

Monthly Groups

Satdads (ages 0-19 - 25 years SEND)

A FREE session for dads and father figures. Bring your kids for a morning of games, sports, crafts and play



14th Sept, 12th Oct, 9th Nov, 7th Dec

From 10am - 11:30 am

SEND Connect (ages 5-25)

A social group for children and young people with additional needs & disabilities



At The Grove School 4:30-6pm

11th Sept, 9th Oct, 6th Nov, 11th Dec

Healthy Relationships

Parenting when Separated

Families going through separation can experience increased isolation and conflict. With our Parenting When Separated Programme, we can help parents to personally cope, and to co-parent effectively, to ensure their children cope and thrive.

6 Virtual sessions starting:

Monday 16th September 6.00 - 7.30pm or

Thursday 19th September 1.00 - 2.30pm

Getting on Better

This is for any adult who cares for children aged 0-18years. The workshops aim to help adults manage their stress and communicate in better ways.

2 x virtual workshops

On Tue 1st & 8th October 6-7:30 pm

Other Services

Weekly Baby Weigh Clinic

From 1:00 - 2:30 pm

To book an appointment Call 0300 3732488

Birth Registrations@Berwick Family Hub

Last Thursday of the month

Appointments available between 1:30-3:30 pm

To book an appointment visit:


<https://northumberland.sishost.co.uk/Agenda/TelephoneRegistration/Appointment.html> (not running 31.10.24)

Northumberland Family Hubs provide a network of support for parents and carers of 0-19s (25 SEND) across the county

You can access all of our services for free by registering with us today.

Take a look at our "What's On" Padlet



Scan the QR Code or visit  <https://nland.cc/NorthPadlet> to see what's on in the North online!



Visit our Website

Scan the QR code or visit:  <https://www.familyhubsnorthumberland.co.uk/>



Family Panels

"Have Your Say!"



We want to hear your opinions on our services and our monthly panels offer this opportunity - in a safe & supportive environment.

Call 01670 620461 or visit nland.cc/NFP for more info.

FREE Alnwick Garden Tickets are available for families registered with North Northumberland Family Hubs



Please call 01670 620430 to book (subject to availability)



What's on at Berwick Family Hub

Sept - Dec 2024



**Berwick Family Hub,
Ladywell Place, TD15 2ER
Tel: 01670 620461**

Email:
northfamilyhubs@northumberland.gov.uk

To access our services:
Scan the QR code below then complete the membership form or get in touch



Find us on Facebook
@North Northumberland Family Hubs

Weekly Drop - In Sessions (term time only)



PEEP Stay & Play 1-5 years From 1:00 - 2:30 pm

Gives children opportunities to socialise with others and take part in a range of engaging activities; also for parents and carers to learn about the key stages of their child's development



PEEP Baby Stay & Play (babies aged 0-12 months) From 1:00 - 2:30 pm

An opportunity for babies to socialise and engage with others and take part in a range of activities, including the use of sensory equipment. Also for parents and carers to learn about key stages of their baby's development



Feeding Friends From 1:30 - 3:00 pm

Drop in for feeding advice, support and chat with other new parents in a warm and friendly space. Everyone is welcome, whether you have had your baby or are due to have your baby soon



PEEP Stay & Play (AND) 0-5 years From 1:00 - 2:30 pm

Stay & Play (AND) - Play, communication, behaviour and wellbeing for children with additional needs and disabilities

Next Sessions are 6th Sept - 15th Oct



Wooler Stay & Play

PEEP Stay & Play 0-5 years
Venues will vary t.b.c
10am - 11 am

peep COURSES **NEW**

PEEP sessions support parents, carers, babies and children to learn together. You must book to attend



PEEP **TODDLERS**

For Children aged 1-2+ years

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

The Next Course is: 9th Sept - 14th Oct
From 1:30 - 2:30 pm



PEEP **BABIES**

For Babies aged 6-12 Months

6 weekly sessions all about those precious first few months. Come and meet other new parents and get hints and tips on communication and play!

The Next Course is: 10th Sept - 15th Oct
From 10:00 - 11:00 am



PEEP Early Communicators

For Children aged 15 - 36 months

6 week course to support your child's journey through language & communication, play stories & fun activities.

The Next Course is: 11th Sept - 23rd Oct
From 10:00 - 11:00 am



PEEP **BABIES**

For Babies aged 0-6 Months

Get support & tips on your baby's play, communication & development.

The Next Course is: 11th Sept - 16th Oct
From 10:30 am - 11:30 am



Bookable Courses

HENRY Preparation for Parenthood

A 4-week antenatal class with lots of guidance and support for parents-to-be

Weekly Tuesday's from 3rd - 24th September
From 3:00 - 5:00 pm



HENRY (0-5 years)

Healthy Families from the start

An 8 week course that supports you to give your children the healthiest start & future.

From 12th September - 31st October - 1-2:30 pm



HENRY Healthy Families Growing up (5-12 years)

The 'HENRY approach' brings together support for parenting efficacy, family emotional wellbeing and behaviour change with information about nutrition, physical activity, oral health and more

Weekly Virtual Course 5th Nov - 17th Dec 6:00 - 7:00 pm



One off Sessions

(Give us a call to book 01670 620 461)

Baby Light Sensory

0-12 months

Tues 24th September 10:30 - 11:30 am



HENRY Starting Solids

For Babies aged around 6 months

If your baby is ready to start solids foods, join us in our Starting Solids workshop to help get your them off to a great start.

Tues 24th September 1:00 - 2:00 pm.

Baby First Aid

2-hour awareness session dealing with common childhood incidents, injuries and occurrences. Simple, easy to remember techniques and procedures without confusing medical jargon

Thu 7th November 9:30-11:30 am

Welcome Party

These parties are a relaxed & fun way to meet other families (with babies up to 6 months old) & parents to be, to hear about what we offer at Family Hubs.

Thu 10th October 10:00 - 11:00 am

All welcome no need to book

Scan the QR code to book onto any of the PEEP courses or any other bookable session by completing a Request for Service form

