10:00 - 11:00am

Feeding Friends - Drop in session
(formerly Infant Feeding Support Group)
Blyth West 12:30 - 2:00pm

Health Visitor (Weigh & Stay)

Blyth West 1:00 - 3:00pm

Cramlington Community Hub 1:30-3:00pm
(including Feeding Friends)

Please book an appointment if you wish to have your baby weighed by calling your single point of contact on 03003732488 otherwise just drop in to our Stay & Play session

***HENRY WORKSHOPS**

Blyth Central
12:45 - 2:45pm

You can choose one or more of our workshops:

Eating well for less (0- 12yrs)

Understanding behaviour (0-12yrs)

Fussy Eating (1-7yrs)

Looking after ourselves (0-12yrs)

Starting Solids (4-7mth)

Please contact the Family Hub to to see when the next available dates are.

Welcome Parties

Are you an expectant parent or have a baby/ies aged 0-6mths? contact us to find out about our welcome parties.

Free to Be (13-18yrs)

Blyth Central 4:30 - 7:45pm

For young people 13-18 years who identify as LGBTQIA for more information/book your place please direct message your name and contact number to our Facebook or Instagram page.

THURSDAY

Birth Registrations

Blyth Central & Cramlington Community Hub
Book via Birth Registrations on Northumberland County Council website or call 0345 600 6400 to book your appointment.



***HENRY Growing Up**

Blyth West
9:30-11:00pm

***PEEP Babies (0-12 months)**

Blyth West
10:00 - 11:00am

PEEP Stay & Play (0-5 yrs) Drop in session
Cramlington Community Hub
1:30 - 2:30pm

Family Chill & Chat - Drop In

Blyth West
3:30 - 5:00pm

FRIDAY

PEEP Stay & Play (0-5 yrs) Drop in session

Blyth Central
9:30 - 11:00am

***PEEP Early Communicators**

Blyth West
1:00 - 2:00pm

AND Sensory Chill Out - Drop in Session
(Additional Needs & Disabilities)

Blyth Central 4:30 - 5:30pm
For the whole family who have children with learning or physical disabilities