

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

Riverside, All Saints, & Marine Park 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

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
(8-11years)
6:00pm-7:30pm

TUESDAY

Baby Weigh Clinic**

Marine Park
9:30am - 10:30am

Breastfeeding Support Group

Marine Park
10:00am - 11:00am

Learning with Play SEND

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

Growing Together Young Parents Group

Riverside
0-4 years
1:00pm - 2:30pm

WEDNESDAY

Learning with Play

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

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

Learning with Play

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

THURSDAY

Learning with Play

Marine Park
(0-1 years)
10:00am - 11:00am

Foster Carer Group

All Saints
10:00am - 12:00pm

Learning with Play

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

Twins, Triplets and more

All Saints
(0-4years)
1:30pm - 2:30pm

Ocean Road Youth Project

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

Learning with play Dad's group

Riverside
3.15pm - 4.15pm

FRIDAY

Learning with Play

All Saints
(0-1 years)
9:30am - 10:30am

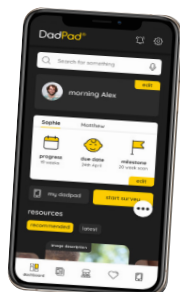
Baby weigh clinic**

All Saints
9:30am - 11:00am



Breastfeeding Support Group

All Saints
11:00am - 12:00pm



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



** To book a Well Baby Clinic appointment please ring **03033 307700** To book a space on an activity contact: All Saints: 0191 420 7657 Riverside: 0191 423 4971 Marine Park: 0191 456 5418