

Session descriptions

Baby Buddies/Baby Café

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 delivered in various local primary schools for families of 3 to 4 year olds supporting your child's speech

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

Could you be our next Hub Hero and help shape the future of 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

Leo's Perinatal Baby Loss Service

Milk-Free Weaning

with Children's Dieticians

Speech and Language Support

with Speech and Language Therapists

Volunteer Opportunities

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

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 Togetherness (formerly Solihull Approach)

The Link

emotional support for families



Activity Planner

East Cleveland Area

Skelton Family Hub

(De Brus Site) 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 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

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



Download our FREE Family Hubs App!



Download on the App Store



GET IT ON Google Play

Visit our website!



Follow us on Facebook!





Loftus Family Hub

Monday

Bumps, Babies & Books - 10-11am

Tuesday

Little Explorers - 1:30-3pm
Birth Registrars - from 1pm
(Fortnightly, appointment only)

Thursday

Health Drop In - 9:30-11am
(Please arrive before 10:45am)
(Fortnightly, please contact your
Family Hub for details)
Baby Buddies/Baby Café
9:30-11am
Wellbeing Walk & Talk
11am-12:30pm



Skelton Family Hub

Monday

Little Explorers - 10-11:30am

Tuesday

Top to Toe Baby Massage - 10-11am
(paid session, booking required)
Birth Registrars from 1pm
(Fortnightly, appointment only)
Mindful Makers - 1-2:30pm
(Parents only, booking required)

Wednesday

Breast Friends - 9:30-11am
Health Drop In - 1-3pm
(Please arrive before 2:45pm)
Baby Buddies - 1:15-2:45pm

Thursday

Portage Family Group - 9:30-11am
(Referral required)
HENRY Preparation for Parenthood - 1-3pm
(Invite only)

Friday

Midwifery Appointments - 9am-4:30pm
(Booking via your midwife)
Sensory Kidz - 9:30-10:30am
(Referral required)
The 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/Healthy Teeth/Understanding Children's Behaviour/Looking After Ourselves (Booking required)

Guisborough Family Hub

Monday

Health Drop In - 9:30-11:30am
(Appointment only)
Baby Buddies - 10-11:30am
Forest School - 3:30-5pm
(Paid session, booking required)

Wednesday

Portage Family Group - 9:30-11am
(Referral required)
Breast Friends - 1:30-3pm

Friday

Little Explorers - 10-11:30am

Saturday

Dads Group - 10-11:30am
(4th Saturday of each month)

