



South Tyneside Council



WHAT'S ON GUIDE

APRIL TO JULY 2025

Riverside, All Saints, & Marine Park
Family Hubs



For additional seasonal activities, scan the QR code and check out our website



Department
for Education

VISIT OUR
WEBSITE:
SCAN ME



TO REGISTER
SCAN ME



MONDAY

Learning with Play

Riverside
(0-4 years)

1:30pm - 2:30pm



Ocean Road Youth Project

Ocean Road Centre
(8-11 years)

6:00pm - 7:30pm

TUESDAY

Weigh Clinic

Marine Park

9:30am - 10:30am

Appointment only

To book call

0191 283 2677



Learning with Play

Riverside

(0-1 years)

10:00am - 11:00am

WEDNESDAY

Learning with Play

All Saints

(0-4 years)

9:30am - 10:30am

Mum's Talk

Riverside

(For mum's with children under 2)

Cognitive Behaviour Therapy Group

10:00am - 12:00pm

To book call Lifecycle on 0191 283 2937

Learning with Play

All Saints

(0-4 years)

11:00am - 12:00pm

THURSDAY

Learning with Play

Marine Park

(0-1 years)

10:00am - 11:00am

Foster Carer Group

All Saints

Every Fortnight

10:00am - 12:00pm

Learning with Play with no age limit

Learning with Play

Marine Park

(0-4 years)

1:30pm - 2:30pm

Twins, Triplets and more

All Saints

(0-2 years)

1:30pm - 2:30pm

Ocean Road Youth Project

Ocean Road Centre
(12-16 years)

6:00pm - 7:30pm

FRIDAY

Learning with Play

All Saints

(0-1 years)

9:30am - 10:30am

Weigh Clinic**

All Saints

9:30am - 11:00am

Appointment only

To book call

0191 283 2677

Breastfeeding Support Group

All Saints

11:00am - 12:00pm

Learning with Play SEND

All Saints

(0-4 years)

1.30pm - 2:30pm

Learning with Play (dads only)

Riverside

1:30pm - 2:30pm



THE DAD PAD

The app covers topics such as:

- Feeding, holding, changing and cleaning your baby
- Surviving without sleep and coping with crying
- Getting to know your baby
- Home safety and first aid
- Looking after yourself and supporting your partner

DOWNLOAD NOW

You can download the brand new DadPad app platform www.thedadpad.co.uk/app



** To book a Weigh Clinic appointment please ring 0191 283 2677 To book a space on an activity contact: All Saints: 0191 420 7657 Riverside: 0191 423 4971 Marine Park: 0191 456 5418

Other courses on offer

Baby Massage (From birth to aged 1)

Learn different massage strokes, strengthen your bond with your baby and meet other parents/carers.

First Aid Awareness Courses

Paediatric First Aid course ran by St John's Ambulance that highlights how to respond in the first instance when first aid is required (focus is children under 1 year).

HENRY

Preparation for Parenthood

A six-week programme to help expectant parents develop a healthy lifestyle for themselves and their baby whilst preparing for birth and caring for a new baby.

Starting Solids

An interactive session that will explore the taste journey children have when they start solid food and support you to wean your child.

Healthy Families Right From the Start

An eight-week programme that supports families with young children to develop healthy lifestyles. This programme is a universal service for families with children aged 0-5.

Workshops

90 Minute Workshops exploring Fussy Eating, Looking after ourselves, Eating well for less, Healthy Teeth and Understanding Behaviour.

Antenatal Solihull

A 4-week programme exploring the stages of labour and getting to know and care for your baby.

First Words/Early Words Together

A five and six-week programme for families to support their baby or toddler to learn how to talk, develop communication and spend quality time with their child.

Triple P Baby (0-12 months)

A four-week programme made up of four sessions, followed by four individualised one-to-one sessions to help new parents transition to parenthood. Find out about sensitive and responsive parenting and take part in activities to develop positive relationships with your baby.

Triple P (6-19 years)

A programme to give parents and carers simple and practical strategies to help them build strong healthy relationships and confidently manage their children's behaviour.

GroBrain

Grobrain is a 4-week baby course for parents and carers of babies pre-birth to 12 months. This course focusses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life.

Solihull Parenting programme

(0-5 years/6-19 years)

The Solihull Approach 8-week course aims to promote emotional health and well-being in children and families, and includes a range of strategies to enhance parent/child relationships.

VIG (Video interaction Guidance)

The VIG Practitioner will share various video clips with you detailing the best moments of your parent/ child interaction.