

WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and online



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.



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 also available - Starting Solids, Fussy Eaters, Understanding Behaviour and many more.



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

Whether you're getting started with breastfeeding, starting solids and everything else in between, the Infant Feeding team provide emotional support, both antenatal and postnatal.



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.



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.



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.



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 also learn to understand the changes in your child's development and how to make the most out of each relationship.



Universal Services

Sensory Chill Out, LTTP, LTTP AND, Family Cafe, and Family Panel

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.



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! *Contact your Family Hub.*



Partner Services

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

We offer services in partnership with other organisations.

Contact your Family Hub for dates and times



Digital Services

Healthy Relationships, Solihull, and DadPad

We are here to ensure that support services are accessible to families across Northumberland, and we offer a range of support including a wide digital offer.



Get in touch:- westfamilyhubs@northumberland.gov.uk



Find us on Facebook,
and Instagram-

@WestFamilyHubs

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

WEST NORTHUMBERLAND FAMILY HUBS

What's on at Prudhoe Family Hub

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peep

A range of groups supporting
parents and children to learn together



Parents
Early
Education
Partnership

PEEP STAY AND PLAY (Under 5)

0-18 Months Tuesday 10:00-11:00am At Prudhoe Family Hub	0-18 Months Monday 1:00-2:00pm At Ponteland Medical Group	0-5 Years Wednesday 10:00-11:30am At Albemarle	0-5 Years Thursday 10:00-11:30am At Prudhoe Family Hub
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(for military families only)

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

PEEP STAY AND PLAY AND (Under 5)

(Additional needs and disabilities)

Every Friday - 10:00am-11:30am

A group for families with a child under 5 with additional needs 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 Sensory Chill Out

Tuesday 10th & 24th September 3:30pm-4:30pm

Tuesday 8th & 22nd October 3:30pm-4:30pm

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along and meet other young people and families in a safe space.



Feeding Friends (Alongside PEEP Stay and Play)

Every Tuesday, 10:00am-11:30am

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between. The groups are also a great place to chat with other parents about you and your new addition to the family.



Family Cafe!

Thursday 19th September & 17th October 2:00pm-3:00pm

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).



Welcome Party Drop-in.

For expecting parents and babies up to 6 months. Come along and find out what the Family Hub has to offer. Join in with some fun activities for you, bump and baby too!

Contact your Family Hub.



Registrar Thursday 31st October 8:30am-1:00pm

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

Family Panel Contact your Family Hub.

Autism drop-in Tuesday 10th September 10:00am-12:00pm
At Hexham Family Hub.

First Aid Courses Friday 4th October 12:30pm-14:30pm
[Contact us to book your place](#)

Midwife & Health Visitor Appointments

You can arrange to see your Midwife or Health Visitor at the Family Hub.

Please contact them directly to book.

Midwife Appointments -
0344 811 8118

Health Visitor Appointments -
0300 373 2488

Get in touch

Phone:- 01661 839350

Email:- prudhoefamilyhub@northumberland.gov.uk



Find us

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

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PEEP STAY AND PLAY (Under 5)

Every Friday 10:00am-11:30am

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



PEEP STAY AND PLAY AND (Under 5)

(Additional needs and disabilities)

Every Wednesday 10:00am-11:30am

A group for families with a child under 5 with additional needs 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 Sensory Chill Out

Monday 9th & 23rd September 3:30pm-5:00pm

Monday 7th & 21st October 3:30pm-5:00pm

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along and meet other young people and families in a safe space.



Family Cafe!

Tuesday 2nd September & 1st October 2:00pm-3:00pm

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).



Welcome Party Drop In.

Monday 16th September 1:00pm-2:00pm

For expecting parents and babies up to 6 months. Come along and find out what the Family Hub has to offer. Join in with some fun activities for you, bump and baby too!



Autism Drop-in Wednesday 2nd October 1:00pm-3:00pm

Family Panel Contact your Family Hub.

First Aid Courses Thursday 14 November 1:00pm-3:00pm

Contact us to book your place



Midwife & Health Visitor Appointments

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

Midwife Appointments - 0344 811 8118

Health Visitor Appointments - 0300 373 2488

Request information for services, or to become a member with Family Hubs.

nland.cc/fhreg

Get in touch



Phone:- 01434 321761



Email:- haltwhistlefamilyhub@northumberland.gov.uk



Find us

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

WEST NORTHUMBERLAND FAMILY HUBS

What's on at Hexham Family Hub

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peep

A range of groups supporting parents and children to learn together



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PEEP STAY AND PLAY (Under 5)

Every Wednesday
(0-5 years)

Every Friday
(0-18 months)

10:00-11:30am

10:00-11:00am

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

PEEP STAY AND PLAY AND (Under 5)

(Additional needs and disabilities)

Every Monday 1:00-2:00pm (commencing 9th September)

A group for families with a child under 5 with additional needs 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 Sensory Chill Out

Monday 16th & 30th September 3:30pm-5pm

Monday 14th & 28th October 3:30-5pm

A drop-in session for children aged 4-14 with a learning or physical disability, 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. The groups are also a great place to chat with other parents about you and your new addition to the family.

Family Cafe!

Tuesday 10th September 2:45pm-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).

Welcome Party Drop-in.

Contact your Family Hub

For expecting parents and babies up to 6 months. Come along and find out what the Family Hub has to offer. Join in with some fun activities for you, bump and baby too!

Autism Drop-in

Family Panel

First Aid Courses

Contact us to book your place

Tuesday 10th September
10:00am-12:00pm

Contact your Family Hub.

Friday 11th October
9:30am-11:30am



Midwife & Health Visitor Appointments

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

Midwife Appointments -
0344 811 8118

Health Visitor Appointments -
0300 373 2488

Get in touch



Phone:- 01434 601698



Email:- hexhamfamilyhub
@northumberland.gov.uk



Find us
Hexham Family Hub,
Beaufront Avenue,
Hexham,
Northumberland,
NE46 1JD

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What's on at Bellingham Family Hub

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peep

A range of groups supporting
parents and children to learn together



Parents
Early
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PEEP STAY AND PLAY (Under 5)

Every Tuesday 10:00am-11:30am

At Bellingham Family Hub

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

PEEP STAY AND PLAY AND (Under 5)

(Additional needs and disabilities)

Every Monday 1:00pm-2:00pm

At Hexham Family Hub

A group for families with a child under 5 with additional needs 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.

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PEEP EARLY COMMUNICATORS (15-36 months)

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AND Sensory Chill out

Monday 16th & 30th September 3:15-4:45pm

Monday 14th October 3:15pm-4:45pm

At Hexham Family Hub

A drop-in session for children aged 4-14 with a learning or physical disability, and their family. Come along and meet other young people and families in a safe space.



Feeding Friends Drop-in.

Fridays 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. The groups are also a great place to chat with other parents about you and your new addition to the family.



Welcome Party Drop-in.

Monday 28th October 1:00pm-2:00pm

At Wark Sports Club (NE48 3NP)

For expecting parents and babies up to 6 months. Come along and find out what the Family Hub has to offer. Join in with some fun activities for you, bump and baby too!



Autism Drop-in Tuesday 10th September 10:00am-12:00pm
At Hexham Family Hub.

Family Panel Contact your Family Hub.

First Aid Courses Thursday 3rd October 12:30pm-14:30pm
At Bellingham Fire Station.
[Contact us to book your place](#)

Midwife & Health Visitor Appointments

You can arrange to see your Midwife or Health Visitor at the Family Hub.

Please contact them directly to book.

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0300 373 2488

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