



# Dormanstown Family Hub

## Monday

Little Explorers - 9:30-11am  
Infant Massage  
(referral required) - 10-11am

## Tuesday

Wriggle, Read & Rhyme (referral required) - 9:30-11am  
Understanding Your Baby - 9:30-11:30am  
Health Drop In - 1-2:30pm  
(please arrive before 2:15pm)

## Wednesday

Baby Buddies - 9:30-11am  
Chat, Sing & Read (referral required) - 1-2pm  
Crafts for Wellbeing (referral required) - 1-2:30pm

## Thursday

HENRY Preparation for Parenthood - 9:15-11:15am  
(Invite only)

## Friday

Breast Friends - 10:00-11am

# Green Gates Family Hub

## Monday

Portage Family Group  
(referral required) - 9:30-11am and 1-2:30pm

## Tuesday

Wriggle, Read & Rhyme  
(referral required) - 9:30-11:00am  
Understanding Your Baby - 9:30-11:30am  
Infant Massage  
(referral required) - 1:30-2:30pm

## Wednesday

Milk Free Weaning  
(referral required) - 10-11am  
HENRY Starting Solids/Eating Well for Less/Fussy Eating  
10-11am  
Neonatal Peer Support Group - 10-11:30am  
Portage Family Group  
(referral required) - 1-2:30pm

## Thursday

Baby Buddies - 1-2:30pm

## Friday

Little Explorers - 1-2:30pm  
Forest School - 1:30-3:00 (Booking Required)

### Link appointments available:

Monday-Thursday  
(Referral via The Link)



# Redcar Coast Family Hub

## Monday

Midwife Appointments  
(booking through your Midwife)

## Tuesday

Young Parents Group - 10:30am-12pm  
Portage Family Group  
(referral required) - 1-2:30pm

## Wednesday

Health Drop In - 9:30-11am  
(please arrive before 10:45am)  
Daisy Chain Coffee Morning Drop In - 10am-12pm  
Breastfeeding Drop In - 11:30am-1pm

## Thursday

Top to Toe Infant Massage (Paid Session)  
10-11am  
Little Explorers - 1-2:30pm

## Friday


Sensory Kidz - 9:30-10:30am (Referral Required)

## Saturday

Dads Group  
(2nd Saturday of each month) - 10-11:30am

HENRY Preparation for Parenthood  
(Day/Time TBC)

Contact your local Health Visiting Service for more  
information - 01642 444011



# 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 environment. Aimed at children aged 3 -7 years. Referral/booking via Family Hubs.

## 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.

## 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 information.

# Activity Planner

## Redcar Area



## Dormanstown Family Hub

South Avenue  
Dormanstown  
TS10 5LL

01642 492940

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

## Redcar Coast Family Hub

Rainbow Lane  
Redcar  
TS10 1RR

01642 776030

Open  
Monday  
9am - 2pm  
Tuesday - Thursday  
9am - 5pm

## Green Gates Family Hub

Keilder Close  
Redcar  
TS10 4HS

01642 759070

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

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

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