



# LOFTUS FAMILY HUB

## Monday

Crafts for Wellbeing (Referral required)  
- 1:00 - 2:30pm

Wriggle Read & Rhyme (Referral required)  
- 1:00 - 2:00pm

OR

Chat Sing & Read (Referral required)  
- 1:00 - 2:00pm

Maternity Walk & Talk Session (COMING SOON)

## Tuesday

Understanding Your Baby (Booking required,  
please book on via your Family Hub)  
- 09:30 - 11:30am

Little Explorers - 1:30 - 3:00pm

Birth Registrars - Fortnightly (Appointment only)  
from 1:00pm

## Wednesday

Baby Buddies - 09:30 - 11:00am

## Thursday

Health Drop In - 9:30 - 11:00am

Breast Friends - 1:30 - 3:00pm

HENRY Sessions - Starting Solids/ Fussy Eaters/  
Eating Well For Less (Booking required)  
- 1:00 - 3:00pm

## Friday

Infant Massage - 1:30 - 2:30pm



# SKELTON FAMILY HUB

## Monday

Little Explorers - 10:00 - 11:30am

Wriggle Read & Rhyme (Referral required)  
- 1:00 - 2:00pm

OR

Chat Sing & Read (Referral required)  
- 1:00 - 2:00pm

## Tuesday

Birth Registrars - Fortnightly (Appointment only)  
from 1:00pm

## Wednesday

Breast Friends - 9:30 - 11:00am

Understanding Your Baby (Booking required,  
please book on via your Family Hub)  
- 09:30 - 11:30am

Health Drop In (Appointment only)  
- 1:00 - 3:00pm

## Thursday

Portage Family Group (Referral required)  
- 09:30 - 11:00am

Infant Massage - 10:00 - 11:30am

HENRY Sessions - Starting Solids/Fussy Eaters/  
Eating Well For Less (Booking required)  
- 1:00 - 3:00pm

HENRY Preparation for Parenthood - 1:00 - 3:00pm

Baby Buddies - 1:15 - 2:45pm

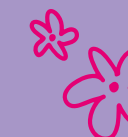
## Friday

Midwifery Appointments (Booking through Midwife)  
- 9:00 - 4:30pm

**The Link appointments available:**  
Tuesday - Thursday (Referral only via The Link)



# GUISBOROUGH FAMILY HUB



## Monday

Health Drop In (Appointment only)  
- 09:30 - 11:30am

Baby Buddies - 09:30 - 11:00am  
(After February Half Term)

Wriggle Read & Rhyme (Referral required)  
- 1:00 - 2:00pm

Chat Sing & Read (Referral required)  
- 1:00 - 2:00pm

## Wednesday

Portage Family Group (Referral required)  
- 09:30 - 11:00am

Breast Friends - 1:30 - 3:00pm

## Friday

Little Explorers - 10:00 - 11:30am

Infant Massage - 1:30 - 2:30pm

## Saturday

Dads Group - 10:00 - 11:30am  
4th Saturday of each month



# SESSION DESCRIPTIONS - NO CHARGE

## Breast Friends

A social group for breastfeeding families and mum's to be. An opportunity to meet other breast feeding families. Open to all.

## Young Parents Group

If you are a parent aged 21 or under. Have a baby or toddler or you're expecting. Join us for our Young Parents stay and play.

## Baby Buddies

Stay and play session for parents of new babies. Support and discussions around baby's brain development, sensory play, sleep routines and general advice and guidance.

## HENRY

We offer a number of HENRY sessions from introducing solid foods to your baby, eating well for less and fussy eaters. **Booking required, please book on via your Family Hub.**

## Little Explorers

Come and play together and meet other families, aimed at 0 - 5 year olds.

## Dads Group

Dads and their 0-5 year olds come and play together and meet other Dads.

## Neonatal Peer Support Group

Our warm and welcoming Neonatal Peer Support Group offers families a safe, clean environment to meet and support each other with their babies. The group is run weekly by the Family Hub and a JCUH Neonatal Outreach member of staff will attend group as and when possible to offer any clinical support.

## Chat Sing and Read

For 0 - 2 year olds supporting attachment, relationships, and supporting communication and language. **Referral required, you can refer yourself via your Family Hub or Health Visitor.**

## Wriggle, Read & Rhyme

Sessions for 2 - 3 year olds to help with your child's speech and language with activities, books, stories and rhymes. **Referral required, you can refer yourself via your Family Hub or Health Visitor.**

## Infant Massage

For babies from 6 weeks to 9 months, this session supports attachment, bonding, helping with sleep routines and colic. **Referral from your Health Visitor.**

## Health Drop In

Sessions available to discuss any concerns with your Health Visitor, weighing available, which is recommended monthly for the first 6 month your baby's age.

## HENRY Preparation for Parenthood

Practical and evidence-based information to support your pregnancy and help give your new baby a great start in life, and meet other new parents to be, open to all. **Booking required, please book on via your Health Visiting Team.**

## Understanding your Baby

A nurturing six week postnatal programme for parents and families of children 0 - 9 months of age.

## Portage Family Group

A specialist service for children with additional needs. **Referral required, Jane Todd, Early Years Area SENCO 01642 770810.**

## Adult Education

You can access numeracy and literacy at various levels in Family Hubs, please ask at your local Family Hub for details.

## Early Words Together at 3

6 week programme for families of 3 to 4 year olds which will build your confidence as a parent. It includes a set of activities which you can use at home to support your child's speech. **Please contact Family Hubs for more details.**

## Sensory Kidz

Session for 1 - 4 year olds, children, parent & carers who have an additional need or have not yet been diagnosed, offering peer support. **Referral required, you can refer yourself via your Family Hub.**

## Crafts for Wellbeing

An antenatal 10 week programme for parents struggling with low mood/social isolation. To support emotional wellbeing. **Referral required, you can refer yourself via your Family Hub or Health Visitor.**

## Parent Carer Panel

Come along and have your say if you are a parent/carer of a 0 - 2 year old, be a part of shaping the Family Hubs Services. **Please contact Avril on 07866844926.**



## Volunteer Opportunities

We have a wide variety of volunteer opportunities, which can support you gaining valuable experience. Please contact Avril on 07866844926.

## Daisy Chain Drop In

Coffee Morning Drop In for parents who have concerns that their child has Autism Sensory Processing ADHD or AFSD. Age 0-18 Years of age.

## Birth Declarations

You can now declare your child's birth at two of our East Cleveland Family Hubs (Skelton and Loftus) Please call 01642 444440 for more information.

## Aqua natal sessions

Come along and get the benefits of exercise in pregnancy, delivered locally. Ask at your Family Hub for details.

## Maternity Walk and Talk

Antenatal and postnatal families, come along walk and talk. Ask at your Family Hub for details.

## Speech and Language Support

Speech and Language Support for Parents and Professionals. Drop in's will run face to face & virtually within Family Hubs. Ask at your Family Hub for details.

## Leo's Perinatal

Specialist support in the early days, weeks and months after losing a baby. You can refer yourself via the following website [www.leosperinatal.org](http://www.leosperinatal.org)

## The Link

Emotional Support Service for young people between 3 to 18 years of age. Offering structured 1:1 sessions for emotional support. Please call 01642 989198 for more details.

## Coffee & Cuddles

Activities to promote bonding and attachment between parents and child. Referral required contact [www.Southteesperinatal@family-action.org.uk](mailto:www.Southteesperinatal@family-action.org.uk)

## Midwifery Appointments

Midwife appointments are flexible and tailored to you and your pregnancy needs, some of these appointments take place in Family Hubs, please contact your midwife.

## Enhanced Maternity Support Workers

Our Enhanced Maternity Support workers offer direct support from pregnancy to birth, to promote emotional wellbeing during pregnancy. Speak to your midwife or ask at your Family Hub for more details.

## Healthy Start Vitamins and Healthy Start Card.

Vitamins offered free of charge to all pregnant women from 10 weeks, mothers who are breastfeeding and babies that are exclusively breastfed from birth. Vitamin drops are available free of charge for children under 4 years that have less than 500ml of formula milk. Healthy start card is available to pregnant women more than 10 weeks pregnant or have a child under 4 years who receive state benefits. Ask at your Family Hub for details.

## Solihull Online Parenting

Free Online courses for parents, parents to be, grandparents and carers living in Redcar & Cleveland. Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and enter the access code 'Lemontop'.



Download our Family Hub App!



## Spring / Summer 2024 East Cleveland Area Family Hubs Planner

### Skelton Family Hub

De-Brus Centre, Marske Lane

Skelton TS12 2HA

Tel: 01287 612333

Monday - Thursday 9.00-5.00pm

Friday 9.00-4.30pm

### Loftus Family Hub

Duncan Place, Loftus TS13 4PR

Tel: 01287 640523

Monday - Thursday 9.00-5.00pm

Friday 9.00-4.30pm

### Guisborough Family Hub

Park Lane, Guisborough TS14 6NT

Tel: 01642 495357

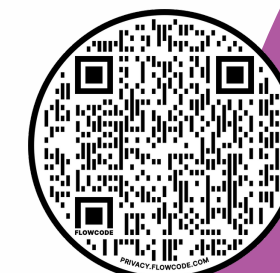
Monday & Wednesday 9.00-5.00pm

Friday 9.00-4.30pm

You can attend any hub in our Borough.

You can drop in any time to get some advice and support.

Scan this QR code to go to our Family Hub Website!



Scan this QR Code to go to our Family Hub Facebook Page!

