

**BEST
START
IN LIFE**

FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS



BABY WEEK



All Saints, Riverside and Marine Park Family Hubs

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

All Saints: 0191 420 7657 | Riverside: 0191 423 4971 | Marine Park: 0191 456 5418

Supported by



South Tyneside Council

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WHAT'S ON GUIDE

All Saints, Riverside and Marine Park Family Hubs

BABY WEEK



16-20 November 2026

FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

Mon 16th November

Baby Bounce

Riverside
(0-1 years)

9:30pm - 10:30am

Learning with Play

Riverside
(0-4 years)

1:30pm - 2:30pm



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

DISCOVER
MORE
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Tues 17th November

Baby Weigh Clinic**

Marine Park

9:30am - 10:30am



Breastfeeding Support Group

Marine Park

10:00am - 11:00am

Growing Together Young Parents Group

Riverside
(0-4 years)

1:00pm - 2:30pm



Wed 18th November

Learning with Play

All Saints
(0-4 years)

9:30am - 10:30am

Mum's Talk

Riverside
(For mum's with
children under 2)

10:00am - 12:00pm

To book call Lifecycle on
0191 283 2937

Learning with Play

All Saints
(0-4 years)

11:00am - 12:00pm

Maternity Wellbeing yoga*

Young Parents to be

All Saints

1:30pm - 2:30pm

Thurs 19th November

Tiny Tweeties*

Marine Park
(0-1 years)

9:30am - 10:30am

Foster Carers 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 Family Hub
(0-4 years)

1:30pm - 2:30pm

Learning with Play Dad's Group

Riverside Family Hub
(0-4 years)

3:15pm - 4:15pm

Fri 20th November

Maternity Wellbeing*

Mum & Baby Yoga
All Saints Family Hub
(non-crawlers)

9:30pm - 10:30am

Baby Weigh Clinic**

All Saints

9:30am - 11:00am

Breastfeeding Support Group

All Saints

11:00am - 12:00pm

Learning with Play SEND

Riverside
(0-4 years)

1:30pm - 2:30pm



** To book a Baby Weigh Clinic appointment please ring **0303 330 7700**

*To book a space on an activity please contact the hosting Family Hub: All Saints: 0191 420 7657 Riverside: 0191 423 4971 Marine Park: 0191 456 5418



Tel: 0800 783 4645

Web: www.southtynesidefamilyhubs.co.uk

Email: familyhubs@southtyneside.gov.uk