

ACTIVITIES 2024

Your one stop shop for free support for children 0-19 (0-25 with SEND), parents, young people, emotional wellbeing, early language, infant feeding, perinatal mental health, advice and guidance, stay and play and much more!



Activities 2024

Monday

Rossmere Family Hub

Baby Massage

BOOKING ESSENTIAL

9.15am - 10.15am & 10.45am - 11.45am

Suitable for babies up to 6 months please bring a towel

Contact Family Hubs Admin for dates/times

Perinatal Mental Health Drop-In

10:00am - 11:00am

Drop-in group

Speak to our Perinatal Mental Health Team

Story Time

1:30pm – 2:45pm

Drop-in group

Fun reading activities for all children under 5 with their parents/carers

Navigator Drop-In

2:00pm - 3:00pm

Free drop-in session to speak to our friendly navigators about any and all issues

Miers Avenue Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

9:30am – 11:00am

Play opportunity for non-walkers, baby weigh in and get your free healthy start scheme vitamins.

Rossmere Family Hub

New Born Behavioural Observations (NBO)

9.30 - 11:00am

Every first and third Monday of each month, not including bank holidays.

For babies under 12 weeks old, demonstrate the abilities of newborns, how they use their behaviour to communicate to those around them and more.

Bookable via Family Hubs or Health Visitor.

Community Hub Central

Stories & Rhymes

10:00am – 11:00am & 1:00pm – 2:00pm

For all children under 5 years

Middleton Grange Family Hub

All Things Baby and Feeding

1:00pm – 2:30pm

Drop-in group

Support and advice around all methods of feeding – ran by infant feeding team



Tuesday

Community Hub Central

Parent & Toddler

10:00am – 11:30am

For under 2's - small fee applies

Community Hub South

Stories & Rhymes

10:00am – 11:00am

For all children under 5 years

Miers Avenue Family Hub

FREE MONTHLY SESSION

Introducing Solids

Contact Family Hub Admin for dates/times

Introduce your baby to a range of solid foods and get tips, advice and guidance

Middleton Grange Family Hub

Free Play Session

1:00pm – 2:30pm

Drop-in group

Come and join us for a fun session for all children under 5 years

Seaton Carew Library

Stories & Rhymes

1:30pm – 2:30pm

For all children under 5 years

3-4 Month Drop In Session

1st Tuesday Middleton Grange

10:00am - 11:00am

3rd Tuesday at Rossmere

1:00pm - 2:00pm

Covers developmental milestones, emotional wellbeing, introducing solids and an opportunity to review your baby's weight.

Rossmere Family Hub

FREE MONTHLY SESSIONS

Once a month on a Tuesday, contact Family Hub Admin for dates/times.

Introducing Solids

Introduce your baby to a range of solid foods and get tips, advice and guidance. Choking and resus information given at this group.

Pregnancy, Birth and Beyond

5:00pm – 7:00pm

3 weekly sessions for Pregnant Mothers and their Partners, bookable through Family Hubs.

Dad's Baby Massage

Dad's and babies only, group sessions every week for 4 weeks – contact our Family Hubs to book on to a series of sessions.

Activities 2024

Wednesday

Rossmere Family Hub

Baby Pilates

9:30 am – 10:30 am

Rossmere Family Hub

Please book via Summerhill on

01429 284584

Sing and Sign:

(Payable session of £5 CASH only on entry to session ONLY 20 children's spaces available on a first come first served basis)

12:45pm – 1:30pm

suitable for babies and non-walkers only &

1:45pm – 2:30pm

Suitable for all children under 5

Breast Feeding Workshop for Pregnant Mothers

5:00pm – 7:00pm

Bookable through Family Hubs

Middleton Grange Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

1:30pm – 3pm

Play opportunity for non-walkers, baby weigh in and get your free healthy start scheme vitamins

Throston Grange Library

Stories & Rhymes

10:00am – 11:00am

For all children under 5 years

Community Hub Central

Baby Babble

10:30am – 11:30am & 1:30pm – 2:30pm

Hindpool Family Hub

Latch-On

1:00pm – 2:30pm

Drop-in group for breastfeeding support
Ran by the Infant Feeding Team

Positive Steps Walking Group

10am every Wednesday from 17th April

Walking group ran by our Infant Feeding and well-being teams (term time only).

1st Wednesday of the month: Headland Walk

(starting from junction of marina and corporation drive)

2nd Wednesday: Seaton Carew Walk

(meet at crazy golf)

3rd Wednesday: Rossmere Park Walk

(meet at Rossmere Family Hub)

4th Wednesday: Ward Jackson Park Walk

(meet at the main entrance gates)

Walks may be cancelled if the weather is unsuitable please check our FB page or ring 01429 292444 to check before setting off.

Middleton Grange Family Hub

Free Play Session

9:30am – 11:00am Drop-in group

Come and join us for a fun session for all children under 5 years

Navigator Drop-In

11:30am – 12:30pm

Free drop-in session to speak to our friendly navigators about all issues

Dads and Male Carers

Wellness Group

4:00pm – 5:00pm

This group session takes place fortnightly please ring our Family Hubs to find out the next date

Thursday

Rossmere Family Hub

Latch-On

9:30am – 11:00am

Drop-in group for breastfeeding support

Ran by the infant feeding team

Hindpool Family Hub

Beyond the Bump

10:00am – 11:00am

Wellbeing after pregnancy, contact your Health Visitor to book in from 21st March

Community Hub Central

Stories & Rhymes

10:00am – 11:00am

For all children under 5 years

Miers Avenue Family Hub

Play and Learn

REFERRAL ONLY - 1:30pm – 3:00pm

Fun activities for children under 5 to enhance learning

Rossmere Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

9:30am – 11:00am

Play opportunity for non-walkers, baby weigh in and get your free healthy start scheme vitamins.

Beyond the Bump

10:00am – 11:00am

Wellbeing after pregnancy, contact your Health Visitor to book your place.

Friday

Headland Library

Stories & Rhymes

10:00am – 11:00am

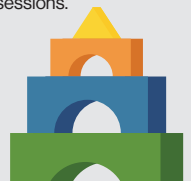
For all children under 5 years

Hindpool Family Hub

Dads Baby Massage

10:00am – 11:00am

Dads and babies only, group sessions every week for 4 weeks – contact our Family Hubs to book on to a series of sessions.





Family Hubs
HARTLEPOOL
BOROUGH COUNCIL
IN HARTLEPOOL

☎ **01429 292444**

📘 **Hartlepool Family Hubs**

Some services may be subject to change, please contact us on either our Facebook page or Family Hubs number to check



**HARTLEPOOL
COMMUNITY HUBS**

For more information on **Community Hub Sessions** please contact:

☎ **07768 841306**

✉ **hubevents@hartlepool.gov.uk**

🌐 **www.hartlepool.gov.uk/hubevents**



Family Hubs
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