

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.

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

Growing Healthy Drop-In - Drop in to ask the Health Visiting Team any questions about your child's health and development.

Staying Cool Young Person - For teenagers looking at anger management and ways to deal with these feelings.

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

Antenatal Infant Feeding Workshop - Support for parents-to-be to learn about feeding and caring for your baby.

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.

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

SENDIASS Drop-in - For parents/carers of families with SEND, drop in for impartial information or advice.

Incredible Babies - For parents/carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.

Triple P Stepping Stones - For parents/carers of children aged 0-12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential.

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

What's on

January to March 2024



Newton Aycliffe

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.

Newton Aycliffe Family Hub
Stephenson Way, Newton Aycliffe, DL5 7DD.
03000 263 666





Newton Aycliffe Family Hub What's On

Toddler and Me	Monday 9.30am-11am		Every week
Infant Feeding Support Group	Monday 1pm-2.30pm	15 and 29 January 2024 5 and 19 February 2024 4 and 18 March 2024	Every 2 weeks
Growing Healthy Drop-in	Tuesday 9.30am-11.15am		Weekly
Staying Cool (booking required)	Tuesday 12.30pm-3pm	Starts 23 January 2024	Runs for 2 weeks
Teen Zone (booking required)	Tuesday 4pm-5pm	Starts 27 February 2024	Runs for 6 weeks
Antenatal Infant Feeding Workshop (booking required)	Tuesday 1pm-2pm Wednesday 1pm-2pm	2 or 3 January 2024 6 or 7 February 2024 5 or 6 March 2024	Runs for 1 session
Baby and Me	Wednesday 9.30am -11am		Every week
Chill Kids (booking required)	Wednesday 4pm-5pm	Starts 10 January 2024 Starts 28 February 2024	Runs for 6 weeks
SENDIASS Drop-in	Wednesday 12.45pm-2.45pm	10 January 2024 14 February 2024 13 March 2024	Every month
Incredible Babies (booking required)	Friday 9.30am-11.30am	Starts 12 January 2024	Runs for 10 weeks
Triple P Stepping Stones (booking required)	Friday 12.30pm-2.30pm	Starts 12 January 2024	Runs for 10 weeks

Contact the Family Hub to book a place