



PARENT SUPPORT

Being pregnant or having a baby doesn't mean you have to stop being in education, training or employment – you can get support and information around this from The One Stop

https://www.hartlepool.gov.uk/info/20078/children_and_families/124/youth_support_services/1 Pathfinders, Villiers Street.

We can also help you apply for Care to Learn which is a scheme that can help with childcare costs while you study - <https://www.gov.uk/care-to-learn>

There is also other support available from the Family Hubs in Hartlepool, please see following pages:



ROSSMERE FAMILY HUB, Rossmere Way - 01429 292444

**Please check dates and times on the Family Hub Website
www.hartlepoolfamilyhubs.co.uk/events or messaging the Facebook page
[@Hartlepool Family Hubs](https://www.facebook.com/HartlepoolFamilyHubs) or ringing the hubs on 01429 292444**

Baby Weigh Clinic

Parents can take babies to be weighed and chat with health visitor for advice if needed:

- **Places need to be booked through your Health Visitor**

Sing & Sign

These sessions can help babies develop speech and language, increases observation skills and promotes bonding with your baby:

- **To book a place please contact Jane Kett via her FaceBook page**

Feeding my Baby – Drop In

Universal group that can receive advice on bottle feeding or breast feeding from a health visitor

- **Every Thursday 9.30-11.00am**

Baby Massage

Supports attachment and bonding with your baby, encourages speech and language development, promotes skin to skin contact and reduces colic

- **Places need to be booked through Rossmere Family Hub**

Pregnancy, Birth & Beyond

Antenatal Classes, covering labour and getting ready for your baby

- **Every Tuesday 5.00-7.00pm – MIDWIFE REFERRAL'S ONLY**

HINDPOOL FAMILY HUB, Hindpool Close - 01429 292444

Please check dates and times on the Family Hub Website
www.hartlepoolfamilyhubs.co.uk/events or messaging the Facebook page
@Hartlepool Family Hubs or ringing the hubs on 01429 292444

Feeding my baby - Drop in

Drop-in group for bottle or breastfeeding support

Ran by the Infant Feeding Team

- **Every Wednesday 1:00pm – 2:30pm**

Baby Weigh Clinic – Drop in

Parents can take babies to be weighed and chat with health visitor for advice if needed:

- **Monday – 9.30am – 11am @ Miers Avenue Family Hub**



MIDDLETON GRANGE FAMILY HUB – OLD OPPOSITE THE ENTERTAINER

**Please check dates and times on the Family Hub Website
www.hartlepoolfamilyhubs.co.uk/events or messaging the Facebook page
[@Hartlepool Family Hubs](https://www.facebook.com/HartlepoolFamilyHubs) or ringing the hubs on 01429 292444**

Baby Weigh Clinic – Drop In

Parents can take babies to be weighed and chat with health visitor for advice if needed:

- **Every Wednesday 1.30-3.30pm**

All Things Baby & Feeding – Drop In

A group offering advice and support on any feeding matters, formula breastfed or weaning

- **Every Monday 1.15-2.30pm**

Play Group – Drop In

Free play group for parents and babies

- **Every Thursday 9.30-11.30am**
- **Dads wellbeing group 4-5pm on Thursday afternoons**
-

Healthy Start Drop-in Clinic

This is an opportunity to see a Health visitor or community nursery nurse for advice, guidance and growth review

- **Every Wednesday 1.30-3.30pm**



WARD JACKSON PARK – Park Avenue - 01429 405573

Sensory Group with crafts

Runs every Friday in the Garden Suite from 9.30am -1.30pm.

Booking is essential to guarantee a place – please call 01429 405573

Fisherman's Arms – Southgate, Headland

Hartlepool the hang out group - £5.00 per family

Groups for autistic children aged 8 years + and their siblings – these sessions are run by parents of autistic children, safe environment with no judgement from others.

Available:

- Games table
- Mini air hockey
- Board games and more
- Tuck shop & tea/coffee

Various activities are held throughout the year for children to access, such as relaxed kids, pet therapy, Christmas parties and much more!

They also offer level 2 government funded courses on and around autism for parents and also various workshops such as sex education for children with autism, sensory workshops, anxiety courses and Makaton

- **1st & 3rd Wednesday of every month – 6.00-7.30pm**

Visit the website – www.littletreasures.website

COMMUNITY HUB CENTRAL – 124 York Road (Library) – 01429 272905

Stories & Rhymes

Drop in - Parents/carers and children can read a book together and have a sing song at the end

Baby Babble

Drop in - Session for parents/carers with younger babies

- **Every Wednesday – 10.30-11.30am & 1.30-2.30pm**
- Dedicated Children's area
- Regular events and activities for children and parents
- Free Wi-fi

Seaton Library – Station Lane, 01429 269808

Stories & Rhymes

Drop in - Parents/carers and children can read a book together and have a sing song at the end

- **Every Tuesday – 1.30pm -2.30pm**

Hartlepool Carers, 19a Lowthian Road – 01429 283095

This is a service for registered carers to attend groups and is available for:

Young Carers – 5 – 17 years old

Adult Carers – 18 – 25 years old

They offer weekly peer to peer support sessions:

- Monday's (central Library, York Road) – Home Work Club (all ages)
- Tuesday's (South Hub, Wynyard Road) – 5-11 years, peer support activities – arts & crafts, sport etc
- Thursday's (Throston youth Club) – 12–17 years, cooking, sport etc

For anyone wanting to attend any of the sessions, you need to ring and register on the above number or online <https://www.hartlepoolcarers.org.uk/>

1 Hart, 1 Mind, 1 Future, 19a Lowthian Road – 01429 283095

This is a recognised Parent Carer Forum (PCF) for Hartlepool

They are a group of Parents and carers of children with SEN and disabled children from 0-25 years old who work alongside the local authority, education, health service and other service providers to make sure they plan, commission, deliver and monitor the needs of children and families

1 Hart, 1 Mind, 1 Future believes it is important to enable families with children with SEN and disabilities to live a fulfilling and active life

The forum has a number of social opportunities that the whole family can attend and meet other families in a similar situation:

- Monthly cake and coffee mornings with guest speakers
- Monthly family day activities eg: horse riding, ice skating, bowling
- Monthly parent/carer activities and social events
- Annual conference and celebrations

SEN Children Stay & Play Session

- **Monday's 3.15–4.45pm - (Middleton Grange Shopping Centre, Old Officers Club)**

Includability, Free Play for SEND children with and without a diagnosis –

- **Wednesday's 4.00-5.00pm – Community Hub South, Wynyard Road**

For more information or to book a place on this session please contact:

kellykelmason629@gmail.com

Parent Carer Discussion Group

- **Tuesday's 9.30-11.00am – Community South Hub, Wynyard Road**

For more information please contact:

Tracie.bestford@hartlepoolcarers.org.uk

Telephone: 01429 283095

Check out the Children's Centre FaceBook page for up to date activities/courses etc and times.

PLEASE NOTE - some Centre's may change the day or time of the sessions at short notice therefore please either check their FaceBook page or call the relevant centre before arriving.

Puddle Ducks

Teaches independent swimming from birth to 10 years old. The swimming experts also teach essential life skills and water safety to babies, toddlers, pre-school and primary school across the UK, every week

They run 3 core swimming programmes, each is tailor-made to give your child confidence in the water:

- Baby & Pre-School (for babies and children aged 0-4 years)
- Swim Academy (for children aged 4-10 years)
- Aquanatal (for mums-to-be)

Bookings can be made online at: <https://www.puddleducks.com/>

Prices vary – starts at £14.00 per session

Beach Bumps Walk

- The midwives, from the Rowan Suite at the University Hospital of Hartlepool, lead a safe, socially distanced walk for pregnant woman to encourage gentle exercise during pregnancy
- The walks last around 45 minutes and take place every Wednesday morning at 10am
- Mums meet in the car park in Coronation Drive, Seaton Carew, Hartlepool
- Mums to be under the care of the trust will be encouraged to join the walk

Baby Bank – Crown Buildings, Avenue Road

Contact – Emilie De Bruijn - Tel: 07717 337719

Email – babybankhartlepool@gmail.com

Open – Monday, Tuesday & Thursday – 10.00am-2.00pm – Drop In

- For anyone finding it extremely difficult to purchase items for their unborn/newborn, the baby bank can help with anything from car seats, moses baskets to clothes and blankets

Sexual Health

If you are requiring any advice and guidance around sexual health, contraception etc then you can contact the following for information and support:

<https://www.thesexualhealthhub.co.uk/services-near-you/teesside/>

https://www.hartlepool.gov.uk/info/20078/children_and_families/124/youth_support_services/1

Being a Parent Course

Rolling Programme – 1 day a week for 8 weeks course - Sessions are carried out either by WhatsApp or face to face, whichever parent is more comfortable with.

- **Parents/carers can self-refer by emailing:**
parenting@hartlepool.gov.uk

The Children's Hub, Civic Centre – 01429 284284

Are also available to help you in certain situations i.e; local welfare support, gas, electric, food bank vouchers