



# Loftus Family Hub

## Monday

Bumps, Babies & Books - 10-11am

## Tuesday



Little Explorers - 1:30-3pm

Birth Registrars

(fortnightly - appointment only) - from 1pm

## Thursday

Health Drop In - 9:30-11am  
(please arrive before 10:45am)

Wellbeing Walk & Talk

11am-12:30pm

## Friday

Baby Buddies - 10-11.30am

# Skelton Family Hub

## 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

Crafts for Wellbeing

(referral required) - 1-2.30pm

## Wednesday

Breast Friends - 9:30-11am

Health Drop In - 1-3pm

Baby Buddies - 1.15-2.45pm

## 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)



# Guisborough Family Hub

## Monday

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

Baby Buddies - 10-11:30am

Forest School

(referral/booking only) 1-2.30pm

## 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



# Session descriptions

## Baby Buddies

Stay and play session for babies 0-12 months (non walkers). 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 via identified schools only.

## 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.

## Mash Up

A fun mix of Multiples group, a special group for parents/carers of twins, triplets, and more, alongside Rhyme Tastic, a fun music and dance session, for ages 0-5. Call Grangetown Family Hub to find out more.

## 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 our Family Hubs services. To find out more please call your local Family Hub or email [contactusfamilyhub@redcar-cleveland.gov.uk](mailto: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](mailto: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

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. Referral/booking via Family Hub.

## HENRY Sessions

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

## Little Explorers

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

## 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](http://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](http://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.

## 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.

## 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).

## 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.

## 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 visit our website for more details.



## 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](mailto:contactusfamilyhub@redcar-cleveland.gov.uk)

[redcar-cleveland.gov.uk/family-hubs](http://redcar-cleveland.gov.uk/family-hubs)

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