South Tyneside Council

FOR every FAMILY
SOUTH TYNESIDE FAMILY HUBS

# WHAT'S ON GUIDE

## JANUARY TO MARCH 2026

## Riverside, All Saints, & Marine Park Family Hubs

For additional seasonal activities, scan the QR code and check out our website

BEST START IN LIFE | FAMILY HUBS

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

**Well Baby Clinic****
Marine Park
**9:30am-10:30am**

**Breastfeeding Support Group**
Marine Park
**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**

**Learning with Play**
All Saints
(0-4 years)
**11:00am-12:00pm**

**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**

## 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
(0-4 years)
**1:30pm-2:30pm**

**Ocean Road Youth Project**
Ocean Road Centre
(12-16 years)
**6:00pm - 7:30pm**

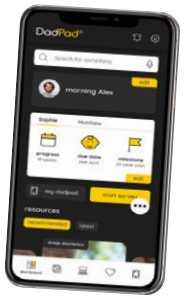
## FRIDAY

**Learning with Play**
All Saints
(0-1 years)
**9:30am - 10:30am**

**Weigh Clinic****
All Saints
**9:30am - 11:00am**

**Breastfeeding Support Group**
All Saints
**11:00am - 12:00pm**

**Learning with Play Dads Group**
Riverside
**1:30pm-2:30pm**



# THE DAD PAD

**The app covers topics such as:**

- Feeding, holding, changing and cleaning your baby
- Surviving without sleep and coping with crying
- Getting to know your baby
- Home safety and first aid
- Looking after yourself and supporting your partner

**DOWNLOAD NOW**

You can download the brand new DadPad app platform **www.thedadpad.co.uk/app**

The Dad Pad®

Download on the App Store

GET IT ON Google Play

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

**Siblings welcome**

## 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 course 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 course that supports families with young children to develop healthy lifestyles. This course 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 course 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 course 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 course 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 focuses 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.

**Togetherness Understanding your child**
(0-5 years)
This 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

**Togetherness Antenatal**
Togetherness Antenatal is a four-week course 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!