

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



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01670 620 430

@northfamilyhubs





# Alnwick Family Hub



# What's On April - June 2024



### **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**

**THU** 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**



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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



MON

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

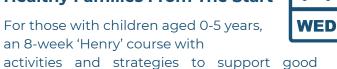
#### **Infant First Aid**

THU 2-hour awareness session dealing with common childhood incidents, injuries and occurrences. Simple, easy to remember techniques and procedures without confusing medical iargon

Thursday 6th June, 9:30 - 11:30am. Limited places. Book by phoning us on 01670 620430

#### **Healthy Families From The Start**

health, nutrition and exercise



Starts on Wednesday 17th April, 1:15 - 3:15pm Term time only

# Hang Out @ The Hub

#### **Hang Out**



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



**TUE** 

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



**Alnwick Garden Tickets** For families registered with North Family Hubs Call **01670 620430** to book

(subject to availability and Ts&Cs)

