



# South East Northumberland Family Hubs – Blyth

## Janurary 2026



### MONDAY

5<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**

Drop-in  
Blyth West Family Hub  
1pm-2:30pm

**Henry Preparing For Parenthood**  
Blyth West Family Hub

3:30pm-5:30pm

### TUESDAY

6<sup>th</sup> Jan

**Weigh and Stay**  
Blyth Central Family Hub  
9:30-11:30am

**Calm stay and play**  
Blyth West Family Hub  
9:30-10:30am

**\*PEEP Babies**  
Blyth Central Family Hub  
1pm-2pm

**Family Drop In**  
Blyth Central Family Hub  
3.30pm-4:45pm

### WEDNESDAY

7<sup>th</sup> Jan

**\*PEEP Toddlers**  
Blyth Central Family Hub  
10am-11am

**Weigh Clinic**  
Health Team with Feeding friends  
Blyth West Family Hub  
12:30pm-3:00pm

**Free To Be**  
Blyth Central Family Hub  
4:30pm-7:45pm

**\*Empowering Parent/Carer Programme**  
Virtual  
6:30pm-7:30pm

### THURSDAY

8<sup>th</sup> Jan

**Birth Registration**  
Blyth Central Family Hub  
To register your new baby and obtain their birth certificate, book an appointment via Birth Registration on Northumberland County Council's website, or call on 0345 600 6400

**Baby stay and play (0 - 12mths)**  
Blyth Central Family Hub  
10am-11am

**\*Empowering Parent/Carer Programme**  
Blyth Central Family Hub  
1pm-2:30pm

### FRIDAY

9<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**  
Blyth Central Family Hub  
9:30am-11:00am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
10am-11:30am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
1:00 -2:30pm

**\*PEEP Babies**  
Warm Space Cramlington  
1:30pm-2:30pm

**AND Sensory Chillout**  
Blyth Central Family Hub  
4:00pm-5:30pm

\* Please note - any sessions with a \* in front require a request for service form to be completed.



# South East Northumberland Family Hubs – Blyth

## Janurary 2026



### MONDAY

12<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**

Drop-in  
Blyth West Family Hub  
1pm-2:30pm

**Henry Preparing For Parenthood**  
Blyth West Family Hub

3:30pm-5:30pm

### TUESDAY

13<sup>th</sup> Jan

**Weigh and Stay**  
Blyth Central Family Hub

9:30-11:30am

**Calm stay and play**  
Blyth West Family Hub

9:30-10:30am

**\*PEEP Babies**  
Blyth Central Family Hub

1pm-2pm

**Family Drop In**  
Blyth Central Family Hub

3.30pm-4:45pm

### WEDNESDAY

14<sup>th</sup> Jan

**\*PEEP Toddlers**  
Blyth Central Family Hub

10am-11am

**Weigh Clinic Health Team with Feeding friends**  
Blyth West Family Hub

12:30pm-3:00pm

**Free To Be**  
Blyth Central Family Hub

4:30pm-7:45pm

**\*Empowering Parent/Carer Programme**  
Virtual

6:30pm-7:30pm

### THURSDAY

15<sup>th</sup> Jan

**Birth Registration**  
Blyth Central Family Hub

To register your new baby and obtain their birth certificate, book an appointment via Birth Registration on Northumberland County Council's website, or call on 0345 600 6400

**Baby stay and play (0 - 12mths)**  
Blyth Central Family Hub  
10am-11am

**\*Empowering Parent/Carer Programme**  
Blyth Central Family Hub  
1pm-2:30pm

### FRIDAY

15<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**  
Blyth Central Family Hub  
9:30am-11:00am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
10am-11:30am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
1:00 -2:30pm

**\*PEEP Babies**  
Warm Space Cramlington  
1:30pm-2:30pm

**AND Sensory Chillout**  
Blyth Central Family Hub  
4:00pm-5:30pm

\* Please note - any sessions with a \* in front require a request for service form to be completed.



# South East Northumberland Family Hubs – Blyth

## Janurary 2026



### MONDAY

19<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**

Drop-in  
Blyth West Family Hub  
1pm-2:30pm

**Henry Preparing For Parenthood**  
Blyth West Family Hub

3:30pm-5:30pm

### TUESDAY

20<sup>th</sup> Jan

**Weigh and Stay**  
Blyth Central Family Hub

9:30-11:30am

**Calm stay and play**  
Blyth West Family Hub

9:30-10:30am

**\*PEEP Babies**  
Blyth Central Family Hub

1pm-2pm

**Family Drop In**  
Blyth Central Family Hub

3.30pm-4:45pm

### WEDNESDAY

21<sup>st</sup> Jan

**\*PEEP Toddlers**  
Blyth Central Family Hub

10am-11am

**Weigh Clinic**  
Health Team with Feeding friends  
Blyth West Family Hub

12:30pm-3:00pm

**Free To Be**  
Blyth Central Family Hub

4:30pm-7:45pm

**\*Empowering Parent/Carer Programme**  
Virtual

6:30pm-7:30pm

### THURSDAY

22<sup>nd</sup> Jan

**Birth Registration**  
Blyth Central Family Hub

To register your new baby and obtain their birth certificate, book an appointment via Birth Registration on Northumberland County Council's website, or call on 0345 600 6400

**Baby stay and play (0 - 12mths)**

Blyth Central Family Hub  
10am-11am

**\*Empowering Parent/Carer Programme**  
Blyth Central Family Hub  
1pm-2:30pm

### FRIDAY

23<sup>rd</sup> Jan

**PEEP Stay and Play (0-5yrs)**

Blyth Central Family Hub  
9:30am-11:00am

**\*PEEP Early Communicators**  
Blyth West Family Hub

10am-11:30am

**\*PEEP Early Communicators**  
Blyth West Family Hub

1:00 -2:30pm

**\*PEEP Babies**  
Warm Space Cramlington  
1:30pm-2:30pm

**AND Sensory Chillout**  
Blyth Central Family Hub  
4:00pm-5:30pm

\* Please note - any sessions with a \* in front require a request for service form to be completed.



# South East Northumberland Family Hubs – Blyth

## Janurary 2026



### MONDAY

26<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**

Drop-in  
Blyth West Family Hub  
1pm-2:30pm

**Henry Preparing For Parenthood**  
Blyth West Family Hub

3:30pm-5:30pm

### TUESDAY

27<sup>th</sup> Jan

**Weigh and Stay**  
Blyth Central Family Hub  
9:30-11:30am

**Calm stay and play**  
Blyth West Family Hub  
9:30-10:30am

**\*PEEP Babies**  
Blyth Central Family Hub  
1pm-2pm

**Family Drop In**  
Blyth Central Family Hub  
3.30pm-4:45pm

### WEDNESDAY

28<sup>th</sup> Jan

**\*PEEP Toddlers**  
Blyth Central Family Hub  
10am-11am

**Weigh Clinic**  
Health Team with Feeding friends  
Blyth West Family Hub  
12:30pm-3:00pm

**Free To Be**  
Blyth Central Family Hub  
4:30pm-7:45pm

**\*Empowering Parent/Carer Programme**  
Virtual  
6:30pm-7:30pm

### THURSDAY

29<sup>th</sup> Jan

**Birth Registration**  
Blyth Central Family Hub  
To register your new baby and obtain their birth certificate, book an appointment via Birth Registration on Northumberland County Council's website, or call on 0345 600 6400

**Baby stay and play (0 - 12mths)**  
Blyth Central Family Hub  
10am-11am

**\*Empowering Parent/Carer Programme**  
Blyth Central Family Hub  
1pm-2:30pm

### FRIDAY

30<sup>th</sup> Jan

**PEEP Stay and Play (0-5yrs)**  
Blyth Central Family Hub  
9:30am-11:00am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
10am-11:30am

**\*PEEP Early Communicators**  
Blyth West Family Hub  
1:00 -2:30pm

**\*PEEP Babies**  
Warm Space Cramlington  
1:30pm-2:30pm

**AND Sensory Chillout**  
Blyth Central Family Hub  
4:00pm-5:30pm

\* Please note - any sessions with a \* in front require a request for service form to be completed.

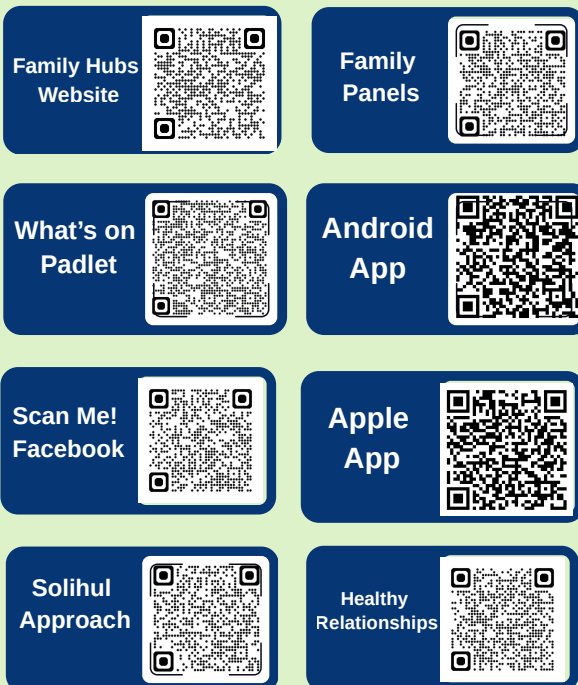


# South East Northumberland Family Hubs – Blyth

## January 2026



### QR Codes



### Descriptions

**Sensory Chilli Out (Additional Needs & Disabilities)** - For the whole family who have children with learning or physical disabilities.

**Calm Stay & Play (0-5 years)** - A quieter and more relaxed Stay and Play session for those with additional needs and/or disabilities

**PEEP Babies (0-12 months)\*** - 6 week course supporting you and your baby with helpful tips on play, communication & baby's development.

**PEEP Toddlers (1-2 years)\*** Free 6 week course for parents/carers to give activity ideas, tips and techniques to enable you to support your child/ren's development.

**PEEP Early Communicators (15mths -3 years)\*** - 6 week course to support your child's journey through language & communication, play stories & fun activities.

**PEEP Stay & Play 0-5years** - Sessions for families to play and explore together, gain tips and techniques to support your child's development.

**HENRY Workshops\*** - One off workshops - Starting Solids, Eating Well for Less, Understanding Behaviour & Fussy Eating & Looking After Ourselves.

**HENRY (0-5yrs)\*** - 8 week course, activities & strategies supporting good health, nutrition & exercise.

**Free to Be** - For young people 13-18 years who identify as LGBTQIA. Get support and advice, take part in activities and lots more. Free food/refreshments.

**Weigh & Stay** - Free session for parents/carers, have your baby/ies weighed, speak to a health professional. Stay and play together to explore activities and receive your baby book start pack. Book your appointment by ringing the single point of contact Health Team on 0300 3732488.

**Feeding Friends** - Come along for infant feeding advice and support, to have a chat and share tips with other parents

### Address'

- 📍 Blyth Central Family Hub  
103 Wright Street  
Blyth, NE24 1HG  
Tel:01670 798800
- 📍 Blyth West Family Hub  
Devonworth Place  
Blyth, NE24 5AQ  
Tel:01670 625574
- 📍 Astley Park Pavillion  
Seaton Delaval  
NE25 0AE
- 📍 Hop-in Building  
Hareside Primary School  
Cramlington, NE25 6BH
- 📍 Cramlington Community Hub  
Cramlington  
NE23 6YB
- 📍 Warm Space, Manor Walks  
Shopping Centre  
Cramlington, NE23 6UT

\* Please note - any sessions with a \* in front require a request for service form to be completed.