

# COURSES & SERVICES 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.

## 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.

## PEEP Preschool (2-4 years)\*

6 weeks course providing tips and activity ideas to support your child's development in a fun and friendly group.

## 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.

## HENRY (0-5years)\*

### Healthy Families Right from the Start\*

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

### HENRY Workshops\*

One off workshops , Eating Well for Less, Understanding Behaviour & Fussy Eating and looking after ourselves.

### 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. Open to all families.

## 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.

Visit our  
Facebook Page



Membership &  
Request for Service



## Family Cafe

Are you wondering what Family Hubs are all about? Worried about coming in? New to the area? We understand that coming to a new place with your children and family can be daunting and worrying. Our family cafe offers a very relaxed session for you to come along and just see what we are all about. Staff will be on hand to answer any questions you may have. Lets chat over a cuppa

## 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

## Weaning Workshops

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

## Emergency First Aid Awareness

Learn simple and easy techniques, without the jargon to help you deal with common childhood incidents, injuries & occurrences.

## The Garden Crew

All families welcome, if you fancy yourself as a gardener come along and help us deveiop our gardens. We will be planting plants, growing fruit and vegetables and keeping our gardens looking beautiful.

## 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



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

### June - July 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 Pre-School**  
Seghill First School NE23 7SB  
9.00-10.00am  
10th June - 15th July  
Open to all families

**Emergency First Aid Awareness**  
Cramlington Family Hub 9.00-11.00am  
17th June 2024  
Please call to book your place  
01670 798800 / 541150

**\*PEEP Early Communicators (15 mths-3yrs)**  
Cramlington Community Hub  
(next to Concordia Leisure Centre)  
10.00-11.00am  
10th June - 15th July

### 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 Pop Up - Drop in Session**  
Hop in Building, Hareside Primary School  
NE23 6BH  
1.30-2.30pm  
Open to all families

**The Garden Crew - Drop In Session**  
Blyth West  
3.30-5.30pm

## \*Request for Service Required

### WEDNESDAY

**\*PEEP Baby (0-12 months)**  
Manor Warms space  
(between Bettini's Coffee Shop & CEX shop)  
Cramlington  
10.00-11.00am  
5th June - 10th July

**\*HENRY WORKSHOPS**  
Wednesday's  
1.00-2.30pm  
You can choose one or more of our workshops:  
Eating well for less (0- 12yrs)  
Understanding behaviour(0-12yrs)  
Fussy Eating (1-7yrs)  
Looking after ourselves (0-12yrs)  
Please contact the Family Hub to to see when  
the next available dates are

**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 4.30-7.45pm  
For young people who identify as LGBTQIA  
for more information/book your place please  
direct message your name and contact number  
to either our Facebook or Instagram page by  
scanning the codes below.



### THURSDAY

**Henry 0-5 (Virtual)**  
9:30 - 11:00am  
Free pack will be delivered to you  
prior to programme starting  
Starting 13th June

## \*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

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

### FRIDAY

**Family cafe**  
Manor warms space  
(between Bettini's Coffee Shop & CEX shop)  
Cramlington  
9:30 - 10:45am

**LTP 0-5 years (Drop in)**  
New Hartley Community Centre  
9.30-10.30 am  
Starting 7th June

**Weaning Workshop (virtual)**  
9.30-10.30am  
2 sessions per month. to book your session  
please call your single point of contact  
or 0300 373 2488

**Emergency First Aid Awareness**  
Seaton Sluice Community Centre 11.30-1.30pm  
28th June 2024  
Please call to book your place  
01670 798800 / 541150

**\*PEEP Toddlers (1-2yrs)**  
Chill Out Childcare  
(next to Seaton Delaval First School)  
1.00-2.00pm  
14th June - 19th July

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

