

# CALM STAY & PLAY Additional Needs and/or Disabilities

Ages 0 - 5  
years  
DROP IN

**FREE**



  
**Family Hubs**  
Here for everyone

  
**BEST  
START  
IN LIFE**

**peep**  
supporting parents and  
children to learn together

# What is **Calm Stay & Play**?



# FREE

**Calm Stay & Play sessions** for **babies** and **children with additional needs and/or disabilities** offers a safe place for families to come together.

Led by Family Hub Practitioners **Calm Stay & Play** sessions are designed to give support to parents in the group to boost their confidence and empower their parenting.

They are also a great opportunity to gain information about services that could support your family's journey whilst your little one has fun.

**Calm Stay & Play** provides more flexibility than regular groups as there is no requirement to attend every week or arrive on time.

Newbiggin Family Hub: Tuesday, 11:30 - 12:30  
Ashington Family Hub: Thursday, 13:00 - 14:30  
Bedlington Family Hub: Thursday, 13:00 - 14:00  
01670 819988 | 01670 822714

**Scan the QR code**  
and contact  
your local *Family Hub*  
for more details.



#FamilyHubsNland



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