



Ormesby Family Hub

Monday

Top to Toe Massage
(Referral required) - 10-11am

Breast Friends - 1:30-3pm

Tuesday

Little Explorers

10 -11:30am

Sensory Kidz

(Referral required) - 1-2pm

Wednesday

Preparation for Parenthood
(Invite only) - 1:30-3:30pm

Thursday

Baby Buddies - 9:30-11am

Health Drop In - 1-2:30pm

Grangetown Family Hub

Monday

Grangetown Mash Up- 10 -11.30am
A universal group for everyone with a mix up of Rhyme-
tastic and Multiples group (for twins and triplets)
Call us for more information - 01642 770810.

Tuesday

Baby Buddies- 9:30-11am

Top to Toe Massage (paid session) 10-11am

Wriggle Read & Rhyme

(Referral required)- 1-2pm

Breastfeeding Drop In- 1-2:30pm

Wednesday

Little Explorers - 10am-11:30am

Chat Sing & Read

(Referral required) - 1:30-2:30pm

Thursday

Health Drop In - 9:30-11 am

Infant Massage

(Referral required) - 1-2pm

Friday

Wriggle Read & Rhyme

(Referral required)-

10-11am

Saturday

Dads Group (Every 3rd Saturday of each month)-
10-11:30am

Link appointments available:

Monday, Tuesday, Wednesday and Friday
(Referral only via The Link)



South Bank Family Hub

Monday

Infant Massage
(Referral required) - 10-11am
Little Explorers - 1:30-3pm

Tuesday

Portage Family Group
(Referral required) - 09:30-11am
Portage Family Group
(Referral required) - 1-2:30pm

Wednesday

Breast Friends - 1-2:30pm
Health Drop In - 1-2pm

Thursday

Understanding Your Baby
(Booking required) - 10am-12pm
Forest School (Referral/booking required)- 3:30-
4:45pm
HENRY Sessions - Starting Solids/ Eating Well For
Less/ Fussy Eating (Booking required) - 1-2pm

Friday

Baby Buddies - 10-11:30am



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

Breast Friends

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

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.

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.

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.

Dads Group

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

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.

Forest School

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

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.

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.

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.

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.

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.

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.

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

Portage Family Group

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

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.

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

Top to Toe Baby Massage

Brand new paid Infant Massage is available. 5 sessions, each session is 1 hour in length. Total £25. £5 non-refundable deposit required to book your place, remainder paid in cash on attendance of first session, book 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.

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.

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.

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.

Coffee & Cuddles

Activities to promote bonding and attachment between parents and child. Referral required contact www.southteesperinatal@family-action.org.uk

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.

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.

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.

Visit our website!



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FREE to download



Activity Planner

Greater Eston Area



Ormesby Family Hub

Daisy Lane
Ormesby
TS7 9LF

☎ 01642 513665

Open
Monday, Tuesday
and Thursday
9am - 5pm

Grangetown Family Hub

Grange Farm Road
Grangetown
TS6 7HP

☎ 01642 770810

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

South Bank Family Hub

Poplar Grove
Southbank
TS6 6SY

☎ 01642 457291

Open
Monday - Thursday
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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