

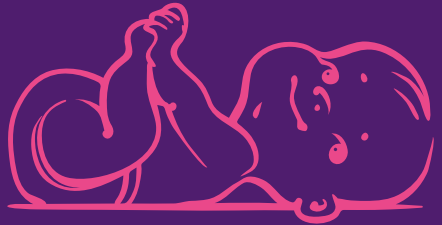


South Tyneside Council

FOR *every*
FAMILY

SOUTH TYNESIDE FAMILY HUBS

BABY WEEK



Hebburn, Jarrow & Primrose Family Hubs

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

Hebburn: 0191 428 7650 | Jarrow: 0191 483 6630 | Primrose: 0191 424 4900

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WHAT'S ON GUIDE

Hebburn, Jarrow & Primrose Family Hubs

BABY WEEK



14-20 November 2025

FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

Friday 14th November

Twins Triplets and More
(Walking in a twin wonderland, explore winter activities using our senses!)

Hebburn

10:00am-11:30am

Learning with Play (Owl Babies)

Primrose

(0-4 years)

10:00am-11:30am

Mammalates with Leisure Services

Hebburn

3:00pm-4:00pm

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

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

Monday 17th November

Learning with Play
(That's not my monster)

Hebburn

(0-4 years)

10:00am-11:00am



Learning with Play
(Bloom Session)*

Hebburn

(0-1 years)

1:00pm-2:30pm

Well Baby Clinic**

Primrose

1:30pm- 2:30pm

Tuesday 18th November

Fussy Eating*

Primrose

10:00am-11:00am

Learning with Play
(Guess how much I love you)

Jarrow

(0-4 years)

1:30pm-2:30pm

Wednesday 19th November

Well Baby Clinic**

Hebburn

9:30am- 11:00am

Breastfeeding Support Group

Hebburn

11:00am-12:00pm

Thursday 20th November

Growing Together – Young Parents' Group
(10 little fingers
10 little toes)

Hebburn

11:00am-12:00pm

Learning with Play SEND
(Peek a Boo)

Hebburn

(0-4 years)

1:30pm-2:30pm

TOGETHERNESS

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Anya app provides parents and parents-to-be with vital support on their breastfeeding and parenting journey, anytime, anywhere.

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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: Hebburn: 0191 428 7650 Jarrow: 0191 483 6630 Primrose: 0191 424 4900



Tel: 0800 783 4645

Web: www.southtynesidefamilyhubs.co.uk

Email: familyhubs@southtyneside.gov.uk