

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 (1-2 years)*

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

LTTP 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



Solihull Approach



Family Panels



Growing Healthy 0-19 App



Android



Apple

LTTP(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 you 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.

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

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



What's on Guide South East Locality Outreach Programme Cramlington/Seaton Valley Free Courses/Groups April- May 2024



Check out our
NEW
Northumberland
Family Hubs
Website here!



*Request for Service Required

MONDAY

Infant Feeding Group Drop in
Cramlington Community Hub
(next to Concordia Leisure Centre)
9.30-11.30am

***PEEP Early Communicators (15mths -3yrs)**
Cramlington Community Hub
(next to Concordia Leisure Centre)
10.00-11.00am
Starting 15th April

Mindful Mamas
Blyth Central 1.00 - 2.30pm
Please contact 07866053717 or email
nrc@evereturn.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/to book
your place

TUESDAY

Health Visitor (Weigh & Stay)
Cramlington Community Hub
(next to Concordia Leisure Centre)
9.30-11am

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

***LTP AND**
(Additional Needs & Disabilities)
Blyth West 9.30 -11.00am

***PEEP Toddlers (1-2 yrs)**
Venue to be announced
1.00-2.00pm
Starting 16th January

*Request for Service Required

C-Card Drop In
Blyth Central 3.30-5.00pm

WEDNESDAY

***PEEP Babies (0-12 months)**
Cramlington (Warm Space Manor Walks)
10.00-11.00am
Starting 17th April

Health Visitor (Weigh & Stay)
Cramlington Community Hub
(next to Concordia Leisure Centre)
1.30-3.00pm
To book your appointment please call
your single point of contact on 03003732488

Free to Be (13-18yrs)
Blyth Central 4-8pm
For young people who identify as LGBTQIA
For more information please direct message
your full name and contact number on our
Facebook or Instagram page



THURSDAY

LTP (0-5 years) Drop in
Cramlington Community Hub
(next to Concordia Leisure Centre)
1.30-2.30pm

C-Card Drop In
Blyth West 3.30-5.00pm

*Request for Service Required

Birth Registrations
Cramlington Community Hub
(next to Concordia Leisure Centre)
9.00am-12pm



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

***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

FRIDAY

LTP 0-5 years Drop in
New Hartley Community Centre
9.30-10.30 am
Starting 19th April

***Peep Toddlers (1-2 yrs)**
Chill out Childcare Seaton Delaval
1.00-2.00pm
Starting 19th April

AND Sensory Chillout (4-11yrs) Drop in
Blyth Central 4.30-5.30pm
For the whole family who have children with
learning or physical disabilities