

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

Could you be our next Hub Hero and help shape the future of our Family Hubs services?

Understanding Your Baby

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

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



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)

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)

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

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

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)

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

Family Action Support

for new parents

Healthy Start Vitamins

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

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!



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GET IT ON Google Play

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

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



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
(3rd 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)**

