



Monday

Bumps, Babies & Books - 10-11am
Crafts for Wellbeing
(referral required) - 1-2:30pm

Tuesday

Little Explorers - 1:30-3pm
Birth Registrars
(fortnightly - appointment only) - from 1pm

Wednesday

Breast Friends - 9:30-11am

Thursday

Health Drop In - 9:30-11am
(please arrive before 10:45am)
Wellbeing Walk & Talk
11am-12:30pm

Friday

Baby Buddies - 10-11.30am



Monday

Little Explorers - 10-11:30am

Tuesday

Top to Toe Baby Massage
(paid session-booking required) - 10-11am
Birth Registrars
(fortnightly - appointment only) from 1pm

Wednesday

Breast Friends - 9:30-11am
Health Drop In - 1-3pm
Baby Buddies - 1-3pm

Thursday

Portage Family Group
(referral required) - 9:30-11am
HENRY Preparation for Parenthood
(invite only) - 1-3pm

Friday

Midwifery Appointments
(booking through Midwife) - 9am-4:30pm
Sensory Kidz
(referral required) - 9:30-10:30am

Link appointments available:

Tuesday - Thursday
(Referral via The Link)

The following sessions are rotated across the three Family Hubs in the East Locality.
Please contact your local Family Hub for more information:

- Understanding Your Baby (booking required)
- Infant Massage (referral only)
- Wriggle, Read and Rhyme (referral only)
- Chat, Sing and Read (referral only)
- HENRY sessions - Starting Solids/Eating Well for Less/Fussy Eating (booking required)



Monday

Health Drop In
(appointment only) - 9:30-11:30am
Baby Buddies - 10-11:30am

Wednesday

Portage Family Group
(referral required) - 09:30-11am
Breast Friends - 1:30-3pm

Friday

Little Explorers - 10-11:30am

Saturday

Dads Group
(4th Saturday of each month) - 10-11:30am
Sensory Play Group
(fortnightly) - 10am-12pm

FOREST SCHOOL - COMING SOON



Session descriptions

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.

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.

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 to use at home to support your child's speech. Booking required via your Family Hub.

HENRY Preparation for Parenthood

Practical and evidence-based information to support your pregnancy and help give your new baby a great start in life. Book from 20+ weeks pregnant - call 01642 444011.

Little Explorers

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

Parent/Carer Panel

Come along and have your say if you are a parent/carers of a 0-2 year old, be a part of shaping our Family Hubs services. To find out more please call your local Family Hub or email contactusfamilyhub@redcar-cleveland.gov.uk

Sensory Play Group

Do you think your child would you enjoy and benefit from sensory play? If so, this session is open to all ages and abilities. It is a relaxed and inclusive session and we welcome all children. To find out more please contact Lisa, lisa.robson@redcar-cleveland.gov.uk

Wellbeing Walk & Talk

A fun and relaxing walk. This will be a chance to get outdoors, exercise, and chat with other families. Along with refreshments afterwards.

Breast Friends

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

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.

Forest School - COMING SOON

What is Forest School? We will be learning through play and exploring enjoyable, hands-on challenging activities in a natural learning environment. Aimed at children aged 3-7.

HENRY Sessions

We offer Starting Solids, Eating Well for Less, and Fussy Eating. Booking required via your Family Hub.

Milk-Free Weaning

The childrens dietitians run a milk free weaning group for babies with cows milk protein allergy. If your baby has cow's milk protein allergy, please ask your health visitor to refer your baby to this group.

Portage Family Group

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

Top to Toe Baby Massage

Brand new paid infant massage is available. 5 sessions, each session is 1 hour in length. Total £25.00. £5 non-refundable deposit required to book your place, remainder paid in cash on attendance of first session, book via your Family Hub.

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.

Bumps, Babies & Books

A softly lit, relaxed and calm storytelling session for bumps and babies (non mobile), with the Family Hubs Peer Support Worker Paola.

Dads Group

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

Health Drop In

Sessions available to discuss any concerns with your Health Visitor, weighing available, which is recommended once a month until your baby reaches 6 months old.

Infant Massage

For babies from 6 weeks to 9 months, this session supports attachment, bonding, helping with sleep routines and colic. Health Visitor referral (subject to eligibility criteria).

Neonatal Peer Support Group

A safe and clean environment to support each other and your babies. JCUH Neonatal Outreach staff will attend group as and when possible to offer any clinical support.

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.

Understanding your Baby

A nurturing six week postnatal programme for parents and families of children 0-9 months of age. Booking required via your Family Hub.

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.

Our additional support

Aqua natal sessions

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

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.

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.

Solihull Online Parenting

Free online courses for parents, parents to be, grandparents and carers living in Redcar & Cleveland. Go to www.inourplace.co.uk and enter the access code 'Lemontop'.

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.

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.

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.

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.

Volunteer Opportunities

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

Healthy Start Vitamins and Healthy Start Card

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.

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Activity Planner East Cleveland Area



Skelton Family Hub

Marske Lane
Skelton
TS12 2HA

01287 612333

Open
Monday - Thursday
9am - 5pm
Friday
9am - 4.30pm

Loftus Family Hub

Duncan Place
Loftus
TS13 4PR

01287 640523

Open
Monday - Thursday
9am - 5pm
Friday
9am - 4.30pm

Guisborough Family Hub

Park Lane
Guisborough
TS14 6NT

01642 495357

Open
Monday &
Wednesday
9am - 5pm
Friday
9am - 4.30pm

You can attend any hub across Redcar and Cleveland at any time to ask for advice and support, or send us an email at contactusfamilyhub@redcar-cleveland.gov.uk

redcar-cleveland.gov.uk/family-hubs

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