



South East Northumberland Family Hubs – Blyth

Janurary 2026



MONDAY

5th 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

6th 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

7th 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

8th 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

9th 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

12th 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

13th 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

14th 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

15th 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

15th 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

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South East Northumberland Family Hubs – Blyth

Janurary 2026

MONDAY

19th 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

20th 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

21st 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

22nd 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

23rd 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

South East Northumberland Family Hubs – Blyth

January 2026

MONDAY

26th 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

27th 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

28th 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

29th 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

30th 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

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South East Northumberland Family Hubs – Blyth

Janurary 2026



QR Codes



Family Hubs
Website



Family
Panels



What's on
Padlet



Android
App



Scan Me!
Facebook



Apple
App



Solihul
Approach



Healthy
Relationships



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