

WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and Online



Universal Services

Peep Stay & Play, Peep AND, AND Chill Out, and more.

We want every family in our communities across Northumberland to enjoy the benefits of our Family Hubs. We offer a wide range of free activities for parents-to-be, babies, children and young people.



Wellbeing Service [Click here- nland.cc/fws](https://nland.cc/fws)

As part of the Family Hub offer, personalised support is now available to new and expecting mothers, fathers, and significant others (up until the child is two) who are experiencing mental health issues.



Feeding Friends [Click here- nland.cc/feeding](https://nland.cc/feeding)

Family Hubs work closely with the Infant Feeding Coordinator to support breastfeeding. Whether your getting started with breastfeeding or starting solids and everything else in between, the Infant Feeding team provide emotional support, both antenatal and postnatal.



DadTalk [Click here- nland.cc/ParentZone](https://nland.cc/ParentZone)

Free online workshop for dads - during pregnancy and beyond! Topics include the importance of 'Dad', the rollercoaster of change, coping with crying, changing, sleeping and feeding, where to get more help and support and celebrating fathers.



DadPad [Click here- nland.cc/dadpad](https://nland.cc/dadpad)

Family Hubs in Northumberland have teamed up with DadPad, which is an essential guide for new dads, developed with the NHS. The resource will support you and your partner to give your baby the best possible start in life.



HENRY [Click here- nland.cc/HENRY](https://nland.cc/HENRY)

Provides tips and support for parents and carers. Explore how to provide a healthy, happy and supportive environment for the whole family. One off workshops- Starting Solids, Fussy Eaters, Understanding Behaviour and many more.



Healthy Relationships [Click here- nland.cc/HealthyR](https://nland.cc/HealthyR)

Arguments are part of every healthy relationship 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.



Solihull [Click here- nland.cc/soli](https://nland.cc/soli)

FREE online courses

These courses are designed to help you understand your child's feelings, as well as focus on your own feelings as you go through life as a family. You will learn to understand the changes in your child's development and how to make the most out of each relationship.



Neuro Peer Support Groups

A peer support group for young people with autism or a similar neurodiversity. Children North East's SEND and Neurodiversity Team offer groups to support young people with neurodivergence, and offer a space to relax, meet other neurodiverse young people and explore interests.



Wider Support Parenting Older Children

A successful and mutually supportive course that helps with information and ideas that have been found to help parents navigate parenting older children and teens. Focuses on how parents can change what they do in order to help their kids change. A great approach to take the heat out of parenting and help keep mums and dads calm and in control, without shouting, screaming or worse!



Partner Services

First Aid Courses, Infant Feeding Support, Autism drop-ins, Relax Kids and Charge Up

Contact your Family Hub

Looking for what's on in your area? [Click here for your Family Hub - Hexham, Haltwhistle, Prudhoe, Bellingham](#) [Click here for additional information.](#)

For more info about any of our groups or services, please contact your Family Hub

What's on at Prudhoe Family Hub

peep

A range of groups supporting parents and children to learn together



Parents
Early
Education
Partnership



PEEP STAY & PLAY

Mondays (0-5 years) 1:30-2:30pm at Richard Coates CE Primary School, Ponteland

Tuesdays (0-18months) 10-11am at Prudhoe Family Hub

Wednesdays (0-5 years) 10-11:30am at Albemarle (for military families only)

Thursdays (0-5 years) 10-11:30am at Prudhoe Family Hub

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.



PEEP AND

(Additional needs and/or disabilities)

Every Friday 10-11:30am

A group for families with a child under 5 with an additional need or waiting for assessment.



PEEP BABIES (0-6 months) & (6-12 months)

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, encouraging communication with your baby and an understanding of each stage of their development.



PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)

These sessions support young children in learning to express themselves and improves communication between parents and children. Help boost your little ones speech and language, social skills, routine and much more.



AND Chill Out (Drop-in)

Tuesday 5th & 19th November 3:30-4:30pm

Tuesday 3rd & 17th December 3:30-4:30pm

A session for children aged 4-14 with additional and/or needs and disabilities. Come along and meet other young people and families in a safe space.



Family Cafe

Thursday 21st November 2-3pm

Thursday 19th December 2-3pm

A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).



Feeding Friends (Alongside Peep Stay and Play)

Every Tuesday 10-11:30am (Drop-in)

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between.



Welcome Party (Drop-in)

Monday 20th January 1-2pm

Are you an expectant parent or have a baby up to six months? The Family Hub would like to invite you to our Birth Party! Come along and find out what the Family Hub has to offer you. *Join in on some activities for you, bump and baby too!*



Family Panel

Autism Drop-in

First Aid Courses

Registrar

Contact your Family Hub.

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Wednesday 13th November

1pm-3pm at Hexham Family Hub

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Friday 7th February 12:30pm-2:30pm

Contact us to book your place

.....

Thursday 28th November 9:20am-11:40am

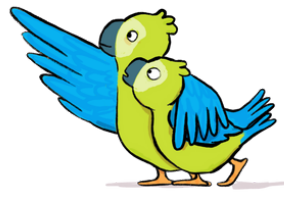
[Click here](#) to book an appointment and register a birth.

(Registration must be made in person at a register office or Family Hub).



peep

A range of groups supporting parents and children to learn together



Parents
Early
Education
Partnership



PEEP STAY & PLAY

Every Wednesday (0-5 years) 10-11:30am
Every Friday (0-5 years) 10-11am

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.



PEEP AND

(Additional needs and/or disabilities)

Every Monday 1-2pm

A group for families with a child under 5 with an additional need or waiting for assessment.



PEEP BABIES (0-6 months) & (6-12 months)

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, encouraging communication with your baby and an understanding of each stage of their development.



PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)

These sessions support young children in learning to express themselves and improves communication between parents and children. Help boost your little ones speech and language, social skills, routine and much more.



PEEP TWINS (0-5 years)

Peep Twins uses the 'Peep Learning Together Programme', which shares ideas for supporting learning and play during every day life.



PEEP OUTDOORS (0-5 years)

Playing or exploring outside with babies and young children is fun, even when it's cold and damp - getting out the door is often the hardest bit! It's also good for our own mental health, and provides lots of learning opportunities.

(Please prepare for all weather conditions)



AND Chill Out (Contact us to book your place)

Monday 4th & 18th November 3:30pm-5pm
Monday 2nd & 16th December 3:30pm-5pm

A session for children aged 4-14 with additional needs and/or disabilities, and their family. Come along and meet other young people and families in a safe space.



Family Cafe

Tuesday 5th November 2:45-3:45pm
Tuesday 3rd December 2:45-3:45pm

A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).



Feeding Friends (Drop-in)

Every Friday, 10:00-11:30am at Hexham Library

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between.



Welcome Party (Drop-in)

Wednesday 20th November 1-2pm

Are you an expectant parent or have a baby up to six months? The Family Hub would like to invite you to our Birth Party! Come along and find out what the Family Hub has to offer you. Join in on some activities for you, bump and baby too!



Family Panel

Contact your Family Hub.

Autism Drop-in

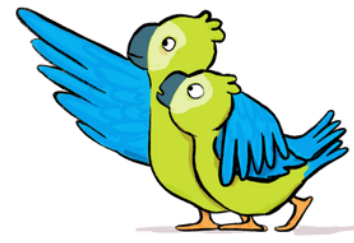
Wednesday 13th November 1-3pm

First Aid Courses

Friday 24th January 9:30-11:30am
Contact us to book your place

peep

A range of groups supporting
parents and children to learn together



Parents
Early
Education
Partnership



PEEP STAY & PLAY

Every Tuesday (0-12 months) 10:30-11:30am

Every Friday (0-5 years) 10-11:30am

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.



PEEP AND

(Additional needs and/or disabilities)

Every Wednesday, 10:00-11:30am

A group for families with a child under 5 with an additional need or waiting for assessment.



PEEP BABIES (0-6 months) & (6-12 months)

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, encouraging communication with your baby and an understanding of each stage of their development.



PEEP TODDLERS (1-2 years +)

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)

These sessions support young children in learning to express themselves and improves communication between parents and children. Help boost your little ones speech and language, social skills, routine and much more.



AND Chill Out (Contact us to book your place)

Monday 11th & 25th November 3:30-5pm

Monday 9th December 3:30-5pm

A session for children aged 4-14 with additional needs and/or disabilities, and their family. Come along and meet other young people and families in a safe space.



Family Cafe (Drop-in)

Tuesday 5th November & 3rd December 2-3pm

A warm welcoming space for friends and family, to talk to the Family Hub team about the services that we offer for you and your family from pre birth to 19 years (25 years for SEND).



Feeding Friends (Drop-in)

Every Friday, 10:00-11:30am at Hexham Library

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between.



Welcome Party

Are you an expectant parent or have a baby up to six months? The Family Hub would like to invite you to our Birth Party! Come along and find out what the Family Hub has to offer you. Join in on some activities for you, bump and baby too!



Family Panel

Contact your Family Hub

Autism Drop-in

Tuesday 26th November 1-3pm

First Aid Courses

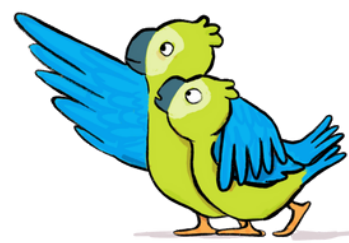
Thursday 14th November 1-3pm

Contact us to book your place



peep

A range of groups supporting parents and children to learn together



Parents
Early
Education
Partnership



PEEP STAY & PLAY

Every Tuesday (0-5 years) 10am-11:30am

A weekly group for families with children under 5 offering play and activities to enjoy, with support from Practitioners.



PEEP AND

(Additional needs and/or disabilities)

Every Monday 1pm-2pm at Hexham Family Hub

A group for families with a child under 5 with an additional need or waiting for assessment.



PEEP BABIES (0-6 months) & (6-12 months)

Peep Babies (0-6 months) starting November at Bellingham Family Hub

Explore hints & tips to help you in these first few months with your baby. These sessions create stimulating play experiences, encouraging communication with your baby and an understanding of each stage of their development.



PEEP TODDLERS (1-2 years +)

Peep Toddlers starting November at Bellingham Family Hub

Connect with others and discuss key aspects of your child's development as they learn and grow, which will support you in helping your child make the most of the world around them.



PEEP EARLY COMMUNICATORS (15-36 months)

These sessions support young children in learning to express themselves and improves communication between parents and children. Help boost your little ones speech and language, social skills, routine and much more.



AND Chill Out (Contact us to book your place)

Monday 4th & 18th November 3:30pm-5pm

At Hexham Family Hub

Monday 2nd & 16th December 3:30pm-5pm

A session for children aged 4-14 with additional needs and/or disabilities, and their family. Come along and meet other young people and families in a safe space.



Feeding Friends (Drop-in)

Every Friday, 10:00am-11:30am at Hexham Library

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between.



Welcome Party (Drop-in)

Are you an expectant parent or have a baby up to six months? The Family Hub would like to invite you to our Birth Party! Come along and find out what the Family Hub has to offer you. Join in on some activities for you, bump and baby too!



Autism Drop-in

Wednesday 13th November 1-3pm

At Hexham Family Hub

Family Panel

Contact your Family Hub.

First Aid Courses

Thursday 6th February 9:30-11:30am

At Bellingham Family Hub (Fire Station)
Contact us to book your place



Additional Information



Become a Family Hub member

Click here - nland.cc/fhreg

Request information for services

Click here - nland.cc/fhreg



Midwife Appointments

You can arrange to see your Midwife at the Family Hub.
Please contact them directly to book.

Health Visitor Appointments -
0300 373 2488




Health Visitor Appointments

You can arrange to see your Health Visitor at the Family Hub.
Please contact them directly to book.


Midwife Appointments -
0344 811 8118



Get in touch with Haltwhistle Family Hub


 Phone:- 01434 321761


 Email:- haltwhistlefamilyhub@northumberland.gov.uk


 Haltwhistle Family Hub,
Park Avenue, Haltwhistle,
Northumberland, NE49 9BA



Get in touch with Bellingham Family Hub


 Phone:- 01661 839350


 Email:- westfamilyhubs@northumberland.gov.uk


 Bellingham Family Hub (Community
Fire Station), Bellingham,
Northumberland, NE48 2JS



Get in touch with Prudhoe Family Hub


 Phone:- 01661 839350


 Email:- prudhoefamilyhub@northumberland.gov.uk

 Prudhoe Family Hub,
Broomhouse Lane, Prudhoe,
Northumberland, NE42 5FT



Get in touch with Hexham Family Hub

 Phone:- 01434 601698

 Email:- hexhamfamilyhub@northumberland.gov.uk

 Hexham Family Hub,
Beafront Avenue, Hexham,
Northumberland, NE46 1JD



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Fruit and Veg, Milk and Pulses,
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For more info about any of our groups or services, please contact your Family Hub