

**BEST
START
IN LIFE**

FOR *every*
FAMILY

SOUTH TYNESIDE FAMILY HUBS



BABY WEEK



Horsley Hill, Ridgeway, Whitburn & Marsden Family Hubs

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

Horsley Hill: 0191 456 9404 | Ridgeway: 0191 456 7751 | Whitburn: 0191 456 9404

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WHAT'S ON GUIDE

Horsley Hill, Ridgeway, Whitburn & Marsden Family Hubs

BABY WEEK



16-20 November 2026

FOR *every*
FAMILY
SOUTH TYNESIDE FAMILY HUBS

Mon 16th November

Chat, play, read with me
Grandparents Group
Horsley Hill
(0-4 years)
10:00am - 11:00am

Baby Massage*
Ridgeway
10:00am - 11:00am



NICU Stars
Horsley Hill
(0-4 years)
1:15pm - 3:15pm
Referral only

Words and Wiggles
Whitburn & Marsden
(0-4 years)
1:30pm - 2:30pm

Tues 17th November

GroBrain*
Ridgeway
9:30am - 11:00am



Chat, play, read with me SEND
Horsley Hill
(0-4 years)
10:00am - 11:00am

Baby bookworms
Horsley Hill
(0-1 years)
1:30pm - 2:30pm



Wed 18th November

Little Hearoes
Horsley Hill
(0-4 years)
9:30am - 11:00am
Referral only

Baby Bookworms
Whitburn & Marsden
(0-1 years)
9:30am - 10:30am



Words and Wiggles
Ridgeway
(0-4 years)
9:30am - 10:30am



Thurs 19th November

Baby Massage*
Horsley Hill
10:00am - 11:00am

Baby bookworms
Ridgeway
(0-1 years)
10:00am - 11:00am

Breastfeeding Support Group
Ridgeway
11:00am - 12:00pm

Words and Wiggles
Horsley Hill
(0-4 years)
1:00pm - 2:00pm

Maternity Wellbeing*
Mum & Baby Yoga
Horsley Hill
(non-crawlers)
1:30pm - 2:30pm

Fri 20th November

Triple P Baby*
Horsley Hill
9:30am - 11:30am

Tiny Lives Kalma Yoga**
Newborn & Nature Massage
Ridgeway
11:30am - 12:30pm

Tiny Lives Kalma Yoga**
Baby Yoga
Ridgeway
1:00pm - 2:00pm

Tiny Tweeties*
Ridgeway
(0-1 years)
1:30pm - 2:30pm



** To book Tiny Lives/Kalma Yoga visit www.kalmalifeuk.co.uk/south-tyneside

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



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