



South Tyneside Council



FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

BABY WEEK



Horsley Hill, Ridgeway, Whitburn & Marsden Family Hubs

For more information and/or to book a space on an activity contact:

Horsley Hill: 0191 456 9404 | Ridgeway: 0191 456 7751 | Whitburn: 0191 456 9404

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WHAT'S ON GUIDE

Horsley Hill, Ridgeway, Whitburn & Marsden Family Hubs

BABY WEEK



14-20 November 2025

FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

Friday 14th November

**Tiny Lives
Kalma Yoga*****
Newborn and
Nurture Massage
Ridgeway
1:00pm-2:00pm

**Tiny Lives
Kalma Yoga*****
Baby Yoga
Ridgeway
2:00pm-3:00pm

TOGETHERNESS

Bringing the Solihull Approach to the world

Free learning resources for healthier relationships and healthier lives.

Access these courses for free by entering the code: **ForEveryFamily**

**DISCOVER
MORE
SCAN ME**



Monday 17th November

**Twins, Triplets
and More***
Play, Laugh, Grow
Ridgeway
(0-4 years)
10:00am-11:00am

Grandparents Group
Together We Thrive
Horsley Hill
(0-4 years)
10:00am-11:00am

NICU Stars
Horsley Hill
1:15pm-3:15pm
Referral only

**Learning With Play
Healthy Hearts
and Hands**
Whitburn & Marsden
(0-4 years)
1:30pm-2:30pm

Tuesday 18th November

Baby Massage*
Ridgeway
10:00am-11:00am
**Learning with Play
SEND**

Play, Laugh, Grow
Horsley Hill
(0-4 years)
10:00am-11:00am

**Mammalates with
Leisure Services***
Horsley Hill
12:30pm-1:30pm

A gentle Pilates class designed to aid in recovery after birth. Mums are welcome to bring little ones.

To participate mums should be 6 weeks after natural delivery and 12 weeks for C-section postpartum.

**Learning With Play
Healthy Hearts and Hands**
Horsley Hill
(0-4 years)
1:30pm-2:30pm

Wednesday 19th November

Little Hearoes
Horsley Hill
9:30am-11:00am
Referral only

**Learning With Play
Jiggle and Wiggle
Song Time**
Whitburn & Marsden
(0-1 years)
9:30am-10:30am

**Learning With Play
Healthy Hearts
and Hands**
Ridgeway
(0-4 years)
9:30am-10:30am

Well Baby Clinic**
Horsley Hill
1:30pm-3:30pm

Thursday 20th November

GroBrain*
Horsley Hill
9.30am-11.30am

**Learning With Play
Baby Bookworms**
Ridgeway
(0-1 years)
10:00am-11:00am

Tiny Tweeties*
Jiggle and Wiggle
Session
Ridgeway
10:00am-10:30am
10:45am-11:15am

**Breastfeeding
Support Group**
Ridgeway
11:00am-12:00pm

**Learning With Play
Baby Bookworms**
Horsley Hill
(0-1 years)
1:00pm-2:00pm

** To book a Well Baby Clinic appointment please ring **0191 283 2677** *** To book Tiny Lives/Kalma Yoga visit www.kalmalifeuk.co.uk/south-tyneside

*To book a space on an activity please contact the hosting Family Hub: Horsley Hill: 0191 456 9404 Ridgeway: 0191 456 7751 Whitburn: 0191 456 9404



Tel: 0800 783 4645

Web: www.southtynesidefamilyhubs.co.uk

Email: familyhubs@southtyneside.gov.uk