

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 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, 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.

VIG - Video Interaction Guidance (0-4 years)

VIG is a brief intervention that helps parents and children build stronger relationships through increased attunement and connection.

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!

**BEST
START
IN LIFE**

**FOR every
FAMILY**
SOUTH TYNESIDE FAMILY HUBS



WHAT'S ON GUIDE

SEPTEMBER - DECEMBER 2026

Bede, Biddick, Boldon Family Hubs



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




Department
for Education

VISIT OUR
WEBSITE:
SCAN ME



TO REGISTER
SCAN ME



MONDAY

Learning with Play

Bede
(0-4 years)
10:00am - 11:00am

Learning with Play SEND

Biddick & Whiteleas
(0-4 years)
10:00am - 11:00am

Dad's and Male Carers Group

Bede
(0-8 years)
3:00pm-4:00pm

The Hut Youth Group - Girls Project

Chuter Ede
(11-17 years)
6.00pm-8.30pm



TUESDAY

Learning with Play

Bede
(0-1 years)
1:30pm - 2:30pm

Simonside Youth Group*

Simonside Climbing Wall
(Juniors +10)
5.30pm - 7:00pm and
7.30pm - 9.00pm

0191 424 0118 to book *
(Last Tuesday of every month)



WEDNESDAY

Learning with Play

Biddick and Whiteleas
(0-1 years)
10:00am-11:00am



The Hut Youth Group - Junior Youth Project

Chuter Ede
(8-10 years)
6:00pm-7:30pm

THURSDAY

Learning with Play

Biddick
& Whiteleas
(0-4 years)
9:30am - 10:30am

Learning with Play

Boldon
(0-1 years)
1:30pm-2:30pm



FRIDAY

Learning with Play

Boldon
(0-4 years)
9:30am - 10:30am

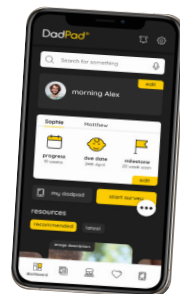
The Hut Youth Group - Senior Youth Project

At Chuter Ede
(11-17 years)
6.00pm-8.00pm

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



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**



To book a space on an activity contact: Bede: 0191 422 0030 Biddick: 0191 423 4980 Boldon: 0191 519 5920

* = booking required