

VIRTUAL COURSES OFFER

*REQUEST FOR SERVICE REQUIRED

HENRY (0-5years)*

Healthy Families Right from the Start*

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

HENRY Growing Up*

8 sessions to support families with children 4-12 years to improve their health and wellbeing.

Incredible Years Preschool*

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

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

Weaning Workshops

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

NVR*

10 week programme, Aim to help you raise your parental presence, build on your own relationship with your child, learning how de-escalate situations using new methods and ideas.



Solihull Approach

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



Healthy Relationships*

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

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.

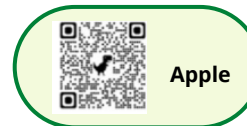


Family Panels

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



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 Northumberland Family Hubs Virtual Offer Free Courses/Groups April - May 2024



Check out our
NEW
Northumberland
Family Hubs
Website here!



*Request for Service Required

MONDAY

*HENRY 0-5yrs

Time to be announced

Become confident parents, learn about physical activity, what we eat, lifestyle habits and enjoying life as a family Receive a free toolkit
8 week programme - Starting 15th April

*Getting it Right for Children

7.30-8.30pm

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.

Starting 6th April

*NVR

10:00 - 11:00am or 7:00 - 8:00pm

Aim to help you raise your parental presence, build on your own relationship with your child, learning how de-escalate situations using new methods and ideas.

10 week programme Starting 22nd April

TUESDAY

Mindful Mamas

1.00 - 2.30pm

Join us to meet other mums and female carers who are facing similar challenges when it comes to parenting. Enjoy a kid-free space and some time to relax and socialise.

Please contact 07866053717 or email nrc@everyturn.org for more details

*HENRY Growing up (5 - 12yrs)

9:30 - 11:00am

Time for parents and carers to concentrate on yourselves and create a healthier lifestyle.

Receive a free toolkit.

8 week programme Starting 30th April

*Request for Service Required

*Incredible Years (1-6yrs)

7:00 - 8:00pm.

For parents who want support - to meet the needs of their children aged 1-6 years.

The group provides a supporting and nurturing space for parents to meet other parents and carers, discuss concerns and learn new skills.

10 week programme Starting 23rd April

WEDNESDAY

What's the Craic?

10.00 - 11.30am

Join us to meet other dads and male carers who are facing similar challenges when it comes to parenting. Enjoy a kid-free space and some time to relax and socialise.

Please contact 07866053717 or email nrc@everyturn.org for more details

*Relationship Workshop

7:30 - 8:30pm

Manage stress and communicate better. For parents with children aged 0-19 years, who are together or separated.

(You do not attend the same group as your partner or Ex)
Starting 17th April

*Arguing Better

7.30-8.30pm

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.

*Request for Service Required

THURSDAY

*Relationship Workshop

7:30 - 8:30pm

Manage stress and communicate better. For parents with children aged 0-19 years, who are together or separated. (You do not attend the same group as your partner or Ex)
Starting 17th April

FRIDAY

Weaning Workshop

9.30-10.30am

2 sessions per month. to book your session please call your single point of contact or 0300 373 2488



Learn from home

Family Hubs
Here for everyone