

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

Understanding Your Baby

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

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 delivered in various local primary schools, for families of 3 to 4 year olds to support 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)

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

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

Family Action Support

For new parents

Healthy Start Card

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

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!



Download on the App Store



GET IT ON Google Play

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

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

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





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 - 9:45-11:15am
(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)

