

peep COURSES

NEW

PEEP sessions support parents, carers, babies and children to learn together

Mondays in Alnwick Family Hub

PEEP Babies is all about those precious first few months. Come and meet other new parents and get hints and tips on communication and play!

BABIES

Ages 0-6 and 6-12 months

PEEP Babies (0-6 months)

Starts **Monday 15th April**,
10:00 - 11:00am

PEEP Babies (6-12 months)

Starts **Monday 10th June**,
1:30 - 2:30pm

PEEP Early Communicators supports young children to express themselves and aids communication between babies and parents. Boost your little one's speech, language, social skills, routine and more

EARLY COMMUNICATORS

Ages 1-2+ years

Early Communicators

Starts **Monday 15th April**,
1:30 - 3:00pm



Book your free place on these courses by completing a Request For Service on our website or calling us on 01670 620430

ABOUT US

Northumberland Family Hubs provide a network of support for parents and carers of 0-19s (25 SEND) across the county

You can access all of our services for free by registering with us today. Scan the QR code below or get in touch



Get in Touch With Us

ALNWICK FAMILY HUB

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01670 620 430

Find us on Facebook

@northfamilyhubs



Alnwick Family Hub



What's On April - June 2024



Northumberland
County Council

Drop In Sessions

All of these sessions are FREE, and you can come along as often as you like

Learn Together Through Play (0-12 months)



Gives babies opportunities to socialise with others and take part in a range of activities; also for parents and carers to learn about key themes
Every term time Tuesday, 10:00 - 11:30am, from 16th April

Learn Together Through Play (1-5 years)

Gives kids opportunities to socialise with others and take part in a range of activities; also for parents and carers to learn about key themes
Every term time Tuesday, 1:30 - 3:00pm at St Michael's Primary School. From 16th April

Infant Feeding Support Group



Drop in for advice, support and chat with other new parents in a warm and friendly space. Everyone is welcome, whether you have had your baby or are due to have your baby soon
Thursdays, 10:00 - 11:30am

Outreach & Special Sessions

Learn Together Through Play Rothbury Fire Station



Learn Together Through Play for 0-5 year-olds
Wednesday 3rd April, 1:30 - 3:00pm, then 1st May & 5th June. No need to book

Learn Together Through Play Beacon RAF Community Hub



Learn Together Through Play for 0-5 year-olds
Term time Fridays, 10:00 - 11:30am. No need to book

Other Bookable Sessions

Preparation for Parenthood



A 4-week antenatal class with lots of guidance and support for parents-to-be
Starts Monday 15th April, 4:00-6:00pm
Book online or phone us on 01670 620430

Starting Solids



For babies around 6 months old

A special 'Henry' session designed to help you introduce your little one to solid food - the start of a whole new chapter for you and Baby!
Thursday 16th May, 10:00am - 12:30pm
Book online or phone us on 01670 620430

Infant First Aid



2-hour awareness session dealing with common childhood incidents, injuries and occurrences. Simple, easy to remember techniques and procedures without confusing medical jargon
Thursday 6th June, 9:30 - 11:30am. Limited places. Book by phoning us on 01670 620430

Healthy Families From The Start



For those with children aged 0-5 years, an 8-week 'Henry' course with activities and strategies to support good health, nutrition and exercise
Starts on Wednesday 17th April, 1:15 - 3:15pm
Term time only

Hang Out @ The Hub

Hang Out



Drop in, grab some free refreshments and see what Alnwick Family Hub can offer you and your family
Thursday 4th April, 2:15 - 3:15pm

For Dads & Male Carers

Saturdads



For dads and father figures. Bring your kids for a morning of games, sports, crafts and play
First Saturday of the month, starting Saturday 1st June, 10:00 - 11:30am

What's The Craic?



For male parents, step dads or carers to relax and chat in a child-free space. Run by Northumberland Recovery College
Tuesday 30th April and Tuesday 4th June 5:30 - 7:00pm

Get Involved



Family Panels (monthly)

Share your thoughts about our services & what you'd like to see
Call us on 01670 620430 or visit nland.cc/NFP for more details

FREE

Alnwick Garden Tickets
For families registered with North Family Hubs
Call 01670 620430 to book
(subject to availability and Ts&Cs)