

# 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

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

## Childminder Stay, Play and Screen

This session is to support Childminders to complete their Wellcomm assessments in a safe and welcoming environment. WellComm is designed to help identify if a child has speech, language or social communication needs and provide next steps.

**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

## 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 Togetherness (formerly 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)



# 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

Childminder Stay, Play and Screen  
(Fortnightly, starting 28th Jan) - 9:30-11:30am

## 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)

Childminder Stay, Play and Screen  
(Fortnightly, starting 12th Jan) - 1-3pm

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

## Tuesday

Baby Buddies - 9:30 -11am

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

## 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)**

