

ACTIVITIES 2025

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 2025

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

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.

Community Hub Central

Stories & Rhymes

10:00am - 11:00am &

1:00pm - 2:00pm

For all children under 5 years

Middleton Grange Family Hub

Feeding and Development Drop-In

1:00pm - 2:30pm

Support and advice around all methods
of feeding, and opportunity to discuss
developmental milestones.

Navigator Drop-In

1:00pm - 2:30pm

Free drop-in session to speak to our
friendly navigators and get advice,
guidance and support.

Tuesday

Miers Avenue Family Hub

FREE MONTHLY SESSION

Once a month on a Tuesday, contact
Family Hub Admin for dates:

Introducing Solids

1pm - 3pm

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



Community Hub Central

Parent & Toddler

10:00am - 11:30am

For under 5's - small fee applies

Community Hub South

Stories & Rhymes

10:00am - 11:00am

For all children under 5 years

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

How are you feeling?

Our Perinatal Mental Health Team
offer a variety of activities including
Baby Massage, Newborn
Behavioural Observations,
Understanding Your Baby group
sessions, walking groups and much
more.

Contact our hubs or your Health
Visitor for more details.



Rossmere Family Hub

FREE MONTHLY SESSIONS

Once a month on a Tuesday, contact
Family Hub Admin for dates:

Introducing Solids

9:30am - 11:30am

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.



Activities 2025

Wednesday

Rossmere Family Hub

Sing and Sign

(£5 per session MUST book through Jayne on Facebook @kidscommunication)

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

Every 4th Wednesday of the Month
Bookable through Family Hubs

Middleton Grange Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

1:30pm – 3pm

Baby weigh in and get your free healthy start scheme vitamins

Bumps and Babies Latch

1:30pm – 3pm

Drop-in group for breastfeeding support

Ran by the Infant Feeding Team

Baby Time

1:30am – 3pm

Play opportunity for non-walkers

Middleton Grange Family Hub

Fourth Wednesday of every month: Market Place Drop-In

9:30am – 11:30am

Ran by the Health Visiting and School Nursing Team. Come along and chat to a member of the team if you have worries about your 2 to 8 year old. Ask us about anything from toileting, sleep, school readiness, emotional well-being and lots more!

Community Hub Central

Baby Babble

10:30am – 11:30am & 1:30pm – 2:30pm
For under 2's

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

11am - 12pm

Free drop-in session to speak to our friendly navigators and get support.

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

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



Friday

Rossmere Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

9:30am – 11:00am

Baby weigh in and get your free healthy start scheme vitamins.

Baby Time

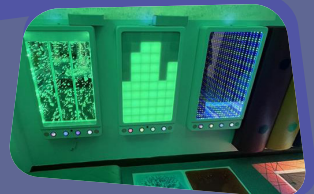
9:30am – 11:00am

Play opportunity for non-walkers



NEW Middleton Grange Sensory Room!

Available for a small fee, 5 days a week. Pop into any Family Hub to book.



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

 **01429 292444**

 **Hartlepool Family Hubs**



For more information visit our website

 www.hartlepoolfamilyhubs.co.uk



NEW Family Hubs App

Download our new Family Hub App, to get updates on new sessions, events and activities.

Our app also has a range of built-in features that provides easy access to expert medical advice, peer and community led support all in one convenient platform!

Available on App Store and Google Play.