Northumberland Family Hubs

November - December 2026

FREE

peep supporting parents and children to learn together

BEST START IN LIFE

UK Government

Family Hubs Here for everyone

Northumberland County Council

What's on at Blyth Central Family Hub

MONDAY

10:00 – 11:00
Terrific Toddlers 1-2yrs
Blyth Central Family Hub
Book Your Place

14:00 – 15:00
Playspace 0-5yrs
Blyth Central Family Hub
Volunteer led drop in

We also have sensory rooms at both Blyth Family Hub buildings, available to book free of charge. Contact your nearest hub for more information

TUESDAY

9:30 – 11:30
Stay & Play alongside Well Baby Clinic
Blyth Central Family Hub
Book for Well Baby Clinic via the Growing Healthy App / call 0300 3732488 or drop in for Stay & Play

13:00 – 14:00
Brilliant Babies 0-12mths
Blyth Central Family Hub
Book Your Place

15:45 - 16:45
Family Chill Out 4-11yrs
Blyth Central Family Hub
Drop in

WEDNESDAY

10:00 Meeting time
Bumps and Buggy Walks
Blyth Central Family Hub
Drop in

17:30 - 19:00
Free to Be 13-18yrs
Blyth Central Family Hub

FREE drop in with Citizens Advice Northumberland for advice on benefits, debts, housing and much more at Blyth Central on 2nd Wednesday of month 9am - 12pm

THURSDAY

9:00 – 16:00
Birth Registration
Blyth Central Family Hub
Book Your Appointment

13.00 - 14.30
Messy Stay and Play 0-5yrs
Blyth Central Family Hub
Drop in

15:30 - 16:30
Family Pop In
Blyth Central Family Hub
Drop in

FRIDAY

9:30 – 11:00
Stay and Play 0-5yrs
Blyth Central Family Hub
Drop in

13:30 – 14:30
CALM Stay and Play 0-5yrs
Blyth Central Family Hub
Drop in

15:30 - 17:00
SEND Family Chillout
Blyth Central Family Hub
Drop in

What is a Family Hub?

Family Hubs are welcoming places where families can access information, support, activities and services for children, young people and parents all in one place

How to book

Call your local family hub, or follow the QR code to our request form.

SCAN ME

Sign up for a group or session

Strong Beginnings

A 6 week programme with a focus on supporting your child/rens development

Pop In

Our staff will be on hand to answer questions, show you around the building and signpost you to any other services you may need

Blyth Central
103 Wright Street
BLYTH
NE24 1HG
01670 798800

Blyth West
Devonworth place
BLYTH
NE24 5AQ
01670 625574

Find us on Facebook:
South East Northumberland Family Hubs

We are looking for volunteers and family panel members. Please contact us for more information

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What's on at Blyth West Family Hub

MONDAY

9th November 9.30 - 11.30
Emergency First Aid
Blyth West Family Hub
Book Your Place

13:00 – 14:30
Stay and Play 0-5yrs
Blyth West Family Hub
Drop in

15:00 - 17:00
Bumps to Babies
Blyth West Family Hub
Book Your Place

TUESDAY

10:00 - 11:30
Empowering Parent Carers
Blyth West Family Hub
Book Your Place

10:00 – 11:00
Stay and Play Stories 0-5yrs
Blyth West Family Hub
Drop in

13:00 – 14:00
Face to face Workshops (PEEP)
Blyth West Family Hub
Book Your Place

WEDNESDAY

10:00 – 11:00
Brilliant Babies 0-12 Months
Blyth West Family Hub
Book Your Place

12.30 - 14.00
Feeding Friends
Blyth West Family Hub
Drop in

13.00 - 14.30
Well Baby Clinic
Blyth West Family Hub
Book your place via the Growing Healthy App / call 0300 3732488

THURSDAY

10:00 – 11:00
Stay and Play themed 0-5yrs
Blyth West Family Hub
Drop in

FREE drop in with Citizens Advice Northumberland for advice on benefits, debts, housing and much more at Blyth West on 2nd Thursday of month 9am - 12pm

FRIDAY

10:00 - 11:30
Early Communicators
Blyth West Family Hub
Book Your Place



We also have sensory rooms at both Blyth Family Hub buildings, available to book free of charge. Contact your nearest hub for more information

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What's on in Cramlington and Seaton Valley

MONDAY

10:00 – 11:00
Baby Stay and Play 0-12 mths
Cramlington Community Hub
Drop in



TUESDAY

9:30 - 11:30
Stay and Play alongside Well Baby Clinic
Cramlington Community Hub
Book for Well Baby Clinic via the Growing Healthy App / call 0300 3732488
or drop in for Stay & Play

10:00 - 11:00
Brilliant Babies 0-12mths
Welcome Church
Book Your Place

13:30 - 14:45
Early Communicators
Hareside Primary School
Book Your Place

WEDNESDAY

10:00 - 11:00
Stay and Play 0-5yrs
Astley Park Pavilion
Drop in



THURSDAY

26th November 9:30 - 11:30
Emergency First Aid
Cramlington Community Hub
Book Your Place

13:30 - 14:30
Stay and Play 0-5yrs
Cramlington Community Hub
Drop in

15:00 - 17:00
Bumps to Babies
Cramlington Community Hub
Book Your Place

FRIDAY

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How to Book

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SCAN ME

Sign up for a group or session

Blyth Central Family Hub
103 wright Street
Blyth
NE24 1HG

01670 798 800

Find us on Facebook:
South East Northumberland Family Hubs

We are looking for volunteers and family panel members. Please contact us for more information

Please get in touch for more information about our groups, sessions & digital offer

SCAN ME Sign up for a group or session

Online What's On Guide

Parent Support & Skills

Workshops and discussions helping parents and carers strengthen relationships and support their children's wellbeing.

Togetherness	Free digital programme providing tools to support parents/carers & young people at each developmental stage **togetherness.co.uk** access code - **HADRIAN**
Sleep Workshop	Support & guidance available from trained sleep awareness practitioners

Young Peoples offer

Sessions for young people at the family hub

Family Chill Out	An after school drop in for all of the family to come along, get homework completed, stay and play for a while and enjoy fun activities and games. For children aged 5-11 and their families. Younger siblings welcome
Free To Be	A group for members of the LGBTQIA+ community to come togetrher for fun, friendships and connection with others who undeerstand your experience. For 13-18yr olds

Additional Needs &/or Disabilities

Supportive sessions for children and young people with additional needs, and their families, to connect, relax, and share experiences.

Empowering Parents & Carers Programme	Supportive wellbeing course for parents/carers of children with additional needs and/or disabilities
SEND Family Chill Out	Regular relaxed after school sessions for all of the family. Parents/Carers are required to stay for the session
Calm Stay & Play	Quieter sessions, with no booking required

Early Learning & Play

Fun and engaging sessions helping you support your children's learning and development through everyday activities.

Brilliant Babies	Specially designed supportive groups for families with young babies
Terrific Toddlers	Meet other families with toddlers at these social sessions with topical themes
Early Communicators	For children between 15-36 months who are experiencing some difficulties with their understanding and/or use of language
Stay & Play	Regular fun sessions, with no booking required

Birth Registrations To register your baby and obtain their birth certificate, book via Birth Registration on the Northumberland County Council website or call on 0345 600 6400

Baby Support & Early Parenting

Friendly sessions for new and expectant parents to connect, learn, and explore their baby's growth and development together.

Building a Brain	A bitesize online workshop exploring brain development
Bumps to Babies	Antenatal workshops to prepare for babies arrival, mums, dads, partners and grandparents are welcomed.
Feeding Friends	NHS partner support with breastfeeding and more
Weaning Workshop	A guide to starting solid foods with your little one
Toilet Training Workshop	Practical advice for parents and carers beginning the toilet training journey
Wellbeing Service	Tailored support for Mums or Dads living in Northumberland who are expecting a baby or have a child under 2 years of age.
Well Baby Clinic	Have your baby weighed - book an appointment via the Growing Healthy 0-19 app or call 0300 373 2488