



South Tyneside Council



FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

WHAT'S ON GUIDE

SEPTEMBER TO DECEMBER 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
SCAN ME



MONDAY

Twins, Triplets and more

Ridgeway
(0-4 years)
10:00am-11:00am

Grandparents Learning with Play

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

NICU Stars

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

Learning with Play

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

Horsley Hill Youth Project

Marsden Road Health &
Wellbeing Centre
(Juniors)
5:15pm-6:30pm
(Seniors)
6:45pm-8:00pm

TUESDAY

Learning with Play SEND

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



Learning with Play

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



WEDNESDAY

Little Heroes' Group

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

Learning with Play

Whitburn and Marsden
(0-1 years)
9:30am-10:30am

Learning with Play

Ridgeway
(0-4 years)
9:30am-10:30am

Baby Well Clinic**

Horsley Hill
1:30pm-3:30pm

Horsley Hill Youth Project

Marsden Road Health &
Wellbeing Centre
(Juniors)
5:15pm-6:30pm
(Seniors)
6:45pm-8:00pm

THURSDAY

Learning with Play

Ridgeway
(0-1 years)
10:00am-11:00am

Breastfeeding Support Group

Ridgeway
11:00am-12:00pm



Learning with Play

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



FRIDAY

Horsley Hill Youth Project

Marsden Road Health &
Wellbeing Centre
(Juniors)
5:15pm-6:30pm

Horsley Hill Youth Project

Marsden Road Health &
Wellbeing Centre
(Seniors)
6:45pm-8:00pm

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 Baby Well 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.

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!