

WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and online



For more info on Family Hubs
please visit nland.cc/familyhubs



SCAN ME

Wellbeing Service

As part of the Family Hub offer, personalised support is now available to new and expecting mothers, fathers, and significant others (up until the child is two) who are experiencing mental health issues.



SCAN ME

HENRY

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 many more.



SCAN ME

Feeding Friends

Whether you're getting started with breastfeeding or starting solids and everything else in between, the Infant Feeding team provide emotional support, both antenatal and postnatal.



SCAN ME

Healthy Relationships

Arguments are part of every healthy relationship 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.



SCAN ME

DadPad

Family Hubs in Northumberland have teamed up with DadPad, which is an essential guide for new dads, developed with the NHS. The resource will support you and your partner to give your baby the best possible start in life.



SCAN ME

DadTalk

Free online workshop for dads - during pregnancy and beyond! Topics include the importance of 'Dad', the rollercoaster of change, coping with crying, changing, sleeping and feeding, where to get more help and support and celebrating fathers.



SCAN ME

Solihull FREE online courses

These courses are designed to help you understand your child's feelings, as well as focus on your own feelings, as you go through life as a family. You will also learn to understand the changes in your child's development and how to make the most out of each relationship.



Universal Services

Sensory Chill Out, PEEP Stay and Play, PEEP Stay and Play AND, Family Cafe and Family Panel

We want every family in our communities across Northumberland to enjoy the benefits of our Family Hubs. We offer a wide range of free activities for parents-to-be, babies, children and young people.



Neuro Peer Support Groups

A peer support group for young people with autism or a similar neurodiversity. Children North East's SEND and Neurodiversity Team offer groups to support young people with neurodivergence, and offer a space to relax, meet other neurodiverse young people and explore interests.



Wider Support

Parenting Older Children

A successful and mutually supportive course that helps with information and ideas that have been found to help parents navigate parenting older children and teens. Focuses on how parents can change what they do in order to help their kids change. A great approach to take the heat out of parenting and help keep mums and dads calm and in control, without shouting, screaming or worse!



Partner Services

First Aid Courses, Autism drop-in session, Relax Kids and Charge Up

We offer services in partnership with other organisations. Contact your Family Hub for dates and times.



Digital Services

Healthy Relationships, Solihull, and DadPad

We are here to ensure that support services are accessible to families across Northumberland, and we offer a range of support including a wide digital offer.

Contact your Family Hub for dates and times.



SCAN ME

Find us on Facebook,
and Instagram-



@WestFamilyHubs



SCAN ME

Request information for services,
or to become a member with
West Family Hubs.



westfamilyhubs
@northumberland.gov.uk

WEST NORTHUMBERLAND FAMILY HUBS

What's on at Hexham Family Hub



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FamilyHubs
Here for everyone

peep



Parents
Early
Education
Partnership

A range of groups supporting
parents and children to learn together



PEEP STAY AND PLAY (Under 5)

Every Wednesday (0-5 years)
10:00-11:30am

Every Friday (0-18 months)
10:00-11:00am

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



PEEP AND (Under 5)

(Additional needs and disabilities)

Every Monday 1:00-2:00pm (commencing 9th September)

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



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, encouraging communication with your baby and an understanding of 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 (15-36 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.



AND Sensory Chill Out

Monday 16th & 30th September 3:30pm-5pm

Monday 14th & 28th October 3:30pm-5pm

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



Feeding Friends Drop In.

Fridays 10:00am-11:30am. At Hexham Library

The Infant Feeding team offer support, whether you're getting started with breastfeeding, starting solids, returning to work and everything else in between. The groups are also a great place to chat with other parents about you and your new addition to the family.



Family Cafe!

Tuesday 10th September 2:45pm-3:45pm

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).



Welcome Party Drop In.

Contact your Family Hub

For expecting parents and babies up to 6 months. Come along and find out what the Family Hub has to offer. Join in with some fun activities for you, bump and baby too!



Autism Drop-in

Family Panel

First Aid Courses

Contact us to book your place

**Tuesday 10th September
10:00am-12:00pm**

Contact your Family Hub.

**Friday 11th October
9:30am-11:30am**



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**

**Request
information for
services, or to
become a member
with Family Hubs.**



Get in touch

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