

South East Family Hubs February – March 2026

MONDAY

Toilet Training Workshop
Manor warms space in
between the CEX shop and
Bettini's coffee shop
10:00-11:00am
9th February
Booking essential

***PEEP toddlers**
Blyth Central Family Hub
10:00-11:00am
23rd February-1st April
(See page 2)

PEEP
Stay & Play
(0-5yrs) **Drop-in**
Blyth West Family Hub
1:00-2:30pm

Baby Stay & Play
(0-12mths)
Drop-in
Manor warms space in
between the CEX shop and
Bettini's coffee shop
1:00-2:00pm

***HENRY**
Preparing for Parenthood
Blyth West Family Hub
3:30 5:00pm
2nd March - 30th March

TUESDAY

Weigh and Stay
Blyth Central Family Hub &
Cramlington Community Hub
9:30-11:30am
Call 0300 3732488 to book
(See page 2)

CALM Stay & Play (Drop in)
Blyth West Family Hub
9:30-10:30am

Baby First Aid Awareness
Cramlington Community Hub
(next to Concordia)
10th February
9:30-11:00am
Booking essential Please call
01670 798800 / 625574

***PEEP Babies**
Blyth Central Family Hub
1:00-2:00pm
(See page 2)

***PEEP**
Early Communicators
Hareside Primary School
Cramlington
1:30-2:45pm
24th February-31st March

Family Drop In
Blyth Central Family Hub
3.30-4:45pm
see page 2

WEDNESDAY

PEEP Stay & Play
Drop-in
Astley Pavilion, Seaton
Delaval
10:00-11:00am

***PEEP Babies 0-12mths**
Manor warms space
Cramlington
10:00-11:00am
25th February-1st April
(See page 2)

***PEEP Early Communicators**
Virtual
10:00-11:30am
27th February-30th March
(See page 2)

Weigh Clinic Health Team
with Feeding Friends
Blyth West Family Hub
12:30-3:00pm
see page 2

***Empowering Parent/Carer**
Programme
Virtual
6:30-8:00pm
25th February-1st April
(See page 2)

Free To Be
Blyth Central Family Hub
4:30-7:15pm
(See page 2)

THURSDAY

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

Weigh Clinic
Seaton Delaval
Elsdon Avenue Church
10:00am-11:15am
(see page 2)

PEEP Stay & Play 0-5yrs
Drop-in
Cramlington Community Hub
(next to Concordia)
2nd Floor
1:30-2:30pm

***Empowering Parent/Carer**
Programme
Blyth Central Family Hub
1:00-2:30pm
26th February-2nd April
(See page 2)

FRIDAY

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

***PEEP Early Communicators**
Blyth West Family Hub
10:00-11:30am
27th February-30th March
(See page 2)

***PEEP Early Communicators**
Blyth West Family Hub
1:00 - 2:30pm
27th February-30th March
(See page 2)

***PEEP Babies 0-12mths**
Manor warms space in
between the CEX shop and
Bettini's coffee shop
1:30-2:30pm
27th February-30th March
(See page 2)

AND Sensory Chillout
Blyth Central Family Hub
4:00-5:30pm
(See page 2)

Blyth

Cramlington & Seaton Valley

***HENRY WORKSHOPS** - You can choose from one or more of our workshops

EATING WELL FOR LESS (0-12yrs) - UNDERSTANDING BEHAVIOUR (0-12yrs) - FUSSY EATING (1-7yrs) - LOOKING AFTER OURSELVES (0-12yrs) - STARTING SOLIDS (4-12yrs)
Complete a Request for Service form and a Family Hub practitioner will contact you.

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

PEEP Stay & Play 0-5years (previously known as LTTP 0-5)
Sessions for families to play and explore together, gain tips and techniques to support your child's development.

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.

CALM Stay & Play
A quieter and more relaxed Stay & Play session for those with additional needs and/or disabilities.

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

PEEP Preschool (2-4 years)*
6 weeks course providing tips and activity ideas to support your child's development in a fun and friendly group.

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

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

HENRY Preparing for Parenthood*
6 sessions to support families expecting a new baby from 20 weeks pregnant to birth.

HENRY Growing Up*
8 sessions to support families with children 4-12 years to improve their health and wellbeing. Open to all families.

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

Weaning Workshops
Co-delivered by Health & Family Hub Practitioners. To book please call your single point of contact Health team on 0300 3732488.

Family Cafe
Our family cafe offers a very relaxed session for you to come along and just see what we are all about. Staff will be on hand to answer any questions you may have. Lets chat over a cuppa.

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.

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

Emergency First Aid Awareness
Learn simple and easy techniques, jargon free to help you deal with common childhood incidents, injuries & occurrences.

Healthy Relationships (Virtual)*
Arguments are part of every healthy relationship for parents together or separated, but when they become frequent, intense and poorly resolved, they have a negative impact on you and your family. The Family Hub offers courses to support you and your family, click on the link for a membership form and to join courses.

Togetherness
Virtual sessions to support children's development. To access the sessions please use code HADRIAN.

Family Panels
Family panels are safe spaces for individuals and families to come together, share their thoughts, views and ideas to help shape the development of the Family Hubs

Empowering Parent & Carer Programme*
For parents/carers of a child/young person/adult up to 25 years with additional needs or disabilities.
6 weeks programme to help support your wellbeing.



***Please note request for service form to be completed.**

Address

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

QR Codes

Family Hubs Website



Family Panels



What's on Padlet



Growing Healthy Android



Scan Me! Facebook



Growing Healthy Apple App



Membership & Request for Service



Togetherness App



Healthy Relationships

