

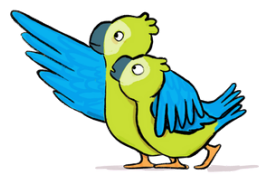
WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and online



For more info on Family Hubs please visit nland.cc/familyhubs

peep



Parents Early Education Partnership

A range of groups supporting parents and children to learn together



PEEP BABIES (0-6 months) & (6-12 months)

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, to how to communicate with your baby and understand each stage of their development.



PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)

These sessions support young children in learning to express themselves and improves communication between parents and children. Help boost your little ones speech and language, social skills, routine and much more.

CLICK HERE FOR -
[Hexham](#), [Haltwhistle](#), [Prudhoe](#), [Bellingham](#)

Request information for services using our form, click here-.



nland.cc/fhreq



LTP- Learning Together Through Play

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.



AND Sensory Chill Out

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.



LTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTP (AND) with Wecan.



HENRY

Provides tips and support for parents and carers. Explore how to provide a healthy, happy and supportive environment for the whole family. One off workshops also available - Starting Solids, Fussy Eaters, Understanding Behaviour and many more.



Wider Support and Digital Services

Family Panel, Family Cafe, Incredible Years, Parenting Older Children, Healthy Relationships and Solihull. We offer services in partnership with other organisations. We are here to ensure that support services are accessible to families across Northumberland, and we offer a range of support including a wide digital offer.

Contact your Family Hub



Partner Services

First Aid Courses, Infant Feeding Support, Autism drop-in session, and Neuro Youth Groups.

Contact your Family Hub

Find us on Facebook, Instagram and Twitter-

@WestFamilyHubs



WEST NORTHUMBERLAND FAMILY HUBS

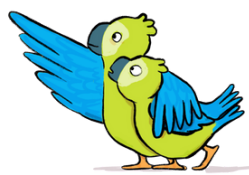
What's on at Prudhoe Family Hub and online



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PEEP BABIES (0-6 months) & (6-12 months)

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, to how to communicate with your baby and understand each stage of their development.



PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)


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Midwife & Health Visitor Appointments
You can arrange to see your Midwife or Health Visitor at the Family Hub. Please contact them directly to book.

Midwife Appointments - 0344 811 8118 **Health Visitor Appointments - 0300 373 2488**



Find us on Facebook, and Instagram-  

@WestFamilyHubs

Request information for services using our form, click here- 

nland.cc/fhreq

Get In Touch

 Phone:- 01661 839350
 Email:- prudhoefamilyhub@northumberland.gov.uk



Find Us
Prudhoe Family Hub,
Broomhouse Lane
Prudhoe
Northumberland
NE42 5FT



LTTP-Learning Together Through Play

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.

| | | | |
|---|--|---|---|
| LTTP (0-5) Every Monday 9:30am - 11:00am (Term Time Only) | LTTP (0-18months) Every Tuesday 10:00am - 11:00am (Term Time Only) | LTTP at Albermarle (0-5) Every Wednesday 10:00am - 11:30am (Term Time Only) | LTTP at Ponteland (0-18 months) Every Monday 1:00pm - 2:00pm (Term Time Only) |
|---|--|---|---|



LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment.

Every Friday
10:00am - 11:30am



AND Sensory Chill Out

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.

Every Tuesday
3:30pm - 5:00pm



Family Cafe!

A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).

8:45 - 10:15am
Third Thursday of every month



Family Panel

Contact your Family Hub

Autism drop-in

Contact your Family Hub

First Aid Courses

Coming soon



Infant Feeding Support Group

1st and 3rd Tuesday of every month
10:00-11:30am
At Prudhoe Family Hub
Drop in

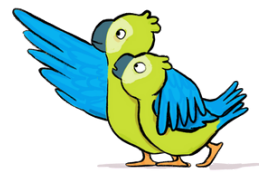
WEST NORTHUMBERLAND FAMILY HUBS

What's on at Hexham Family Hub and online



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PEEP BABIES (0-6 months) & (6-12 months)

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PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



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Midwife Appointments - 0344 811 8118 **Health Visitor Appointments - 0300 373 2488**

Get In Touch

Phone:- 01434 601698
Email:- hexhamfamilyhub@northumberland.gov.uk

Find us on Facebook, and Instagram-
[@WestFamilyHubs](https://www.instagram.com/WestFamilyHubs)

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nland.cc/fhreq

Find Us
Hexham Family Hub,
Beaufront Avenue
Hexham
Northumberland
NE46 1JD



LTTP-Learning Together Through Play

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.

LTTP
Every Wednesday
10:00am - 11:30am
(Term Time Only)



LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTTP (AND) with Wecan.



AND Sensory Chill Out

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.

Every Monday
3:30 - 4:45pm



Family Cafe!

A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).

8:45 - 10:15am
Thursday 25th April, 23rd May, and 27th June



Family Panel

Contact your Family Hub

Autism drop-in

Contact your Family Hub

First Aid Courses

Coming soon



Infant Feeding Support Group

Friday's
10am-11.30am
At Hexham Library
Drop in

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PEEP BABIES (0-6 months) & (6-12 months)

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PEEP TODDLERS (1-2 years +)

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LTTP Learning Together Through Play

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Every Friday
10:00am - 11:30am
(Term Time Only)



LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment.

Every Thursday
10:00am - 11:30am



AND Sensory Chill Out

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.

Every Monday
3:30pm - 5:00pm



Family Cafe!

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8:45 - 10:15am
First Thursday of every month



Family Panel

Contact your Family Hub

Autism drop-in

Contact your Family Hub
First Aid Courses
Coming soon



Midwife & Health Visitor Appointments

You can arrange to see your Midwife or Health Visitor at the Family Hub. Please contact them directly to book.

Midwife Appointments - 0344 811 8118 **Health Visitor Appointments - 0300 373 2488**

Get In Touch

Phone:- 01434 321761
 Email:- haltwhistlefamilyhub@northumberland.gov.uk

Find us on Facebook, and Instagram-

@WestFamilyHubs

Request information for services using our form, click here-

nland.cc/fhreq

Find Us
Haltwhistle Family Hub,
Park Avenue,
Haltwhistle,
Northumberland
NE49 9BA

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PEEP BABIES (0-6 months) & (6-12 months)
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PEEP TODDLERS (1-2 years +)
Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (18 months +)
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Midwife & Health Visitor Appointments
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Email:- bellinghamfamilyhub@northumberland.gov.uk

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Request information for services using our form, click here-
 nland.cc/fhreq

Find Us
Bellingham Family Hub,
Redesmouth Road
Bellingham
Northumberland
NE48 2EL



LTPP
Learning Together Through Play
A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.
Every Tuesday
10:00pm - 11:30pm
(Term Time Only)



LTPP AND
(Additional Needs & Disabilities)
A group for families with a child under 5 with an additional need or waiting for assessment.



AND Sensory Chill Out
A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along after school and meet other young people and families in a safe space.
Every Thursday
To be confirmed



Family Cafe!
A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).
8:45 - 10:15am
To be confirmed



Family Panel
Contact your Family Hub
First Aid Courses
Coming soon

WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and online

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Infant Feeding Support Group

Infant feeding and emotional support both antenatal and postnatal. Support with your journey and with any feeding issues you may have along the way!
Contact your Family Hub



Northumberland Family Panel

Get involved in shaping plans across our Family Hub communities.
Please visit nland.cc/NFP
Or Contact your Family Hub



First Aid Courses

2-hour awareness session designed to instill basic first aid knowledge when dealing with common childhood incidents, injuries and occurrences.
Contact your Family Hub

Healthy Relationships

Free online resources for parents who want support.

Please visit nland.cc/healthyR to find out more.

Seperating Better App

The **Seperating Better App** is developed by renowned relationship experts, **OnePlusOne**.

This app is the ultimate tool to help you navigate through your separation journey and foster a positive co-parenting relationship. With specialist advice, informative videos, and practical resources at your fingertips

To read more on the **OnePlusOne** website [click here](#).

Digital Training

Free online courses dedicated to improving emotional health and wellbeing for everyone.

Please visit nland.cc/soli to find out more.

Use access code:
HADRIAN



Parenting Teens

This padlet aims to provide you with all the info you need to help understand what your teenager is going through.

Please visit nland.cc/parentingteens to find out more.



Dad Pad

Family Hubs in Northumberland have teamed up with DadPad, to create an essential guide for new dads, developed with the NHS.

Please visit nland.cc/dadpad to find out more.

DadPad app
Top tips for new dads

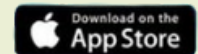


Growing Healthy App

Full of information for 0-19 years-

- advice on infant feeding
- child development
- SEND
- emotional health
- and so much more,

You can also chat online to a health visitor or the public health team.



Request information for services using our form, [click here](#)-.



nland.cc/fhreq



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[@WestFamilyHubs](https://www.facebook.com/WestFamilyHubs)