

**Coalfield Family Hub Timetable**  
**Monday 3rd March - Friday 11th April 2025**  
**Family.hubhetton@togetherforchildren.org.uk**



	Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Coalfield Family Hub</b>                      Hetton Centre,                      DH5 9NE                      0191 561 6625</p>	<p align="center"><b>Review and Development Clinic</b>                      10.00 - 11.30am                      (Please speak to your Health Visitor for an appointment)</p> <p align="center"><b>Getting Ready for Nursery Drop In</b>                      Monday 31st March                      10 - 12noon</p> <p align="center"><b>Daisy Chain Support Drop In</b>                      10am - 12noon</p> <p align="center"><b>Young Mams 'n' Dads</b>                      1.30pm - 2.30pm                      Drop In</p> <p align="center"><b>Sleep Workshop</b>                      17th March                      24th March                      Bookable via 0-19 service                      03000 031552</p>	<p align="center"><b>Buggy Walk</b>                      Please meet at Coalfield Family Hub at 10.00am than back to play.</p> <p align="center"><b>Super Communicator Stay &amp; Play</b>                      (Referral only)</p> <p align="center"><b>Sensory Room</b>                      2.00 - 2.30pm                      2.30 - 3.00pm                      Both bookable</p> <p align="center"><b>Sensory Room</b>                      Children with SEND (0-25 years)                      3.30pm - 4.00pm                      4.00pm - 4.30pm                      Both bookable</p> <p align="center"><b>Pregnancy Yoga for Beginners</b>                      5.00 - 6.00pm - Bookable                      (From 14 weeks - second trimester)                      Beginners welcome</p>	<p align="center"><b>Birth Registrations</b>                      9.00- 12noon                      Book via the Sunderland City Council website</p> <p align="center"><b>Childminder Network</b>                      Every other week from 5th March                      9.30am - 11.30am</p> <p align="center"><b>Daisy Chain Multi Agency Coffee Morning</b>                      Wednesday 26th March                      10am - 12noon</p> <p align="center"><b>Play Space and Sensory Room</b>                      1pm - 2.30pm</p> <p align="center"><b>Stop Smoking Support Drop in</b>                      1.00pm - 2.30pm                      (From 12th March)</p> <p align="center"><b>Introduction to Solids</b>                      1 - 3pm                      (To book please call 03000 031552)</p>	<p align="center"><b>Play Space and Sensory Room</b>                      9am - 11.30am</p> <p align="center"><b>Time for Rhyme (Birth to crawling)</b>                      9.30am - 10.15am                      10.45am - 11.30am</p> <p align="center"><b>Breastfeeding drop in group</b>                      10am - 12noon</p> <p align="center"><b>Welfare Rights</b>                      9.00-12noon                      Appointment only</p> <p align="center"><b>Stay and Play</b>                      1.30pm - 2.30pm</p> <p align="center"><b>Ante Natal Programme</b>                      3.45 - 5.45pm                      To book please call 03000 031552</p>	<p align="center"><b>Play Space and Sensory Room</b>                      9am - 11.30am</p> <p align="center"><b>Baby Massage</b>                      10 - 11am                      Bookable</p> <p align="center"><b>Move to Rhyme</b>                      1.30pm - 2.15pm</p> <p align="center"><b>Sensory Room</b>                      2.00-2.30pm                      2.30 - 3.00pm                      3.00 - 3.30pm                      All above Bookable</p> <p align="center"><b>Tobacco Dependency Services</b>                      Bookable</p>

**Social media**

Please check 'My Best Life website', [www.mybestlife.org.uk](http://www.mybestlife.org.uk)  
 Sunderland Family Hubs Facebook and Instagram pages for more information,  
 and booking details for some of our sessions.



# Family Hubs Timetable

## Monday 3rd March - Friday 11th April 2025

[Family.hubhetton@togetherforchildren.org.uk](mailto:Family.hubhetton@togetherforchildren.org.uk)

together for **FAMILY HUB**  
children  
SUNDERLAND

**Buggy Walk** Meet at Coalfield Family Hub at 10am - walk around Hetton Lyons country park then back to the hub to play.

**Review and Development Clinic** - please book through your Health Visitor. Call 03000 031552.

**Baby Massage (birth - 6 months)** a 5-week course and an opportunity to have special time with your baby through nurturing touch and massage.

**Young Mams n Dads** is a dedicated friendly group for parents aged between 14 and 22 years old, to have fun and socialise. Includes sensory, messy play, crafts, cooking and much more. Contact Angela 07917535234 or Anna on 0743575336. Also on Fridays at Thorney Close Family Hub - 1.30pm - 2.30pm.

**Midwife Booking In Appointments.** As soon as you find out you are pregnant, contact a GP or Midwife and they will help you book your first appointment. Your first Midwife appointment (also called the booking appointment) should happen before you are 10 weeks pregnant. This is because you'll be offered some tests that should be done before 10 weeks.

**Getting Ready for Nursery Drop In** - Is your child aged 3 years and starting nursery soon? Are they toilet trained? Can they fasten their own coat? Are you worried how they will settle in? Why not come along to one of our drop in sessions at our Family Hubs to help you and your child prepare. The sessions include support and advice from the Speech & Language team, 0-19 service, CAMHS, and more. All whilst your child plays and has fun

### **Super Communicator/Interactive Explorers Stay & Play** -

This is a dedicated group to help develop speech and language skills from age 18months - 3 years. Please speak with your Health Visitor or contact your Family Hub email address for more information.

**Childminder Network** Are you a registered childminder and would like to attend the childminder network with your childminded children? Please contact the Early Years team on this email [early.years@togetherforchildren.org.uk](mailto:early.years@togetherforchildren.org.uk)

**Play Space (0-5 years)** a parent led session, where parents are encouraged to play and interact with your child/ren in a friendly environment.

**Stop Smoking Support** - Are you worried about how smoking is affecting your health and your families? Are you thinking of stopping smoking? Join us for our free stop smoking drop in sessions.

**Breastfeeding drop in** to share experiences and advice about your breastfeeding journey with other parents. There is no need to book simply drop into any of the sessions.

**Time for Rhyme (birth - crawling)** is an interactive session for babies and their parents / carers. Sessions are based around sharing nursery rhymes, action songs, musical instruments and books.

**Birth Registrations** - Please book via Sunderland City Council website. Register a birth, a new born baby must be registered within 42 days of the date of birth. The baby should be registered in the district where it was born.

**Move to Rhyme (from moving)** an interactive session for babies and their parents/ carers to share nursery rhymes, action songs, musical instruments and books.

**Introduction to Solid Food (Weaning)** - Support to wean your baby on to solid food, understanding baby's cues, healthy key messages and food tasting. Your baby should be around 6 months old to attend the class. Please contact Health Visiting Service on 03000 031 552 to book.

**Pregnancy Yoga** - Concentrate on breathing, relaxing, and being healthy while pregnant. Improve your energy levels, strength, balance, posture, circulation, and flexibility. You do not have to have attended yoga before, for more information please call Tracy on 07766145580.

**Antenatal Parent Programme** - a 5 week course book from 26 weeks gestation by calling 03000 031 552.

**Stay and Play (0-5 years)** have fun with your little one whilst socialising with parents. Each week we will have a themed activity such as books, messy play and everyday opportunities.

**Sensory Room (from birth)** sensory lights and equipment to help develop your child's senses. Also for children and young people with SEND aged 0-25 years. 30 minute exclusive slots are available.

### **Breast Pump Loan Scheme**

Can be loaned on a 4 weekly basis. Each pack comes with information on how to use and a guide on how to clean.

Call 03000 031552 to find out more.

## Registering

Please complete a 'Registration form' using this QR code, on My Best Life or at one of our Hubs to register at Sunderland Family Hubs then sign in each time you come to any hub. Everything is FREE!



**FAMILY HUB**