

# 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 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)

## 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

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

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 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 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](mailto:contactusfamilyhub@redcar-cleveland.gov.uk)

# 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  
(2<sup>nd</sup> Saturday of each month)  
HENRY Preparation for Parenthood  
(Day/time TBC - contact your local Health Visiting  
Service for more information - 01642 444011)

