

COURSES WE OFFER

*REQUEST FOR SERVICE REQUIRED

PEEP Babies (0-12 months)*

6 week course supporting you and your baby with helpful tips on play, communication & baby's development.

Peep Toddlers (1-2years)*

Free 6 week course for parents/carers to give activity ideas, tips and techniques to enable you to support your child/ren's development.

LTPP AND*(Additional Needs and/or Disability) (0-5 years)

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.

HENRY (0-5years)*

Healthy Families Right from the Start*

8 week course, activities & strategies supporting good health, nutrition & exercise.

HENRY Workshops*

One off workshops in Starting Solids, Eating Well for Less, Understanding Behaviour & Fussy Eating.

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.

Healthy Relationships*

- Me You & Baby Too
- Arguing Better
- Getting it Right for Children

This support is for parent(s)/co-parents and young people who might be experiencing difficulties in their relationship and want to reduce arguments in the household for the sake of their child's wellbeing.

Incredible Years *

Incredible Years Babies 0-12 months*

8 week program to support the needs of babies.

Incredible Years Preschool*

14 week program to gain tools, knowledge and new skills to support the needs of children aged 1-6 years.

Visit our
Facebook
Page



Membership &
Request for Service



Healthy
Relationships



LTPP(Learning Together Through Play) 0-5years

Sessions for families to play and explore together, gain tips and techniques to support your child's development.

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, speak to a health professional. Stay and play together exploring some activities and receive your baby book start pack. Book your appointment by contacting your single point of contact Health team on 0300 3732488

Move Together

Good for both body and mind our specially designed classes will help you to build strength, confidence and get you moving. It's the perfect opportunity to have fun with friends.

Mindful Mamas

Emotional wellbeing support group for female primary care givers delivered by Northumberland Recovery College

Whats the Craic

Emotional wellbeing support group for Male care givers delivered by Northumberland Recovery College

C-Card Service

Please contact your local Family Hub for times & dates.

Weaning Workshops

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

Peep Pop Up

Peep is a fun friendly group for parents/carers for children from 0-5 years. In Peep we share ideas, songs, stories & activities that build on everyday opportunities to support your child's learning/talking & social development.

Solihull Approach

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

Solihull
Approach



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

Family
Panels



Growing Healthy 0-19 App



Android



Apple

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


Northumberland
County Council

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


Family Hubs
Here for everyone

What's on Guide South East Locality Family Hubs Blyth

Free Courses/Groups April - May 2024



Check out our
NEW
Northumberland
Family Hubs
Website here!



***Request for Service Required**

MONDAY

LTPP (0-5 years) Drop in session
Blyth West 1.00-2:30 pm

Mindful Mamas

Blyth Central 1.00 - 2.30pm

Please contact 07866053717 or email nrc@everyturn.org for more details/ to book your place

What's the Craic?

Cramlington (warm space Manor Walks)
1.00 - 2.30pm

Please contact 07866053717 or email nrc@everyturn.org for more details/book your place

TUESDAY

Health Visitor (Weigh & Stay)

Blyth Central 9.30-11.30am

To book your appointment please call your single point of contact on 0300 3732488

***LTPP AND**

(Additional Needs & Disabilities)

Blyth West 9.30 -11.00am

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

Blyth Central 1.00 - 2.30pm
Starting 16th April

C-Card Drop In

Blyth Central 3.30-5.00pm

***Request for Service Required**

WEDNESDAY

***PEEP Toddlers**

Blyth West 9.30-11.00am
Starting 17th April

Infant Feeding Group - Drop in session

Blyth West 12.30-2.00pm

Health Visitor (Weigh & Stay)

Blyth West 1.30-3.30pm

To book your appointment please call your single point of contact on 03003732488

Free to Be (13-18yrs)

Blyth Central 4.00-8.00pm

For young people who identify as LGBTQIA for more information/book your place please direct message your full name and contact number to either our Facebook or Instagram page by scanning the codes below.



THURSDAY

Birth Registrations

Blyth Central



Book via Birth Registrations on Northumberland County Council website or call 0345 600 6400 to book your appointment.

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

Blyth West 9.30-11.00am
Starting 18th April

***Request for Service Required**

***Incredible Years Toddlers**

Blyth Central 9.30-11.30pm
14 week programme - starting 25th April

C-Card Drop in

Blyth West 3.30-5.00pm

***HENRY (Preparing for Parenthood)**

Blyth West 3.15-5.15pm

For expectant parents at 20weeks stage of pregnancy to due date
Starting 11th April

Move Together (11-16 Years)

Blyth West 4.30 - 5.30pm

Weekly fitness class for young people 11- 16yrs
To book your place please visit www.nuffieldhealth.com/movetogether

FRIDAY

LTPP (0-5 years) Drop in session

Blyth Central 9.30- 11.00 am

***PEEP Early Communicators (15mths-3 years)**

Blyth West 1.00-2.30pm
Starting 19th April

AND Sensory Chill Out 4-11 Years - drop in
(Additional Needs & Disabilities)

Blyth Central 4.30-5.30pm

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