

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 families
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

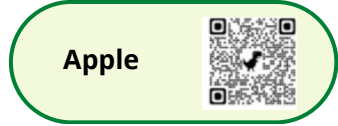


Membership & Request for Service



Android

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



Apple


Northumberland
County Council

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



Growing Healthy 0-19 App


Family Hubs
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 years)
Drop in session
Blyth West 1:00 - 2:30pm

***PEEP Early Communicators**
Cramlington Community Hub
10:00 - 11:00am

Feeding Families
(formerly Infant Feeding Support Group)
Cramlington Community Hub
10:00 - 11:30am

Family Cafe
Blyth Central 12:45 - 1:45pm

Neuro Peer Support Group
Blyth Central 4:30 - 6:00pm
Contact 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
To book your appointment please call
your single point of contact on 0300 3732488

LTP 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 Families - 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 to see
when the next available dates are.

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.

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

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 seperated :
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