

# Session descriptions

## Baby Buddies

Stay and play session for babies aged 0-12 months (non-walkers), general advice available

## Breast Friends

A social group for breastfeeding families and mums-to-be

## Bumps, Babies & Books

A softly lit, relaxed and calm storytelling session for bumps and babies (non-walkers)

## 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 in various local primary schools, for families of 3 to 4 year olds to support your child's speech. Booking required

## Forest School

A natural learning environment where children learn through playing and exploring. For ages 3-7. Booking required (chargeable session)

## 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 Sessions

We offer Healthy Teeth, Understanding Children's Behaviour, Looking After Ourselves, Starting Solids, Eating Well for Less, and Fussy Eating. Booking required

## Little Explorers

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

## Multiples Group

A special group for parents/carers of twins, triplets and more

## Mindful Makers

A gentle crafting session for parents that encourages connection and emotional wellness. Please speak to your Health Visitor or Family Hub

## Neonatal Peer Support Group

A safe and clean environment to support each other and your babies. JCUH Neonatal Outreach staff will attend group

## Parent/Carer Panel

If you are a parent/carers of a 0-2 year old, have your say and be part of shaping our Family Hubs services

## Preparation for Parenthood

Support your pregnancy and help give your new baby a great start in life. Invite via your Health Visitor

## Top to Toe Infant Massage

For babies from 6 weeks to 9 months, this session supports attachment, bonding, helping with sleep routines and colic. Booking required (chargeable sessions)

## Understanding Your Baby

A nurturing 6-week postnatal programme for parents and families of children aged 0-9 months. Booking required

## Wellbeing Walk & Talk

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

## Young Parents Group

If you are a new or expectant parent aged 21 or under, come and join us for a stay and play session

# Our additional support

## Aqua Natal Sessions

with Everyone Active, book via your midwife

## Birth Declarations

Register your baby's birth at our Family Hubs

## Daisy Chain Drop-in

Support for autistic and neurodivergent children, young people and adults

## Healthy Start Vitamins

Free NHS Vitamins for pregnant/breastfeeding mums-to-be and children under the age of 4

## Family Action Support

for new parents

## Healthy Start Card

Pre-loaded payment card to buy fruit & vegetables for eligible parents/carers

## Leo's Perinatal

Baby Loss Service

## Midwifery Appointments

## Milk-Free Weaning

with Children's Dieticians

## Parenting Courses

with Solihull Approach

## Speech and Language Support

with Speech and Language Therapists

## The Link

emotional support for families

## Volunteer Opportunities

Join us! Family Hubs are looking for volunteers in many roles

Visit our website to find out more about our additional support



Download our FREE Family Hubs App!



Visit our website!



Follow us on Facebook!



# 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 come to any hub across Redcar and Cleveland to ask for advice and support, or send us an email at [contactusfamilyhub@redcar-cleveland.gov.uk](mailto:contactusfamilyhub@redcar-cleveland.gov.uk)



Funded by  
UK Government

Visit our website to find out more about our sessions, including our referral only sessions







# Ormesby Family Hub

## Monday

Top to Toe Infant Massage - 10-11am  
(Booking required)

Breast Friends - 1:30-3pm

## Tuesday

Little Explorers - 10-11:30am

Sensory Kidz - 1-2pm  
(Referral required)

## Wednesday

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

## Thursday

Baby Buddies - 9:30-11am  
Health Drop In - 1-2:30pm



# Grangetown Family Hub

## Monday

Multiples Group  
(for twins and triplets) - 10-11am  
(Once per month, check Facebook for dates/times)

Mindful Makers - 1-2pm  
(Parents only, booking required)

## Tuesday

Baby Buddies - 9:30-11am

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

Breastfeeding Drop In - 1-2:30pm

## Wednesday

Little Explorers - 10-11:30am

Chat, Sing & Read - 1:30-2:30pm  
(Referral required)

## Thursday

Health Drop In - 9:30-11am  
Infant Massage - 1-2pm

## Friday

Wriggle, Read and Rhyme - 10-11am  
(Referral required)

## Saturday

Dads Group - 10-11:30am  
(3<sup>rd</sup> Saturday of each month)

The Link appointments available:  
Monday, Tuesday, Wednesday and Friday  
(Referral via The Link)



# South Bank Family Hub

## Monday

Little Explorers - 1:30-3pm

## Tuesday

Portage Family Group - 9:30am-3pm  
(Referral required)

## Wednesday

Health Drop In - 1-2:30pm

## Thursday

Understanding Your Baby - 10am-12pm  
(Booking required)

Forest School - 3:30-4:45pm  
(Referral/booking required)

## Friday

Baby Buddies - 10-11:30am

The following sessions are rotated across our  
Grangetown and South Bank hubs on a Thursday -  
1-2pm, contact us for more information:

HENRY Workshops - Starting Solids/Eating Well  
For Less/Fussy Eating  
(Booking required)

