

One-Off Bookable Sessions



Starting Solids 26th September - 10-12am

Suitable for babies around 6 months old - Supporting with introducing solid food, making mealtimes fun & much more!



To book please call 01670624500



Baby First Aid 12th September - 9:30-11:30am

This 2-hour awareness session covers dealing with common childhood incidents, injuries and occurrences. Offering simple, easy to remember techniques & procedures without confusing medical jargon!



To book please call 01670624500



Welcome Party 19th September - 10:00-11:00am

These parties are a relaxed & fun way to meet other new mum's and dad's (with babies up to 6 months old) & mum's and dad's to-be, while hearing about what we offer at Family Hubs. Enjoy lots of activities and free snacks/refreshments!



No booking required!

For Ages 5-9 Years



Hadston Fun Club Every Monday (term-time only) - 3:45-4:45pm

To attend without Parents/Carers. This offers a safe space to make friends & enjoy a range of free activities.

To book please call 01670624500



About Us:

Northumberland Family Hubs provide a network of support for parents and carers of 0-19s (25 SEND) across the county

You can access all of our services for free by registering with us today.

Take a look at our "what's on" Padlet



Scan the QR Code or visit <https://nland.cc/NorthPadlet> to see what's on in the North online!



Family Panels

"Have Your Say!"



We want to hear your opinions on our services and our monthly panels offer this opportunity - in a safe & supportive environment.

Call 01670624500 or visit nland.cc/NFP for more info.

FREE Alnwick Garden Tickets are available for Registered Families!



Please call 01670 624500 to book (subject to availability)



WHAT'S ON AT HADSTON FAMILY HUB Sept-Oct 2024



Hadston Family Hub,
Bondicar Road, NE65 9SR
Tel: 01670 624500

Email:
northfamilyhubs@northumberland.gov.uk

To access our services:
Scan the QR code below then complete the membership form or get in touch



Find us on Facebook
@North Northumberland
Family Hubs

Weekly Drop-In Sessions

No booking is required & you can attend whenever you like!

MON

PEEP Stay and Play -
For 0-5 Years
Every Monday - 10-11:30am

This offers an opportunity to bond and socialise with your child, learn about key themes & get support from our practitioners.



WED

PEEP AND - For 0-5 Years
Every Wednesday (term-time) - 10-11:30am

This offers an opportunity for children with additional needs and/or disabilities (or that are on the pathway to a diagnosis) to bond and socialise with your child, learn about key themes & get support from our practitioners.



FRI

PEEP Stay and Play -
For 0-18 months
Every Friday - 10-11:30am

This offers an opportunity to bond and socialise with your baby, learn about key themes & get support from our practitioners.



Support is available throughout from Feeding Friends (on matters such as Infant Feeding).

Outreach Drop-In Sessions

No booking is required & you can attend whenever you like!

TUE

PEEP Widdrington Stay and Play - For 0-5 years
Widdrington Community Centre,
Every Tuesday (term-time) - 1:30-3pm

THU

PEEP Amble Stay and Play -
For 0-5 Years

Amble Links First School, Every Tuesday (term-time) - 1:30-3pm

Courses

To book or find out more:
Please call 01670624500

MON



Preparing for Parenthood

9th September - 14th October
- From 4-6pm

This is a 6 week course which covers a range of topics around pregnancy & preparing for life with a new baby.



MON



Babies - 0-6 months

9th September - 14th October - From 1:30-2:30pm

This is a 6 week course which covers a range of topics around your babies play, communication & development.



TUE



Early Communicators -
For 18-36 months

10th September - 15th October - 10-11am

This is a 6 week course for parents and carers of young children who are experiencing some difficulties with their understanding and/or use of language.



WED



For Families with
Children Aged 0-5 Years

11th September - 31st October - From 1:15-3:15pm

This is an 8 week course that supports you to give your children the healthiest start & future. To become a confident parent/carer, learn about physical activity, what we eat, lifestyle habits & enjoying life as a family.

TUE



HENRY 5+
Healthy Families Growing Up

5th November - 17th December, From 6.00-7.00pm

This is a 6 week virtual course to support you & your family with wellbeing, behaviour changes and much more!

Healthier Relationships

Parenting When Separated

The next sessions start: Monday 16th September, from 6:00-7:30pm (one group) or Thursday 19th September, from 1:00-2:30pm (another group)

This offers 6 virtual guided support sessions (you will never complete this with your co-parent). This covers the impact separation has on you, ways to have a better co-parenting relationship, communicating with my child's other parent, personal coping and stress management and parent self-care in the long-term!



Getting on Better

The next workshops are: Tuesday 1st October and Tuesday 8th October, From 6:00-7:30pm

This workshop offers 2 virtual sessions (on Teams) to support you and your partner to positively improve your relationship through looking at ways to have difficult conversations, how stress impacts relationships, the impact of conflict on children & what positive changes you can make for you and your family!



Scan the QR code to book

Sensory Room Slots

Book a free 30 minute slot to enjoy our sensory room with your family! This offers full use of our sensory room (including various lights and toys).



To book or find out more:
Please call 01670624500
(booking is subject to availability)

Baby Weigh

Every Other Friday,
From 9:30-10:30am



To book please call the Health Visitors
on 03003732488