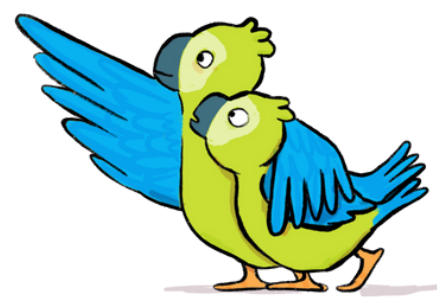


# peep

A range of groups supporting parents and children to learn together



Parents  
Early  
Education  
Partnership

## 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.

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

## 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.

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

## 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](#)

## L T T P -

### 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.

## L T T P 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.

## 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 are also available - Starting Solids, Fussy Eaters, Understanding Behaviour and 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.

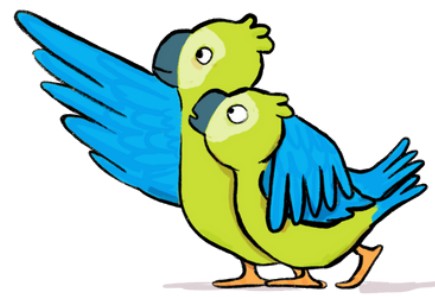
Contact your Family Hub

# WEST NORTHUMBERLAND FAMILY HUBS

## What's on at Prudhoe Family Hub

# peep

A range of groups supporting  
parents and children to learn together



Parents  
Early  
Education  
Partnership



### 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.



### LTPP-Learning Together Through Play

<b>LTPP (0-5)</b> Every Monday 9:30am - 11:00am (Term Time Only)	<b>LTPP (0-18months)</b> Every Tuesday 10:00am - 11:00am (Term Time Only)	<b>LTPP at Albermarle (0-5)</b> Every Wednesday 10:00am - 11:30am (Term Time Only)	<b>LTPP at Ponteland (0-18 months)</b> Every Monday 1:00pm - 2:00pm (Term Time Only)
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### LTPP 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 LTPP (AND) with Wecan.

**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

### Midwife & Health Visitor Appointments

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

Health Visitor Appointments

Midwife Appointments

0300 373 2488

0344 811 8118



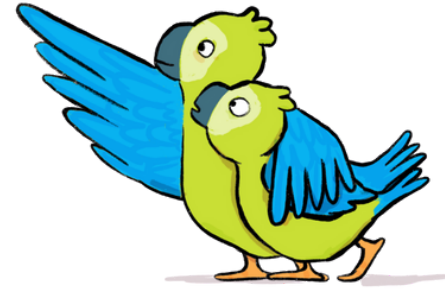
# WEST NORTHUMBERLAND FAMILY HUBS

## What's on at Hexham Family Hub



# peep

A range of groups supporting  
parents and children to learn together



Parents  
Early  
Education  
Partnership



## 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 +)

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## PEEP EARLY COMMUNICATORS (15-36 months)

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## 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



### Midwife & Health Visitor Appointments

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

Health Visitor Appointments

Midwife Appointments

0300 373 2488

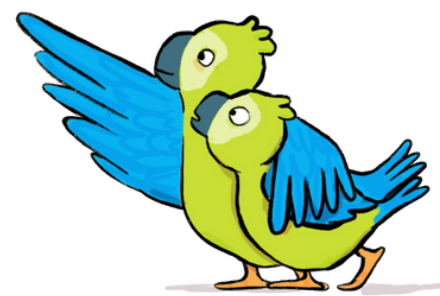
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Parents  
Early  
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Partnership



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## LTTP-Learning Together Through Play

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

**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. The Family Hubs are delighted to co-facilitate LTTP (AND) with Wecan.

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



## 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!

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**  
**\*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

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Health Visitor Appointments

0300 373 2488

Midwife Appointments

0344 811 8118



# WEST NORTHUMBERLAND FAMILY HUBS

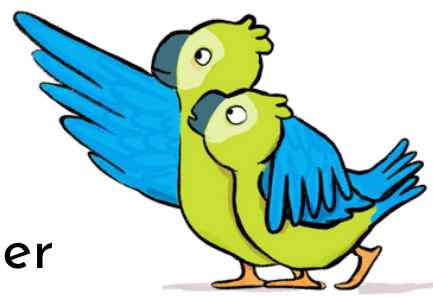
## What's on at Bellingham Family Hub



NEW  
FOR 2024!

# peep

A range of groups supporting  
parents and children to learn together



Parents  
Early  
Education  
Partnership



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

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## AND Sensory Chill Out

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**Every Thursday**  
**\*To be confirmed\***



## Family Cafe!

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**8:45 - 10:15am**  
**\*To be confirmed\***



**Family Panel**  
*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.

Health Visitor Appointments

Midwife Appointments

0300 373 2488

0344 811 8118

Find us on Facebook, and Instagram-



@WestFamilyHubs

Get in touch!



07769 958046

# WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs  
and Online

For more info on Family Hubs  
please visit [nland.cc/familyhubs](https://nland.cc/familyhubs)



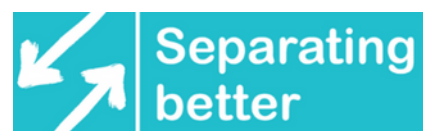
## DIGITAL COURSES AND SUPPORT TO ACCESS WHENEVER YOU NEED IT:-



### Healthy Relationships

Free online resources for parents who want support.

Please visit [nland.cc/healthyR](https://nland.cc/healthyR) to find out more.



The Separating 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 Support

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

Please visit [nland.cc/soli](https://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](https://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](https://nland.cc/dadpad) to find out more.



## ADDITIONAL SUPPORT AT THE FAMILY HUB:-



### Infant Feeding Support Group

Infant feeding and emotional support both antenatal and postnatal.

Click to find out more.

Or contact your Family Hub



### Northumberland Family Panel

Get involved in shaping plans across our Family Hub communities.

Click to find out more.

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

Find us on  
Facebook,  
Instagram  
and  
Twitter-.



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

[nland.cc/fhreq](https://nland.cc/fhreq)