

ACTIVITIES 2025

Your one stop shop for free support for children 0-19 (0-25 with SEND), parents, young people, emotional wellbeing, early language, infant feeding, perinatal mental health, advice and guidance, stay and play and much more!



Activities 2025

Monday

Rossmere Family Hub

Baby Massage

BOOKING ESSENTIAL

9.15am - 10.15am & 10.45am - 11.45am

Suitable for babies up to 6 months please bring a towel

Contact Family Hubs Admin for dates/times

Wiggles and Giggles

1:30pm - 2:45pm

Drop-in group

Fun story based activities for all children under 5 with their parents/carers

Dads baby Massage

BOOKING ESSENTIAL

5:15pm - 6:15pm

4 week course from 3rd March, please call our Hubs to book your free space.

Miers Avenue Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

9:30am - 11:00am

Play opportunity for non-walkers, baby weigh in and get your free healthy start scheme vitamins.

Harbour Drop-In

9:30am - 11:00am

Fortnightly drop-in session, get confidential advice and guidance starting 20th January 2025 and every other Monday going forward.

Community Hub Central

Stories & Rhymes

10:00am - 11:00am &

1:00pm - 2:00pm

For all children under 5 years

Middleton Grange Family Hub

Feeding and Development Drop-In

Starting in March 2025

1:00pm - 2:30pm

Middleton Grange support and advice around all methods of feeding, and opportunity to discuss developmental milestones.

Navigator Drop-In

1:00pm - 2:30pm

Free drop-in session to speak to our friendly navigators and get advice, guidance and support.

Due to cold temperatures, please call us ahead of time to check if this session is still taking place.

Tuesday

Miers Avenue Family Hub

FREE MONTHLY SESSION

Once a month on a Tuesday, contact Family Hub Admin for dates:

Introducing Solids

1pm - 3pm

Introduce your baby to a range of solid foods and get tips, advice and guidance

Community Hub Central

Parent & Toddler

10:00am - 11:30am

For under 5's - small fee applies

Community Hub South

Stories & Rhymes

10:00am - 11:00am

For all children under 5 years

Middleton Grange Family Hub

Free Play Session

1:00pm - 2:30pm

Drop-in group

Come and join us for a fun session for all children under 5 years

Due to cold temperatures, please call us ahead of time to check if this session is still taking place.



Rossmere Family Hub

FREE MONTHLY SESSIONS

Once a month on a Tuesday, contact Family Hub Admin for dates:

Introducing Solids

9:30am - 11:30am

Introduce your baby to a range of solid foods and get tips, advice and guidance. Choking and resus information given at this group.

Pregnancy, Birth and Beyond

5:00pm - 7:00pm

3 weekly sessions for Pregnant Mothers and their Partners, bookable through Family Hubs.

NBO

9:30am - 11:30am

Newborn Behavioural Observations taking place once a month, the next session is Tuesday 4th March, contact our Hubs for future dates.

Activities 2025

Wednesday

Rossmere Family Hub

Sing and Sign

(£5 per session MUST book through Jayne on Facebook @kidsancommunication)

12:45pm – 1:30pm

ONLY for babies and non-walkers &

1:45pm – 2:30pm

Suitable for all children under 5

Breast Feeding Workshop for Pregnant Mothers

Every 4th Wednesday of the Month
Bookable through Family Hubs

Stranton School Family Centre until end of March 2025

Health Visitor Advice Drop-In & Baby Weigh Clinic

1:30pm – 3pm

Play opportunity for non-walkers, baby weigh in and get your free healthy start scheme vitamins

Baby Time

9:30am – 11:00am

Play opportunity for non-walkers



Hindpool Family Hub

Bumps and Babies Latch

1:00pm – 2:30pm

Drop-in group for breastfeeding support
Ran by the Infant Feeding Team

Community Hub Central

Baby Babble

10:30am – 11:30am & 1:30pm – 2:30pm

For under 2's



Middleton Grange Family Hub

Free Play Session

9:30am – 11:00am Drop-in group

Come and join us for a fun session for all children under 5 years

Navigator Drop-In

11am – 12pm

Free drop-in session to speak to our friendly navigators and get support.

Dads and Male Carers Wellness Group

4:00pm – 5:00pm

This group session takes place weekly

Thursday

Rossmere Family Hub

Latch-On

9:30am – 11:00am

Drop-in group for breastfeeding support

Ran by the infant feeding team

Understanding Your Baby

12:45pm – 2:45pm from 6th March

6 week course bookable via the Family Hubs

Community Hub Central

Stories & Rhymes

10:00am – 11:00am

For all children under 5 years

Miers Avenue Family Hub

NBO

9:30am – 11:30am

New born Behavioural Observations taking place once a month on a Thursday, contact our Hubs for dates.

Play and Learn

REFERRAL ONLY - 1:30pm – 3:00pm

Fun activities for children under 5 to enhance learning

Hindpool Family Hub

NBO

1pm – 3pm

Newborn Behavioural Observations taking place once a month, on a Thursday contact our Hubs for dates.

Friday

Rossmere Family Hub

Health Visitor Advice Drop-In & Baby Weigh Clinic

9:30am – 11:00am

Baby weigh in and get your free healthy start scheme vitamins.

Baby Time

9:30am – 11:00am

Play opportunity for non-walkers

Rossmere Family Hub

Harbour Drop-In

9:30am – 11:00am

Fortnightly drop-in session, get confidential advice and guidance starting 17th January 2025 and every other Friday going forward.



Some sessions may be subject to change, please contact us on either our Facebook page or Family Hubs number to check before attending.

 **01429 292444**

 **Hartlepool Family Hubs**



For more information visit our website

 www.hartlepoolfamilyhubs.co.uk



NEW Family Hubs App

Download our new Family Hub App, to get updates on new sessions, events and activities.

Our app also has a range of built-in features that provides easy access to expert medical advice, peer and community led support all in one convenient platform!

Available on App Store and Google Play.