

COURSES & SERVICES WE OFFER

*REQUEST FOR SERVICE REQUIRED

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.

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

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.

Peep Pop Up

A fun friendly weekly drop in session for parents/carers with children from 0-5 years. In Peep we share ideas, songs, stories & activities that build on everyday opportunities to support your child's learning/talking & social development.

HENRY (0-5years)*

Healthy Families Right from the Start*

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

HENRY Workshops*

One off workshops , Eating Well for Less, Understanding Behaviour & Fussy Eating and 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.

Family Cafe

Are you wondering what Family Hubs are all about? Worried about coming in? New to the area? We understand that coming to a new place with your children and family can be daunting and worrying. 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 exploring some activities and receive your baby book start pack. Book your appointment by ringing your single point of contact Health Team on 0300 3732488.

Weaning Workshops

Co-delivered by Health & Family Hub Practitioners. To book please call your single point of contact Health team on 0300 3732488.

The Garden Crew

All families welcome, if you fancy yourself as a gardener come along and help us develop our gardens. We will be planting plants, growing fruit and vegetables and keeping our gardens looking beautiful.

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



Android



Apple

Visit our Facebook Page



Membership & Request for Service



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


Northumberland
County Council

Blyth Central Family Hub
103 Wright Street
Blyth NE24 1HG
Tel: 01670 798800



What's on Guide South East Locality Family Hubs Summer Holiday Programme July - September 2024



Check out our
NEW
Northumberland
Family Hubs
Website here!



PLEASE NOTE - any groups / courses with an * in front, require a Request for Service form to be completed

MONDAY

Family Cafe

Blyth West 9:15-10:30am

*PEEP Early Communicators (15 mths-3yrs)

Cramlington Community Hub
(next to Concordia Leisure Centre)

10.00-11.00am

Starting 22nd July 2024

Family Cafe

Blyth Central 12:45-2:00 pm

TUESDAY

Health Visitor (Weigh & Stay)

Blyth Central 9.30-11.30am

To book your appointment please call
your single point of contact on 0300 3732488

*LTP AND

(Additional Needs & Disabilities)

Blyth West

9.30 -10.30am

*PEEP Babies (0-12 months)

Blyth Central

1.00-2.30pm

Starting 23rd July 2024

The Garden Crew - Drop In Session

Blyth West

3.30-5.30pm

WEDNESDAY

*PEEP Toddlers (1-2yrs)

Blyth Central

9.30-11.00am

Starting 24th July 2024

*PEEP Babies (0-12 months)

Cramlington Manor warms space
(between Bettini's Coffee Shop & CEX shop)

Infant Feeding Group - Drop in session

Blyth West 12.30-2.00pm

Health Visitor (Weigh & Stay)

Blyth West 1.00- 3.00pm

To book your appointment please call
your single point of contact on 03003732488

Health Visitor (Weigh & Stay)

Cramlington Community Hub
(next to Concordia Leisure Centre)

1.30-3.00pm

To book your appointment please call your
single point of contact on 03003732488

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 either our Facebook or Instagram
page by scanning the codes below.



THURSDAY

Birth Registrations

Blyth Central

Book via Birth Registrations on
Northumberland County Council website
or call 0345 600 6400 to book your
appointment.



Birth Registrations

Cramlington community hub
Book via Birth Registrations on
Northumberland County Council website
or call 0345 600 6400 to book your
appointment.

Sensory Music & Movement

Blyth West 10.30-11.30am

1st August 2024

For the whole family who have children with
learning or physical disabilities
booking essential
call 01670 798800 / 541150

Olympics Family Fun

Blyth West 1.30-3.00pm

1st August 2024

booking essential
call 01670 798800 / 541150

Olympics Family Fun

Seven Oaks Park, Cramlington

1.30-3.00pm

8th August 2024

booking essential
call 01670 798800 / 541150

Olympics Family Fun

Astley park, Seaton Delavel

1.30-3.00pm

15th August 2024

booking essential
call 01670 798800 / 541150

FRIDAY

*HENRY Preparing for Parenthood

10.00-12.00pm

Blyth West

Starting 26th July 2024

*PEEP Early Communicators (15 mths-3yrs)

Blyth West

1.00-2.00pm

Starting 26th July 2024

AND Sensory Chill Out - drop in
(Additional Needs & Disabilities)

Blyth Central 3:30-4.30pm

For the whole family who have children with
learning or physical disabilities