



# WHAT'S ON GUIDE

## APRIL TO JULY 2025

**Horsley Hill, Ridgeway, Whitburn  
and Marsden 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  
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## MONDAY

### Learning with Play

Whitburn & Marsden  
(0-4 years)  
1:30pm - 2:30pm



### Horsley Hill Youth Group

Marsden Road  
Health Centre  
5:15pm - 6:15pm  
(8 years - end of Year 6)  
6:45pm - 8:00pm  
(7-11 years)

**New sensory room  
now available for  
families to book at  
Ridgeway Family Hub**

Please contact the Hub  
to book an appointment

## TUESDAY

### Learning with Play SEND

Horsley Hill  
(0-4 years)  
10:00 am - 11:00am

### Kalma Baby Yoga

Whitburn and Marsden  
(Toddlers crawling - 2 years)  
9.30am - 10.15am  
(Six-weeks to crawling)  
10:30am - 11.15am  
To book email  
[melissa@sunderland.kalmalifeuk.co.uk](mailto:melissa@sunderland.kalmalifeuk.co.uk)



### Learning with Play

Horsley Hill  
(0-4 years)  
1:30pm - 2:30pm

## WEDNESDAY

### Little Hearoe's Group

Horsley Hill  
9:30am - 11:00am  
(Referral based only)

### Learning with Play

Ridgeway  
(0-1 years)  
9:30am - 10:30am

### Weigh Clinic\*

Horsley Hill  
1:30pm - 3:30pm

### NICU Stars NICU Movers

Horsley Hill  
Every Fortnight  
1:15pm - 3:15pm  
(Referral based only)

### Horsley Hill Youth Group

Marsden Road  
Health Centre  
5:15pm - 6:15pm  
(8 years - end of Year 6)  
6:45pm - 8:00pm  
(7-11 years)

## THURSDAY

### Learning with Play

Ridgeway  
(0-4 years)  
10:30am - 11:30am

### Infant Feeding

Whitburn & Marsden  
10:30am - 11:30am



### Learning with Play

Horsley Hill  
(0-1 years)  
1:00pm - 2:00pm

### Learning with Play SEND

Ridgeway  
(0-4 years)  
1:00pm - 2:00pm

## FRIDAY

### Learning with Play

Whitburn & Marsden  
(0-1 years)  
10:00am - 11:00am

### Horsley Hill Youth Project

Marsden Road  
Health Centre  
5:15pm - 6:15pm  
(8 years - end of Year 6)  
6:45pm - 8:00pm  
(7-11 years)

UNDERSTANDING YOUR SELF  
  
SOLIHULL APPROACH

### SOLIHULL DIGITAL OFFER

- Check out our FREE online courses nurturing emotional health and wellbeing from bump to 19+ years.
- Enter our exclusive South Tyneside ACCESS Code: **FOREVERYFAMILY** for lifetime free access in your own time.

DISCOVER  
MORE  
SCAN ME



\* To book a Weigh Clinic appointment please ring **0191 283 2677** To book a space on an activity contact: Horsley Hill: 0191 456 9404 Ridgeway: 0191 456 7751 Whitburn: 0191 456 9404

## 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.