

Session descriptions

Baby Buddies

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

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

Multiples Group

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

Parent/Carer Panel

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

Breast Friends

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

Early Words Together at 3

6 week programme delivered in various local primary schools, for families of 3 to 4 year olds to support your child's speech

HENRY Sessions

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

Mindful Makers

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

Preparation for Parenthood

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

Bumps, Babies & Books

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

Forest School

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

Little Explorers

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

Neonatal Peer Support Group

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

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)

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



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



Our additional support

Aqua Natal Sessions

with Everyone Active, book via your midwife

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

Leo's Perinatal

Baby Loss Service

Milk-Free Weaning

with Children's Dieticians

Speech and Language Support

with Speech and Language Therapists

Birth Declarations

Register your baby's birth at our Family Hubs

Family Action Support

For new parents

Healthy Start Card

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

Midwifery Appointments

Parenting Courses

with Solihull Approach

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 Redcar Area



Dormanstown Family Hub

South Avenue
Dormanstown
TS10 5LL

☎01642 492940

Open
Monday - Thursday
9am - 5pm
Friday
9am - 4:30pm

Green Gates Family Hub

Kielder Close
Redcar
TS10 4HS

☎01642 759070

Open
Monday - Thursday
9am - 5pm
Friday
9am - 4:30pm

Redcar Coast Family Hub

Rainbow Lane
Redcar
TS10 1RR

☎01642 776030

Open
Monday - Thursday
9am - 5pm

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



Funded by
UK Government

Dormanstown Family Hub

Monday

Little Explorers - 9:30-11am

Infant Massage - 1-2pm

(Referral required)

Tuesday

Wriggle, Read & Rhyme - 9:30-11am

(Referral required)

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 - 1-2pm

(Referral required)

Thursday

HENRY Preparation for Parenthood

- 9:15-11:15am (Invite only)

Friday

Breast Friends - 10-11am



Green Gates Family Hub

Monday

Portage Family Group - 9:30-11am and 1-2:30pm

(Referral required)

Wellbeing Walk & Talk - 10-11:30am

Tuesday

Wriggle, Read & Rhyme - 9:30-11am

(Referral required)

Understanding Your Baby - 9:30-11:30am

Infant Massage - 1:30-2:30pm

(Referral required)

Wednesday

Milk Free Weaning - 10-11am

(Referral required)

HENRY Workshops - 10-11am

Neonatal Peer Support Group - 10-11:30am

Portage Family Group - 1-2:30pm

(Referral required)

Thursday

Forest School - 10-11:30am

(Booking required)

Mindful Makers - 10-11:30am

(Booking required)

Baby Buddies - 1-2:30pm

Friday

Little Explorers - 1-2:30pm

The 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 - 1-2:30pm

(Referral required)

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 - 10-11am

(Paid session)

Little Explorers - 1-2:30pm

Friday

Sensory Kidz - 9:30-10:30am

(Referral required)

Saturday

Dads Group - 10-11:30am

(2nd Saturday of each month)

HENRY Preparation for Parenthood

(Day/time TBC - contact your local Health Visiting

Service for more information - 01642 444011)

