



Hartlepool
Family Hubs



Funded by
UK Government



Activities 2026

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

Hartlepool Family Hubs



Monday

Rossmere Family Hub

Wellies in the Woods
1pm – 2:30pm
BOOKING ESSENTIAL

You must ring Rossmere Family Hub on 01429 292444 to check times and book on

Baby Massage
9.15am – 10.15am &
10.45am – 11.45am
BOOKING ESSENTIAL

Suitable for babies up to 6 months and please bring a towel.
Contact Family Hubs admin for dates/times.

Miers Avenue Family Hub

Health Visitor Advice Drop-In, Baby Weigh Clinic & Baby Time
9:30am – 11:00am

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



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.

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
Last Wednesday of the Month
5pm – 7pm
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

Market Place Drop-In
Fourth Wednesday of every month
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!

Tuesday

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.



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.



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

Are you struggling emotionally, would you like support?

Our Perinatal Mental Health Team offer a variety of activities including...
★Baby Massage
★Newborn Behavioural Observations
★Understanding Your Baby group sessions
★Walking groups
★New Parent Coffee Mornings and much more!

Contact our hubs on or your Health Visitor for more details.

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.



Miers Avenue Family Hub

Play and Learn REFERRAL ONLY
1:30pm – 3:00pm

Fun activities for children under 5 to enhance learning



NEW Middleton Grange Sensory Room!

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



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

Get in Touch

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.harlepoolfamilyhubs.co.uk



Download our new Family Hub App to get access to useful info, 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.



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