

North Family Hubs

Berwick Family Hub:
01670 620461

Alnwick Family Hub:
01670 620430

Hadston Family Hub:
01670 624500

South East Family Hubs

Blyth Central Family Hub:
01670 798 800

Blyth West Family Hub:
01670 541 150

Central Family Hubs

Ashington Family Hub:
01670 819 988

Bedlington Family Hub:
01670 822714

Newbiggin Family Hub:
01670 812751

West Family Hubs

Hexham Family Hub:
01434 601698

Prudhoe Family Hub:
01661 839 350

Haltwhistle Family Hub:
01434 321 761

Facebook



@northnorthumberlandfamilyhubs
@centralnorthumberlandfamilyhubs
@southeastlocalityfamilyhubs
@westnorthumberlandfamilyhubs

If you would like to book a place, please complete a request for service form



This booklet outlines our Family Hub offer.

Supporting families of children & young people (0-19 and 0-25 SEND, Special Educational Needs and Disabilities)

Delivery includes 1 - 1, Virtual or Face to Face.

Preparation for Parenthood

Support during pregnancy and for life with your new baby - check your local Family Hub for more details.

Come along and find out more about pregnancy, birth and life with a newborn.



Come along to your nearest Family Hub and find out more about Pregnancy, Birth, and Life with a Newborn in sessions ran by Early Years Practitioners, Midwives and Infant Feeding Support Co-ordinators. Partners, friends or family are encouraged to attend alongside expectant mothers.

Family Hubs
Here for everyone

NHS
Northumbria Healthcare
NHS Foundation Trust

Feedback from some of our parents & carers

"My son is Autistic and he has come on greatly with your help"

"I first started attending groups for my son's benefit, the staff have always been very helpful"

"It helped me feel a bit more confident. We had a lot of changes and I was so stressed before"

"Nice to have somewhere to talk about how I'm feeling"

"Perfect, very helpful, really enjoyed myself doing the Henry group"

When you or your family need extra parenting support or are facing some challenges, we can support you to work through these issues

The Family Hub Team

HENRY - Healthy Families Growing Up

for parents with children aged 5+ Years

Henry is 10 weekly sessions, around healthy lifestyle; providing tips and support for children and parents and carers to develop healthier lifestyle habits.

- Increasing self-esteem and emotional wellbeing, so families feel able and motivated to make changes
- Changing old habits and adopting a healthier family lifestyle
- Enjoying getting active for the whole family
- Portion sizes and healthy food swaps
- Food groups, food labels and much more

Me, You and Baby Too

Help you prepare for changes for new and expectant parents.

- These sessions are for parents who are in a relationship and are expecting a baby or who have had a baby within the last 12 months.
- You will look at the changes you, your partner and your relationship will go through as you become and grow as parents.
- Me you and baby too will help you understand ways to communicate together to fix disagreements and explore how you and your partner can best support one another.



All Family Hubs offer LTTP's (Learning Together Through Play)

For parents with children aged 0-5 years

No need to book

For babies aged 0-12 months.
Check your local Family Hub for details

Weekly Drop-in for families to support your babies development.

For children aged 0-5 years.

Weekly Drop-in for families to support children developmental milestones.



Getting It Right For Children

For parents with children
aged 0-19 Years (25 years SEND)

An online or face to face course for separating parents to help manage disagreements and minimise the impact on children.

Getting it right for children is designed for parents of any age who are no longer in a relationship with each other but are still involved in their children's lives.

This course helps separating or separated parents communicate better and work out solutions for the sake of their child.

Parents do not attend together and will be offered support individually.



Arguing Better

For parents with children aged 0-19 Years (25 years SEND)



An online or face to face course to help parents communicate better with each other.

Arguing better is for parents who are in a relationship and have a child aged 0-19 years old (25 years SEND)

It looks at finding helpful ways to communicate during stressful times. You will learn why arguments happen and how to turn harmful arguments into helpful arguments.

Parents can attend together or individually depending on their wishes. .

Brilliant Babies

Brilliant babies is 6 weekly sessions for parents with a baby aged 0-6 months



Explore hints and tips which can be used in your own home

Create stimulating play experiences, understand the importance of communication and the development of your baby.

Early Explorers

Early Explorers is a 6 week program for parents with children aged between 6-18 months.



Connect with others and discuss key aspects of your child's development which will support you in helping your child make the most of the world around them

Incredible Years

For parents with children aged 1-6 Years

The Incredible Years sessions look at different topics relating to parenting to support your child's learning, development and behaviour.

Some of the sessions look at handling separations, distraction, routines, tools to help with managing behaviour, promoting independence, household rules and routines to support you in the home.

Incredible Years runs over 14 weeks and is a relaxed and informal group which will give you the opportunity to meet others.



Tiny Talkers

Tiny Talkers is for parents with children aged 1 -2+ years.



Tiny Talkers can help boost your child's speech and language, communication and social skills, understanding of routines and much more...

Incredible Babies

For parents with a baby aged 0-6 Months

Incredible Babies is 8 weekly sessions looking at your babies growth and development.

Incredible Babies explores topics such as:

- Becoming a parent
- Learning how to read your baby's mind
- Coping with crying
- Gaining support
- Baby massage
- Helping your baby feel loved, secure and safe, weaning and looking at all the ways your baby develops within the first year of life.

Incredible Babies are relaxed and informal sessions which will give you the opportunity to meet others.



HENRY - Healthy Families

Right From The Start

For parents with children aged 0-5 Years

Henry is 10 weekly sessions around healthy lifestyle; providing tips and support for parents and carers. Each week helps parents and carers explore how to provide a healthy, happy and supportive environment for the whole family.

- Practical parenting skills for a healthy lifestyle
- Increasing self-esteem and emotional wellbeing, so children start school ready to learn
- Changing old habits and adopting a healthier family lifestyle
- Setting and achieving goals
- Active play ideas and getting active as a family
- Oral health
- Portion sizes, first foods and snack swaps
- Food groups, food labels and much more.

LTTP (AND)

For parents with children aged 0-5 Years with an additional need or waiting for an assessment.



12 weekly sessions to have fun, play and have time for you and your child/children.

Gain support and give support to other parents in the group.