

peep COURSES

PEEP sessions support parents, carers, babies and children to learn together

PEEP Babies is all about those precious first few months. Come and meet other new parents and get hints and tips on communication and play!

BABIES
Ages 0-6 months
PEEP Babies (0-6 months)
Starts: **Monday 9th September,**
10:00 - 11:00am



PEEP Toddlers & Early Communicators - listening, talking, playing, singing, and sharing books and stories - to support your children's learning and development while also boosting your little one's speech, language, social skills, routine and more

TODDLERS & COMMUNICATORS
Age 1 - 2+ years
Toddlers & Early Communicators
Starts **Monday 9th September,**
1:30 - 3:00pm

Book your free place on these courses by completing a Request For Service on our website or calling us on 01670 620430

FREE

Alnwick Garden Tickets
For families registered with North Family Hubs
Call **01670 620430** to book
(subject to availability and Ts&Cs)

TO REGISTER OR BOOK ON TO A COURSE

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. Once registered you can book on to any of the courses included in this Guide by completing a Request for Service form. Scan the QR code below to access both forms.



Take a look at our 'What's On' Padlet!

Scan the QR code below or visit <https://nland.cc/NorthPadlet>



Everything you need to know about what's on at your local Family Hub. For families with children aged 0-19 years (25 years SEND) living in the Alnwick, Berwick, Hadston, Wooler and surrounding areas.



Alnwick Family Hub



What's On Guide September- December 2024

DROP-IN SESSIONS

All of these sessions are FREE, and you can come along as often as you like, no booking required

PEEP STAY & PLAY! (0-12 MONTHS)



Gives babies opportunities to socialise with others and take part in a range of activities; also for parents and carers to learn about key themes

Every term time Tuesday, 10:00 - 11:30am, from 3rd September

PEEP STAY & PLAY! (1-5 YEARS)

Gives kids opportunities to socialise with others and take part in a range of activities; also for parents and carers to learn about key themes

Every term time Tuesday, 1:30 - 3:00pm at NCEA Harry Hotspur CofE Primary School. From 10th September

FEEDING FRIENDS



Drop in for feeding advice, support and chat with other new parents in a warm and friendly space. Everyone is welcome, whether you have had your baby or are due to have your baby soon

Thursdays, 10:00 - 11:30am

WELCOME PARTIES

These parties are a fun and relaxed way to meet other new parents (with babies up to 6 months old) and parents-to-be and to learn about we offer at Family Hubs.

Wednesday 9th October 10-11am

OUTREACH & SPECIAL SESSIONS

PEEP STAY & PLAY! (0-5 YEARS) ROTHBURY FIRE STATION



Wednesday 4th September, 1:30 - 3:00pm, then every 1st Wednesday of each month. No need to book

PEEP STAY & PLAY! (0-5 YEARS) BEACON RAF COMMUNITY HUB



Term time Fridays starting Friday 6th September, 10:00 - 11:30am. No need to book

OTHER BOOKABLE SESSIONS

PREPARATION FOR PARENTHOOD



A 4-week antenatal class with lots of guidance and support for parents-to-be

Start date Monday 9th September - 14th October

Book online or phone us on 01670 620430

Nb: this will take place at Hadston Family Hub

INFANT FIRST AID



2-hour awareness session dealing with common childhood incidents, injuries and occurrences. Simple, easy to remember techniques and procedures without confusing medical jargon

Thursday 19th September, 9:30 - 11:30am. Limited places. Book by phoning us on 01670 620430

HENRY 5+



HEALTHY FAMILIES GROWING UP

Families who have children 5 - 11 years. The 'HENRY approach' brings together support for parenting efficacy, family emotional wellbeing and behaviour change with information about nutrition, physical activity, oral health and more

6 week Virtual Course starting 5th November - 17th December 6.00-7.00pm. Book online or call us on 01670 620430

SEND GROUPS

SEND CONNECT

A free monthly drop-in group for anyone with SEND, aged 5 - 25. Crafts, games and activities for young people, plus parent/sibling support

Wednesday 18th September, 4:30-6:00pm, then every third Wednesday of the month

Venue: Mind & Sole, 5 Bondgate Withn, Alnwick, NE66 1SF



GET INVOLVED

FAMILY PANELS (MONTHLY)



Share your thoughts about our services & what you'd like to see
Call us on 01670 620430 or visit nland.cc/NFP for more details

FOR DADS & MALE CARERS

SATURDADS

For dads and father figures. Bring your kids for a morning of games, sports, crafts and play

First Saturday of each month, starting Saturday 7th September, 10:00 - 11:30am



HEALTHY RELATIONSHIPS

PARENTING WHEN SEPARATED

Families going through separation can experience increased isolation and conflict. With our Parenting When Separated Programme, we can help parents to personally cope, and to co-parent effectively, to ensure their children cope and thrive.

Virtual Courses:

Monday 16th September 6.00 - 7.30pm

Thursday 19th September 1.00 - 2.30pm

GETTING ON BETTER WORKSHOP

This is for any adult who cares for children aged 0-18years. The workshops aim to help adults manage their stress and communicate in better ways.

Two Virtual Workshops starting 1st October - 8th October 6.00-7.30pm

To find out more information or book on to any of the Healthy Relationships courses, please scan the QR code

