



South Tyneside Council



FOR *every*  
FAMILY  
SOUTH TYNESIDE FAMILY HUBS

# WHAT'S ON GUIDE

## SEPTEMBER TO DECEMBER 2025

### Hebburn, Jarrow, and Primrose 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

Hebburn  
(1-4 years)  
10:00am - 11:00am

### Learning with Play

Hebburn  
(0-1 years)  
1:00pm-2:30pm

### Baby Well Clinic\*\*

Primrose  
1:30pm - 2:30pm



### Hartleyburn Youth Project

Hartleyburn  
Community Centre  
(Juniors)  
6:30pm - 8:30pm

### The Pavilion Youth Project

Valley View Park  
(Seniors)  
6:00pm - 8:00pm

## TUESDAY

### Learning with Play

Jarrow  
(0-4 years)  
1:30pm - 2:30pm



### FAB Youth Project

Jarrow Focus  
(ages 8-10 with SEND)  
5:30pm - 7:30pm  
Referral only please email:  
[youthservice@  
southtyneside.gov.uk](mailto:youthservice@southtyneside.gov.uk)

## WEDNESDAY

### Baby Well Clinic\*\*

Hebburn  
9:30am- 11:30am

### Breastfeeding Support Group

Hebburn  
11:00am-12:00pm

### FAB Youth Project

Jarrow Focus  
(ages 11-16 with SEND)  
5:30pm - 7:30pm  
Referral only please email:  
[youthservice@  
southtyneside.gov.uk](mailto:youthservice@southtyneside.gov.uk)

## THURSDAY

### Growing Together - Young Parents Group

Hebburn  
(0-4 years)  
11:00am-12:00pm

### Learning With Play SEND

Hebburn  
(0-4 years)  
1:30pm-2:30pm

### The Pavilion Youth Project

Valley View Park  
(Juniors)  
5:00pm - 7.00pm

### Hartleyburn Youth Project

Hartleyburn  
Community Centre  
(Seniors)  
5:00pm-7:00pm



## FRIDAY

### Twins, Triplets and More

Hebburn  
(0-4 years)  
10:00am-11:30am



### Learning With Play

Primrose  
(0-4 years)  
10:00am-11:30am

#### 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



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](http://www.thedadpad.co.uk/app)



## 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.

### **HENRY**

#### **Preparation for Parenthood**

A six-week programme to help expectant parents develop a healthy lifestyle for themselves and their 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.

#### **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 developing 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.

#### **GroBrain Toddler**

GroBrain Toddler course is for parents and carers of infants aged 1-3 years. The Toddler Course builds on the Baby Course, giving fresh insights from neuroscience into toddler behaviour to help parents/carers lay strong foundations for their child's emotional wellbeing.

#### **Solihull Parenting programme**

(0-5 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

#### **Solihull Antenatal**

Solihull Antenatal is a four-week programme for all expectant parents. It provides parents-to-be with all the information and practical skills they need to feel confident about making the right choice for their new baby. Parents are encouraged to think about the kind of support they would like during labour and delivery as well as learning how they can get to know their child before they are even born!