

# COURSES & SERVICES WE OFFER

\*REQUEST FOR SERVICE REQUIRED

**PEEP Stay & Play 0-5years (previously known as LTTP 0-5)**  
Sessions for families to play and explore together, gain tips and techniques to support your child's development.

**PEEP Babies (0-12 months)\***  
6 week course supporting you and your baby with helpful tips on play, communication & baby's development.

**Peep Toddlers (1-2 years)\***  
Free 6 week course for parents/carers to give activity ideas, tips and techniques to enable you to support your child/ren's development.

**LTTP AND (0-5 years) (Additional Needs and/or Disability)\* (previously known as LTTP AND 0-5yrs)**  
Sessions for parents with children aged 0-5 years to come, play and socialise with other families and share their experiences.

**PEEP Early Communicators (15mths -3 years)\***  
6 week course to support your child's journey through language & communication, play stories & fun activities.

**PEEP Preschool (2-4 years)\***  
6 weeks course providing tips and activity ideas to support your child's development in a fun and friendly group.

**HENRY (0-5yrs)\***  
8 week course, activities & strategies supporting good health, nutrition & exercise.

**HENRY Workshops\***  
One off workshops - Starting Solids, Eating Well for Less, Understanding Behaviour & Fussy Eating & Looking After Ourselves.

**HENRY Preparing for Parenthood\***  
6 sessions to support families expecting a new baby from 20 weeks pregnant to birth.

**HENRY Growing Up\***  
8 sessions to support families with children 4-12 years to improve their health and wellbeing. Open to all families.

**Feeding Friends**  
Come along for infant feeding advice and support, to have a chat and share tips with other parents.

**Weaning Workshops**  
Co-delivered by Health & Family Hub Practitioners. To book please call your single point of contact Health team on 0300 3732488.



Visit our Facebook Page



Membership & Request for Service



Android

Blyth West Family Hub,  
Devonworth Place,,  
Cowpen NE24 5AQ  
Tel: 01670 541150



Apple

Northumberland  
County Council



Family Panels

Blyth Central Family Hub  
103 Wright Street  
Blyth NE24 1HG  
Tel: 01670 798800

## Family Cafe

Our family cafe offers a very relaxed session for you to come along and just see what we are all about. Staff will be on hand to answer any questions you may have. Lets chat over a cuppa.

## Free to Be

For young people 13-18 years who identify as LGBTQIA. Get support and advice, take part in activities and lots more. Free food/refreshments.

## Weigh & Stay

Free session for parents/carers, have your baby/ies weighed, speak to a health professional. Stay and play together to explore activities and receive your baby book start pack. Book your appointment by ringing the single point of contact Health Team on 0300 3732488.

## Sensory Chill Out (Additional Needs & Disabilities)

For the whole family who have children with learning or physical disabilities.

## Emergency First Aid Awareness

Learn simple and easy techniques, jargon free to help you deal with common childhood incidents, injuries & occurrences.

## The Garden Crew

All families welcome, come along and help us develop our gardens by planting, growing fruit and vegetables and keeping it looking beautiful.

## Healthy Relationships (Virtually)\*

Arguments are part of every healthy relationship for parents together or separated, but when they become frequent, intense and poorly resolved, they have a negative impact on you and your family. The Family Hub offers courses to support you and your family, click on the link for a membership form and to join courses.

Healthy Relationships



## Solihull Approach

Virtual sessions to support children's development. To access the sessions please use code HADRIAN.

Solihull Approach



## Family Panels

Family panels are safe spaces for individuals and families to come together, share their thoughts, views and ideas to help shape the development of the Family Hubs

Family Panels



Here for everyone

# What's on Guide

## South East Locality

### Family Hubs

## Blyth, Cramlington and Seaton Valley

### Free Courses/Groups

### Sep - Oct 2024



Check out our Northumberland Family Hubs Website here!



**\*PLEASE NOTE - any groups/courses with a \* in front, require a Request for Service form to be completed**

## MONDAY

### Family Cafe

Blyth West 9:15 - 10:15am

### PEEP Stay & Play (0-5 yrs)

#### Drop in session

Blyth West 1:00 - 2:30pm

### \*PEEP Early Communicators

Cramlington Community Hub

10:00 - 11:00am

### Family Cafe

Blyth Central 12:45 - 1:45pm

### Neuro Peer Support Group (11-25 yrs)

Blyth Central 4:30 - 6:00pm

Our Neuro Peer Support Groups offer a space to relax, meet other neurodiverse young people and explore your interests. Our groups are open to neurodivergent young people whether they have received a formal diagnosis or self-identify. Contact [melanie.guy@children-ne.org.uk](mailto:melanie.guy@children-ne.org.uk)  
0191 2733997

## TUESDAY

### Health Visitor (Weigh & Stay)

Blyth Central 9:30 - 11:30am

Cramlington Community Hub 9:30 - 11:00am

(including Feeding Friends)

To book your appointment please call your single point of contact on 0300 3732488

### LTPP AND (0-5yrs)

(Additional Needs & Disabilities)

Blyth West

9:30 - 11:00am

### \*PEEP Babies (0-12 months)

Blyth Central

1:00 - 2:30pm

### The Garden Crew - Drop In Session

Blyth West

3:30 - 5:00pm

## WEDNESDAY

### \*PEEP Toddlers (1-2yrs)

Blyth Central

9:30 - 11:00am

### \*PEEP Babies

Manor Walks Warm Space Cramlington

10:00 - 11:00am

### \*HENRY (Preparing for Parenthood)

Blyth West

9:30 - 11:30am

### Feeding Friends - Drop in session (formerly Infant Feeding Support Group)

Blyth West 12:30 - 2:00pm

### Health Visitor (Weigh & Stay)

Blyth West 1:00 - 3:00pm

Cramlington Community Hub

To book your appointment please call your single point of contact on 03003732488

### \*HENRY WORKSHOPS

Blyth Central

1:00 - 2:30pm

You can choose one or more of our workshops:

Eating well for less (0- 12yrs)

Understanding behaviour (0-12yrs)

Fussy Eating (1-7yrs)

Looking after ourselves (0-12yrs)

Please contact the Family Hub to see when the next available dates are.

### Welcome Parties

Are you an expectant parent or have a baby/ies aged 0-6mths? contact us to find out about our welcome parties.

### Free to Be (13-18yrs)

Blyth Central 4:30 - 7:45pm

For young people who identify as LGBTQIA for more information/book your place please direct message your name and contact number to our Facebook or Instagram page.

## THURSDAY

### \*PEEP Babies (0-12 months)

Blyth West

10:00 - 11:30am

### Birth Registrations

Blyth Central

Book via Birth Registrations on Northumberland County Council website or call 0345 600 6400 to book your appointment.



### \*HENRY (0-5yrs)

Blyth Central

12:45 - 2:45pm

### PEEP Stay & Play (0-5 yrs) Drop in session

Cramlington Community Hub

1:30 - 2:30pm

## FRIDAY

### PEEP Stay & Play (0-5 yrs) Drop in session

Blyth Central

9:30 - 11:00am

### \*PEEP Early Communicators (15mths-3yrs)

Blyth West

1:00 - 2:30pm

### AND Sensory Chill Out - Drop in Session

(Additional Needs & Disabilities)

Blyth Central 4:30 - 5:30pm

For the whole family who have children with learning or physical disabilities

Healthy Relationships delivered virtually  
Parenting when separated :  
Monday 16th September 6:00 - 7:30pm  
Thursday 19th September 1:00 - 2:30pm  
Getting on better workshop  
1st - 8th October 6:00 - 7:30pm