

What's on

January to March 2024



Bishop Auckland

We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.

Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.

Bishop Auckland Family Hub
Walker Drive, Bishop Auckland, DL14 6QL.
03000 266 390





Bishop Auckland

Bishop Auckland Family Hub What's On

EPEC Baby and Us (booking required)	Monday 9.30am-11.30am
Chill Kids (booking required)	Monday 4pm-5pm
Staying Cool Adult (booking required)	Monday 9am-4pm
Parenting when Separated (booking required)	Monday 9.30am-11.30am or Monday 12.30pm-2.30pm
Incredible Years (booking required)	Monday 12.45pm-2.45pm
Aqua Natal Class Teesdale Leisure Centre, DL12 8DS	Monday 9am-9.45am
Aqua Natal Class Woodhouse Close Leisure Complex, Woodhouse Lane, DL14 6JX	Wednesday 6.15pm-7.15pm Thursday 2.45pm-3.30pm
Growing Heathy Drop-in	Tuesday 9.15am-11.15am
Antenatal Breastfeeding Workshop (booking required)	Tuesday 1pm-2.30pm
Staying Cool Teen (booking required)	Tuesday 9.30am-2.30pm
DurhamWorks Drop-in	Tuesday 2pm – 4pm
DurhamLearn First Aid (booking required)	Tuesday 9.30am-4pm
Triple P Teen (booking required)	Wednesday 1pm-4pm

Starts 18 January 2024	Runs for 9 weeks,
Starts 8 January 2024	Runs for 6 weeks,
26 February 2024	Runs for 1 day
Starts 8 January 2024	Runs for 6 weeks
Starts 15 January 2024	Runs for 10 weeks,
	Every week
	Every week
2 January 2024 6 February 2024 5 March 2024	Runs for 1 session
12 March 2024	Runs for 1 day
	Every week
13 February 2024	Runs for 1 day
Starts 17 January 2024	Runs for 10 weeks

Sensory room available to book



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Birth Registrations (booking required)	Thursday
SENDIASS Drop-in	Thursday 9.30am-11.30am
Infant Feeding Support Group The Four Clocks Centre, DL14 7EH	Thursday 9.30am-11.30am
Young Parents Programme	Thursday
Teen Zone (booking required)	Thursday 4pm-5pm
Baby and Me	Friday 10am-11.30am
Toddler and Me	Friday 1.30pm-3pm
Staying Cool Family Learn (booking required)	Friday 9am-5pm
Daisy Chain Coffee Morning	Friday 10am-12pm
Fathers Making Maths Fun* (booking required)	Friday 12.30pm-3pm
Super Spreadsheets for Beginners (booking required)	Friday 12.30pm -3pm

25 January 2024 29 February 2024 28 March 2024	Every month
11 January 2024 8 February 2024 14 March 2024	Every month
	Every week
Starts February 2024	Runs for 12 weeks
Starts 29 February 2024	Runs for 5 weeks
	Every week
	Every week
19 January 2024	Runs for 1 day
26 January 2024 22 March 2024	
Starts 5 January 2024	Runs for 3 weeks (not 19 January 2024)
Starts 23 February 2024	
Starts 2 February 2024	Runs for 3 weeks
Starts 15 March 2024	

Contact the Family Hub to book a place



Bishop Auckland

EPEC Baby and Us- is an 8 week course for parents or carers of babies under the age of one. It is delivered by trained parents who understand your experience, and aims to give you more confidence in your role as a parent.

Chill Kids - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them.

Staying Cool Adult - For adults looking at anger management and ways to deal with these feelings.

Parenting when Separated - Is a 6 week course for parents who are preparing for, going through, or have gone through separation or divorce, to help you and children cope.

Incredible Years - For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour.

Aqua Natal Class – For mothers-to-be, providing a fun safe way to exercise your body and mind during pregnancy. Classes are £3 per session.

Growing Heathy Drop-in - Ask the Health Visiting Team any questions about your child's health and development.

Antenatal Breastfeeding Workshop - For parents-to-be and their support to learn about breastfeeding their baby.

Staying Cool Teen – For teenagers looking at anger management and ways to deal with these feelings.

Durham Works Drop-in- support to help 16–24-year-olds into education, employment or training.

DurhamLearn First Aid - For parents and carers to learn the basics to help keep your family safe. To book email durhamlearn@durham.gov.uk

Triple P Teen - For parents/carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy and happy teenagers, and to improve family relationships.

SENDIASS Drop-in - For parents/carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

Infant Feeding Support Group - Support for parents and carers around feeding their baby or child.

Young Parents Programme - For young parents aged between 16-21 years old or 25 year with SEND, from 24 weeks pregnant or have a child.

Birth Registration - Register the birth of your baby within 42 days from birth. Call 03000 266000 to book.

Incredible Years - For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem.

Baby and Me - For parents/carers and their child aged 0-12 months. An informal group that includes baby massage, song and rhyme and activities to help your child's development.

Toddler and Me - For parents/carers and their child aged 1-2 years old. An informal group, each week focuses on a different aspect of your child's development.

Staying Cool Family Learn - For parents and teenagers looking at anger management and ways to deal with these feelings.

Daisy Chain Coffee Morning - Peer support for parents and carers of children who are neuro diverse, no formal diagnosis needed.

DurhamLearn Multiply Fathers Making Maths Fun - This course will help you create fun ways of learning maths for you and your child; this can be through playing games, coding secret messages, or even using your hobbies. Come along and find out more about this course and have a fun time! To book, contact multiply@durham.gov.uk

DurhamLearn Multiply Super Spreadsheets for Beginners - Spreadsheets can be a great tool to help you understand your spending habits and is one of the skills employers are looking for. To book, contact multiply@durham.gov.uk

To register with your Family Hub visit
www.durham.gov.uk/FamilyHubsRegistration
or scan



Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs