



FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

STORY TELLING WEEK

2ND FEBRUARY - 8TH FEBRUARY



WHAT'S ON GUIDE
**Horsley Hill, Ridgeway, Whitburn
and Marsden Family Hubs**



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

Supported by



South Tyneside Council

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WEBSITE:
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TO REGISTER
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Mon 2nd February

Twins, Triplets and More (Incy, Wincy Explorers)

Ridgeway
(0-4 years)

10:00am-11:00am

Bugs at the ready,
let's explore.

Grandparents Group (Incy, Wincy Explorers)

Horsley Hill
(0-4 years)

10:00am-11:00am

Bugs at the ready,
let's explore.

NICU Stars

Horsley Hill
(0-4 years)

1:15pm-3:15pm

(Referral based only)

Learning with Play (Bugs and Books)

Whitburn & Marsden
(0-4 years)

1:30pm-2:30pm

Get your magnifying
glass at the ready for
bug hunting fun.

Tue 3rd February

Learning with Play SEND (Creepy, Crawly Senses)

Horsley Hill
(0-4 years)

10:00am-11:00am

All things creepy, crawly,
using all of our senses
to explore.



Learning with Play (Bugs and Books)

Horsley Hill
(0-4 years)

1:30pm-2:30pm

Get your magnifying
glass at the ready for
bug hunting fun.

Tiny Tweeties*

Ridgeway
(0-4 years)

1:30pm-2:30pm

Bugs galore, songs, rhymes
and actions with Hayley.

Wed 4th February

Little Hearoe's Group

Horsley Hill

9:30am-11:00am

(Referral based only)

Learning with Play (Creepy, Crawly Senses)

Whitburn & Marsden
(0-1 years)

9:30am-10:30am

All things creepy,
crawly, using all of our
senses to explore.

Learning with Play (Bugs and Books)

Ridgeway
(0-4 years)

9:30am-10:30am

Get your magnifying
glass at the ready for
bug hunting fun.

Well Baby Clinic*

Horsley Hill

1:30pm-3:30pm

(Appointment only)

Thurs 5th February

Learning with Play (Creepy, Crawly Senses)

Ridgeway
(0-1 years)

10:00am-11:00am

Creepy, crawly senses
and stories from Jolene
from The Word.

Breastfeeding Support Group

Ridgeway

11:00am-12:00pm

Learning with Play (Creepy, Crawly Senses)

Horsley Hill
(0-1 years)

1:00pm-2:00pm

All things creepy, crawly,
using all of our senses
to explore.



Fri 6th February

Tiny Lives Kalma Yoga***

Newborn and
Nurture Massage
Ridgeway Family Hub
1:00pm-1:45pm

Tiny Lives Kalma Yoga***

Baby Yoga
Ridgeway Family Hub
2:00pm-2:45pm



Horsley Hill Youth Group

Marsden Road Health and
Wellbeing centre
5:15pm - 6:15pm
8 years - end of Year 6
6:45 pm - 8pm
7-11 years

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

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!