

Coalfield Family Hub Timetable
Monday 4th November - Friday 20th December 2024
Family.hubhetton@togetherforchildren.org.uk



	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coalfield Family Hub Hetton Centre, DH5 9NE 0191 561 6625</p>	<p>Review and Development Clinic 10.00 - 11.30am Please speak to your Health Visitor for an appointment</p> <p>Time for Rhyme 9.30am - 10.15am 10.45am - 11.30am Both sessions Bookable</p> <p>Baby Massage 1.30 - 2.30pm Bookable</p> <p>Young Mams 'n' Dads 1.30pm - 2.30pm Drop In</p> <p>Getting Ready for Nursery Drop In (3 year nursery) Monday 2nd December 10.00am - 12.00 noon (Please ask at the hub for more details)</p>	<p>Buggy Walk Please meet at Coalfield Family Hub at 10.00am</p> <p>Super Communicator Stay & Play (speak to Health Visitor or email Family Hub as referral only) 1.30 - 2.30pm</p> <p>Sensory Room 1.00 - 1.30pm 1.30 - 2.00pm 2.00 - 2.30pm 2.30 - 3.00pm All above bookable</p> <p>Sensory Room 0-25 SEND - bookable 3.30pm - 4.00pm 4.00pm - 4.30pm</p> <p>Pregnancy Yoga for Beginners (from 14 weeks) 5.00 - 6.00pm - Bookable (Starts 12th November then every other week)</p>	<p>Birth Registrations 9.00- 12noon Please book via the Sunderland City Council website</p> <p>Childminder Network Every other week from 13th November 9.30am - 11.30am</p> <p>Play Space and Sensory Room 1pm - 2.30pm</p> <p>Introducing Solid Food 1:00 - 2:00pm To book call 03000 031552</p> <p>Stop Smoking Support Drop in 1.00pm - 2.30pm</p> <p>Makaton (speak to Health Visitor or email Family Hub as referral only) 1.30-2.30pm</p>	<p>Play Space and Sensory Room 9am - 11.30am</p> <p>Breastfeeding drop in group 10am - 12noon</p> <p>Stay and Play 1.30pm - 2.30pm</p> <p>Ante Natal Programme 3.45 - 5.45pm To book please call 03000 031552</p> <p>Welfare Rights 9.00-12noon Appointment only</p>	<p>Play Space and Sensory Room 9am - 11.30am</p> <p>Baby Massage SHARP - Shiney Row DH4 4QW To book please call 07789932624</p> <p>Move to Rhyme 1.30pm - 2.15pm</p> <p>Sensory Room 1.00-1.30pm 1.30-2.00pm 2.00-2.30pm 2.30 - 3.00pm All above Bookable</p> <p>Tobacco Dependency Services Bookable</p>

Social media

Please check 'My Best Life website', 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

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together for **FAMILY**
children **HÜB**
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 Mums 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.

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.

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.

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

Super Communicator 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

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.

Mini Minds and Me (Sunderland Talking Therapies)
6 Week course to develop strategies using CBT.
How to refer? Via your maternity professional
Telephone: 0191 566 5454 Online:
<https://sunderlandtalkingtherapies.co.uk/>

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

Weaning - two sessions covering how 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 Jackie on 07786855891 to book a space.

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.

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.

Makaton Support your little ones early language skills - 6 week programme for parents. Carers with babies over 6 months old. Please contact Rainbow Family Hub to discuss booking on.

TING - Together for Children Individual Needs Group. Informal play sessions which may benefit you or your child if they have additional needs. Support from other parents with similar experiences. sign posting and support around Behaviour, Sensory needs and regulation. For Children aged 4 and under.

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 'Welcome form' either 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
HÜB