

## COURSES WE OFFER

\*REQUEST FOR SERVICE REQUIRED

### Brilliant Babies (0-6 months)\*

6 week course supporting you and your baby with helpful tips on play, communication & baby's development.

### Early Explorers (6-18months)\*

6 sessions - with information, tips & activities to support your child's development.

### LTPP AND(Additional Needs and/or Disability) (0-5 years)\*

Play, Communication, Behaviour & Wellbeing.

### Tiny Talkers (1-2+ years)\*

6 week course to support your child's journey through language & communication, play stories & fun activities.

### HENRY (0-5years)\*

#### Healthy Families Right from the Start

8 week course, activities & strategies supporting good health, nutrition & exercise.

#### HENRY\*

One off workshops in Starting Solids and Eating Well for Less.

### LTPP(Learning Together Through Play) 0-5years

#### LTPP Babies (0-12months) DROP-INS

Sessions are designed to give babies & children opportunities, to socialise with other children, take part in a range of activities & for parents and carers to learn about a range of key themes.

### HEALTHY RELATIONSHIPS\*

- Me You & Baby Too
- Arguing Better
- Getting it Right For Children

This support is for Parent/s Co-parents and young people who might be experiencing difficulties in their relationship and want to reduce arguments in the household or the sake of their Child's well being



### Incredible Years \*

#### Incredible Babies 0-12months \*

8 week program to support needs of babies

#### Incredible Toddlers Pre-school \*

12 week program to gain tools, knowledge and new skills to support the needs of children aged 1-6

#### Teen Triple P\*

Teen Triple P is a positive parenting programme for parents of teenagers aged 9+

#### SPACE\*

SPACE is an educational programme aimed at all adults with children aged 5-19 years to enable them to support children and young people who may be going through difficult times.

## HOW TO APPLY

Our courses run every term. If you'd like to join us on any of our courses please complete one of our online

'Request for Services' (RFS)

forms by scanning this barcode with your phone camera.



Visit our Facebook Page



## Or get in touch

### Blyth West Family Hub

Devonworth Place, Cowpen NE24 5AQ  
Tel: 01670 541150

### Blyth Central Family Hub

103 Wright Street, Blyth NE24 1HG  
Tel: 01670 798800

\*SEND Special Education Needs & Disabilities



# What's on Guide

## South East Locality

# Family Hubs

### April - July 2023



**At the end of September 2022, all Children's Centres in Northumberland became Family Hubs.**

This means your local Family Hub will extend its age range to 0-19, (0-25 for SEND\*) and greater support and activities will be offered. So, watch out for the changes and get in touch if you want to know more..

\*Request for Service Required

## MONDAY

**LTPP 0-5 years**

**Blyth West**

(term time weekly drop-in)

**1:00 - 2:30 pm**

## TUESDAY

**\*LTPP AND 0-5 years**

**Blyth West**

**9.30 - 11.00am**

**Roar Roar Dinosaur**

**Blyth Central**

**10.00-11.30am**

25th April, 23rd May & 27th June 2023

**Booking necessary**

**LTPP Babies (0-12 months)**

**Blyth Central**

**1.00-2.30pm**

Starts 18th April 2023



\*Request for Service Required

## WEDNESDAY

**\*Early Explorers 6-18 months**

**Blyth Central**

**9.30 - 11:00 am**

26th April - 25th May 2023 &

7th June - 12th July 2023

**\*Tiny Talkers**

**Blyth West**

**9.30-11.00am**

26th April - 24th May 2023

**\*HENRY (Preparing for Parenthood)**

**Blyth West**

**3.00-5.00pm**

19th April - 24th May 2023

**Health Led Infant Feeding Group**

Known prior as Breastfeeding support

**Blyth West**

**1.00-2.30pm**

**Weekly**

**Birth Registrations**

**Blyth Central**

**Wednesday & Thursday**

Book via Birth Registrations on Northumberland County Council website

or

call 0345 600 6400



\*Request for Service Required

## THURSDAY

**\*HENRY 1-off Workshops (Eating Well for Less)**

**Blyth Central**

**9.30 - 11.00am**

27th April, 11th & 18th May, 8th & 22nd June, 6th July 2023

**\*Tiny Talkers**

**Cramlington Town Council Offices**

**1.00-2.30pm**

27th April-25th May 2023

**\*HENRY 1-off Workshops (Fussy Eating)**

**Blyth Central**

**9.30 - 11.00am**

4th & 18th May, 13th & 29th June, 13th July 2023

## FRIDAY

**LTPP 0-5 years**

**Blyth Central**

(term time weekly drop-in)

**9.30- 11.00 pm**

**\*Tiny Talkers**

**Blyth West**

**9.30-11.00am**

28th April - 26th May 2023

**Find Family Hubs**

