

WEST NORTHUMBERLAND FAMILY HUBS

What's on in our Family Hubs and online



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.



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.



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.



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.



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.



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.



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

AND Chill Out, Peep Stay & Play, Peep 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-ins, 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, DadPad and DadTalk

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.



Find us on Facebook,
and Instagram-.



@WestFamilyHubs



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



@WestFamilyHubs



peep

A range of groups supporting
parents and children to learn together



Parents
Early
Education
Partnership

PEEP STAY & PLAY

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

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

PEEP AND

(Additional needs and/or disabilities)
Every Monday 1-2pm

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.

PEEP TWINS (0-5 years)

Peep Twins uses the 'Peep Learning Together Programme', which shares ideas for supporting learning and play during every day life.

PEEP OUTDOORS (0-5 years)

Playing or exploring outside with babies and young children is fun, even when it's cold and damp - getting out the door is often the hardest bit! It's also good for our own mental health, and provides lots of learning opportunities. (Please prepare for all weather conditions)

AND Chill Out (Contact us to book your place)

Monday 4th & 18th November 3:30pm-5pm

Monday 2nd & 16th December 3:30pm-5pm

A session for children aged 4-14 with additional and/or needs and disabilities and their family, 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, NE46 3LS

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 (Drop-in)

Tuesday 5th November 2:45pm-3:45pm

Tuesday 3rd December 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)

Wednesday 20th November 1pm-2pm

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

Wednesday 13th November 1pm-3pm

Contact your Family Hub.

Friday 24th January 9:30am-11:30am

Contact us to book your place

Midwife & Health Visitor Appointments

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

Health Visitor Appointments -
0300 373 2488

Midwife Appointments -
0344 811 8118

Get in touch

Phone:- 01434 601698

Email:- hexhamfamilyhub@northumberland.gov.uk

Find us



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