



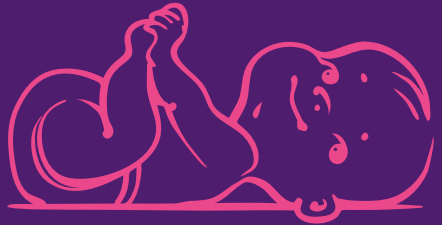
South Tyneside Council



FOR *every*
FAMILY

SOUTH TYNESIDE FAMILY HUBS

BABY WEEK



All Saints, Riverside and Marine Park Family Hubs

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

All Saints: 0191 420 7657 | Riverside: 0191 423 4971 | Marine Park: 0191 456 5418

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WHAT'S ON GUIDE

All Saints, Riverside and Marine Park Family Hubs

BABY WEEK

14-20 November 2025



FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

Friday 14th November

Well Baby Clinic**

All Saints
9:30am-11:00am

Baby Bloom*

All Saints
(0-1 years)
10:00am-10:45am

Breastfeeding Support Group Boogie Babies*

All Saints
11:00am-12:00pm

Dad's Group Rhyme Time

Riverside
1:30pm-2:30pm

Baby Massage*

Marine Park
1:30pm-2:30pm

Monday 17th November

Baby Bop and Baby Bookworms*

Riverside
9:30am-10:30am

Parachute Games

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

Triple P Baby

All Saints
1:30pm-2:30pm

Mammalates*

All Saints
3:00pm-4:00pm

A gentle Pilates class designed to aid in recovery after birth. Mums are welcome to bring little ones into class (if they wish to) and we recommend they are in a pram or similar for health and safety reasons.

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

Tuesday 18th November

Well Baby Clinic**

Marine Park
9:30am-10:30am

Breastfeeding Support Group Boogie Babies*

Marine Park
9:30am-10:30am

Music and Movement SEND

All Saints
(0-4 years)
9:30am-10:30am

Growing Together - Young Parents Group Jiggle and Giggle

Riverside
(0-4 years)
1:30pm-3:00pm

Wednesday 19th November

Parachute Games

All Saints
(0-4 years)
9:30am-10:30am



Parachute Games

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

Thursday 20th November

Baby Bloom*

Marine Park
(0-1 years)
10:00am-10:45pm

Jiggle and Giggle

Marine Park
(0-4 years)
1:30pm-2:30pm

Tweenie Time Twins, Triplets and more

All Saints
0-4 years
1:30pm - 2.30pm

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
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** To book a Well Baby Clinic appointment please ring **0191 283 2677**

*To book a space on an activity please contact the hosting Family Hub: All Saints: 0191 420 7657 Riverside: 0191 423 4971 Marine Park: 0191 456 5418



Tel: 0800 783 4645

Web: www.southtynesidefamilyhubs.co.uk

Email: familyhubs@southtyneside.gov.uk