

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

A fun friendly weekly drop in session for parents/carers with 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 Family Hubs Blyth Free Courses/Groups June - July 2024



Check out our
NEW
Northumberland
Family Hubs
Website here!



*Request for Service Required

MONDAY

Family Cafe
Blyth West 9:15-10:30am

Emergency First Aid Awareness
Blyth West 9.30-11.30am
1st July 2024
Please call to book you place
01670 798800 / 541150

Family Cafe
Blyth Central 12:45-2:00 pm

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

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 Baby (0-12 months)**
Blyth Central
1.00-2.30pm
11th June - 16th July

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

WEDNESDAY

***PEEP Toddlers (1-2yrs)**
Blyth Central
9.30-11.00am
12th June - 10th July

*Request for Service Required

***HENRY (Healthy Families Growing up 5 -12yrs)**
Malvins Close Primary School
10.00-11.00am 15th May - 10th July
Open to all families

Infant Feeding Group - Drop in session
Blyth West 12.30-2.00pm

Health Visitor (Weigh & Stay)
Blyth West 1.00-3.00pm
To book your appointment please call
your single point of contact on 03003732488

***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 see
when the next available dates are

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

***PEEP Baby (0-12 months)**
Blyth West
9.30-11.00am
13th June - 18th July

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



Emergency First Aid Awareness
Blyth Central 12.30-2.30pm
20th June 2024
Please call to book you place
01670 798800 / 541150

***HENRY (Preparing for Parenthood)**
Blyth West
3.15-5.15pm
6th June - 11th July

FRIDAY

LTPP (0-5 years) Drop in session
Blyth Central 9.30- 11.00 am

***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

***PEEP Early Communicators (15mths-3yrs)**
Blyth West
1.00-2.30pm
14th June - 19th July

AND Sensory Chill Out - drop in
(Additional Needs & Disabilities)
Blyth Central 4.30-5.30pm
For the whole family who have children with
learning or physical disabilities