

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!



 **SCAN ME**

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

Wiggles and Giggles

1:30pm – 2:45pm

Drop-in group

Fun story based 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



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



Breastfeeding Support Video Call via WhatsApp

9:30am – 11:00am

Breakfast club online via zoom – ran by NCT peer supporters to chat, offload and connect! To join email hartlepoolsupport@nct.org

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

Tuesday

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

3rd Tuesday of every month at Rossmere Family Hub

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

Evening and daytime sessions available

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:

(£5 per session MUST book through
Jayne on Facebook
@ www.facebook.com/kidscancommunication)

12:45pm – 1:30pm

ONLY for babies and non- walkers
&

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

Hindpool Family Hub

Latch-On

1:00pm – 2:30pm

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

Community Hub Central

Baby Babble

10:30am – 11:30am & 1:30pm – 2:30pm



Thursday

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 weekly

Rossmere Family Hub

Latch-On

9:30am – 11:00am

Drop-in group for breastfeeding support
Ran by the infant feeding team

Peer to Peer Support Group

9:30am – 11:30am Drop-in group

All parents/carers welcome of
babies/young children aged
from 0-3 years, child friendly play room and
outside area free to use!

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

Mindful Moments

10am – 11:30am

Ran by NCT

book through health visitor or by
emailing hartlepoolsupport@nct.org

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

🌐 www.hartlepoolfamilyhubs.co.uk

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



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