

# WEST NORTHUMBERLAND FAMILY HUBS

## What's on in our Family Hubs and online



**NEW FOR 2024!**

# peep



Parents Early Education Partnership

A range of groups supporting parents and children to learn together



### 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, to how to communicate with your baby and understand 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 (18 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 PRE-SCHOOL (2-4 years)

A six week programme for children aged 2-4 years to support and encourage their independence and develop skills helpful for exploring their expanding environment.



### LTTP- Learning Together Through Play

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



### AND Sensory Chill Out

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



### LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTTP (AND) with Kirsty from Wecan.



### HENRY (Antenatal, 0-5years, or 5-12 years)

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 more.



### 5+ Groupwork (5+ years)

Support for parents and carers in managing their young persons' behaviour within the home. Sessions tailored to suit, but may include - mental health, substance misuse, identity and supporting independence.



### Incredible Years (2-8 years)

Aims to give parents the tools and knowledge to support their child's learning, development and behaviour. Explore new skills, have opportunities to meet other parents and discuss positive parenting.

Find us on Facebook, Instagram and Twitter-@WestFamilyHubs



Request information for services using our form, click here- [nland.cc/fhreq](http://nland.cc/fhreq)

# WEST NORTHUMBERLAND FAMILY HUBS

## What's on at Haltwhistle Family Hub and online



For more info on Family Hubs please visit [nland.cc/familyhubs](http://nland.cc/familyhubs)



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

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### 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 (18 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.

#### 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 321761



Email:- [haltwhistlefamilyhub@northumberland.gov.uk](mailto:haltwhistlefamilyhub@northumberland.gov.uk)



#### Find Us

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

Request information for services using our form, click here-

[nland.cc/fhreq](http://nland.cc/fhreq)

Find us on Facebook, and Instagram-



@WestFamilyHubs & @HaltwhistleFamilyHub



### LTTP-Learning Together Through Play

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

**Tuesday's and Friday's**

**10:30am - 11:30am**

**(Term Time Only)**



### LTTP AND (Additional Needs & Disabilities)

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

**Every Wednesday**

**10:30am - 11:30am**



### AND Sensory Chill Out

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

**Every Monday**

**3:45pm - 4:45pm**



### HENRY (Antenatal. 0-5years, or 5-12 years)

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 more.



### Incredible Years (2-8 years)

Aims to give parents the tools and knowledge to support their child's learning, development and behaviour. Explore new skills, have opportunities to meet other parents and discuss positive parenting.

## Family Cafe!

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).

**Starting Thursday 1st February**

**2:30pm-3:30pm**

**\*First Thursday of every month\***

### First Aid Course

**Thursday**

**14th March**

**1:00pm-3:00pm**

**At Haltwhistle**

**Family Hub**

**Booking required**



# WEST NORTHUMBERLAND FAMILY HUBS

What's on at Hexham Family Hub and online



For more info on Family Hubs please visit [nland.cc/familyhubs](http://nland.cc/familyhubs)



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

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### 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 (18 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.



### LTTP-Learning Together Through Play

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

<b>LTTP (0-18mth)</b>	<b>LTTP (0-5)</b>
<b>Every Monday</b>	<b>Every Wednesday</b>
<b>10:00am - 11:00am</b>	<b>10:00am - 11:00am</b>
<b>(Term Time Only)</b>	<b>(Term Time Only)</b>



### LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTTP (AND) with Kirsty from Wecan.



### AND Sensory Chill Out

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

**Starting Monday 15th April**  
**3:45 - 4:45pm**



### HENRY (Antenatal, 0-5years, or 5-12 years)

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 more.



### Incredible Years (2-8 years)

Aims to give parents the tools and knowledge to support their child's learning, development and behaviour. Explore new skills, have opportunities to meet other parents and discuss positive parenting.

### Midwife & Health Visitor Appointments

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

<b>Midwife Appointments -</b> 0344 811 8118	<b>Health Visitor Appointments -</b> 0300 373 2488
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### Get In Touch

Phone:- 01434 601698  
 Email:- [hexhamfamilyhub@northumberland.gov.uk](mailto:hexhamfamilyhub@northumberland.gov.uk)

**Find Us**  
Hexham Family Hub,  
Beaufront Avenue  
Hexham  
Northumberland  
NE46 1JD

Find us on Facebook, and Instagram-

Request information for services using our form, click here-.

[nland.cc/fhreq](http://nland.cc/fhreq)

@WestFamilyHubs & @HexhamFamilyHub

## Family Cafe!

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).

**Starting Thursday 29th March**  
**2:30pm-3:30pm**  
**\*Last Thursday of every month\***

## First Aid Course

**Friday 1st March**  
**9:30am-11:30am**  
*Booking required*

**Infant Feeding Support Group**  
**Friday's**  
**10:00-11:30am**  
At Hexham Library (temporary venue)



# WEST NORTHUMBERLAND FAMILY HUBS

## What's on at Bellingham Family Hub and online



For more info on Family Hubs please visit [nland.cc/familyhubs](http://nland.cc/familyhubs)



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**Midwife Appointments - 0344 811 8118**      **Health Visitor Appointments - 0300 373 2488**

**Get In Touch**  
 Phone:- 07769 958046  
 Email:- [bellinghamfamilyhub@northumberland.gov.uk](mailto:bellinghamfamilyhub@northumberland.gov.uk)

Find us on Facebook, and Instagram-  
  
[@WestFamilyHubs](https://www.facebook.com/WestFamilyHubs)  
& [@BellinghamFamilyHub](https://www.instagram.com/BellinghamFamilyHub)

Request information for services using our form, click here-  
 [nland.cc/fhreq](http://nland.cc/fhreq)

**Find Us**  
Bellingham Family Hub,  
Redesmouth Road  
Bellingham  
Northumberland  
NE48 2EL



### LTTP-Learning Together Through Play

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

**LTTP (0-18mnth)      LTTP (0-5)**  
**Every Thursday      Every Tuesday**  
**1:00pm - 2:00pm      1:00Pm - 2:00pm**  
**(Term Time Only)      (Term Time Only)**



### LTTP AND (Additional Needs & Disabilities)

A group for families with a child under 5 with an additional need or waiting for assessment. The Family Hubs are delighted to co-facilitate LTTP (AND) with Kirsty from Wecan.



### AND Sensory Chill Out

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



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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 more.



### Incredible Years (2-8 years)

Aims to give parents the tools and knowledge to support their child's learning, development and behaviour. Explore new skills, have opportunities to meet other parents and discuss positive parenting.



### First Aid Course

**Wednesday 20th March**  
**9:30am-11:00am**  
**Booking required**

# WEST NORTHUMBERLAND FAMILY HUBS

What's on at Prudhoe Family Hub and online



For more info on Family Hubs please visit [nland.cc/familyhubs](http://nland.cc/familyhubs)



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## LTTT-Learning Together Through Play

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

LTTT (0-18months)	LTTT (0-5)	LTTT at Albermarle (0-5)	LTTT at Ponteland (0-18months)
Every Tuesday	Every Monday	Every Wednesday	Every Monday
10:00 - 11:00am	10:00 - 11:00am	10:00 - 11:00am	1:00 - 2:00pm
(Term Time Only)	(Term Time Only)	(Term Time Only)	(Term Time Only)



## LTTT AND (Additional Needs & Disabilities)

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

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



## AND Sensory Chill Out

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

**Every Wednesday**  
**3:45pm - 4:45pm**



## HENRY (Antenatal, 0-5years, or 5-12 years)

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### 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](mailto:prudhoefamilyhub@northumberland.gov.uk)

**Find Us**  
Prudhoe Family Hub,  
Broomhouse Lane  
Prudhoe  
Northumberland  
NE42 5FT

Request information for services using our form, click here-.

[nland.cc/fhreq](http://nland.cc/fhreq)

Find us on Facebook, and Instagram-.

@WestFamilyHubs & @PrudhoeFamilyHub

## Family Cafe!

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).

**Starting Tuesday 26th March**  
**2:30pm-3:30pm**  
**\*Last Tuesday of every month\***

## First Aid Course

**Friday 8th March**  
**9:30am-11:30am**  
*Booking required*

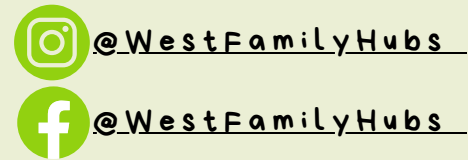
**Infant Feeding Support Group**  
**1st & 3rd Tuesday of every month**  
**10:00-11:30am**  
At Prudhoe Family Hub



# WEST NORTHUMBERLAND FAMILY HUBS

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For more info on Family Hubs please visit [nland.cc/familyhubs](http://nland.cc/familyhubs)



## Infant Feeding Support Group

Infant feeding and emotional support both antenatal and postnatal. Support with your journey and with any feeding issues you may have along the way! **Contact your Family Hub**



## Northumberland Family Panel

Get involved in shaping plans across our Family Hub communities. Please visit [nland.cc/NFP](http://nland.cc/NFP) Or Contact your Family Hub



## First Aid Courses

2-hour awareness session designed to instill basic first aid knowledge when dealing with common childhood incidents, injuries and occurrences. **Contact your Family Hub**

## Healthy Relationships

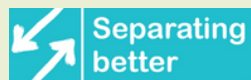


Free online resources for parents who want support

- **Me, You and Baby Too** - aimed at expecting and new parents.
- **Arguing Better** - aimed at couples who are together
- **Getting it Right for Children** - aimed at couples who are separating or have separated

Please visit [nland.cc/healthyR](http://nland.cc/healthyR) to find out more.

## Separating Better App



The **Separating Better App** is developed by renowned relationship experts, **OnePlusOne**.

This app is the ultimate tool to help you navigate through your separation journey and foster a positive co-parenting relationship. With specialist advice, informative videos, and practical resources at your fingertips

To read more on the **OnePlusOne** website [click here.](#)

## Digital Training

Free online courses dedicated to improving emotional health and wellbeing for everyone.

Please visit [nland.cc/soli](http://nland.cc/soli) to find out more.

Use access code: **HADRIAN**



## Parenting Teens

This padlet aims to provide you with all the info you need to help understand what your teenager is going through.

Please visit [nland.cc/parentingteens](http://nland.cc/parentingteens) to find out more.



## Dad Pad

Family Hubs in Northumberland have teamed up with DadPad, to create an essential guide for new dads, developed with the NHS.

Please visit [nland.cc/dadpad](http://nland.cc/dadpad) to find out more.



## Growing Healthy App

Full of information for 0-19 years-

- advice on infant feeding
- child development
- SEND
- emotional health
- and so much more,

You can also chat online to a health visitor or the public health team.

