



WHAT'S ON GUIDE

SEPTEMBER TO DECEMBER 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
(0-1 years)

9:30am-10:30am



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

Breastfeeding Support Group

Marine Park

9:30am-10:30am

Baby Well Clinic**

Marine Park
(0-1 years)

9:30am-10:30am



Learning with Play SEND

All Saints
(0-4 years)

9:30am-10:30am

Growing Together - Young Parents Group

Riverside
(0-4 years)

1:30pm-3:00pm

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
No age limit

10:00am-12:00pm

Learning with Play

Marine Park
(0-4 years)

1:30pm - 2:30pm

Twins, Triplets and More

All Saints
(0-4years)

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

Baby Well Clinic**

All Saints
(0-1 years)

9:30am - 11:00am

Breastfeeding Support Group

All Saints

11:00am - 12:00pm



Learning with Play

Dads Group
Riverside

1:30pm-2:30pm

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!