

Infant Feeding Support - Support for mams, dads and carers around feeding their baby or child.

Staying Cool Teen - For teenagers looking at anger management and ways to deal with these feelings.

Daisy Chain Workshops - Understanding Autistic Overwhelm and Introduction to ADHD – These workshops are followed by a peer support group.

DurhamLearn First Aid - For mams, dads and carers to learn the basics to help keep your family safe. To book email durhamlearn@durham.gov.uk

Growing Healthy Drop-in – Ask the health visiting team any questions about your child's health and development.

Baby and Me - For families with babies from birth to 12 months, to enjoy time with your baby and meet new mams, dads and carers. Sessions include activities to help your baby to learn, and their brain and body to develop and advice and support on issues like bonding and safe sleeping.

Crock Pot Savvy - Budgeting Brilliance with Slow Cooker - Manage your family budget, look at shopping strategies and cooking on a budget. Learn about meal planning and preparing budget friendly meals to get the best value for your money! Free slow cooker per eligible participant. To book email multiply@durham.gov.uk

Educational Psychology Drop-in - Talk to the Educational Psychology team about any concerns you may have about your child such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

Chill Kids - For children aged 7-11 years old, helping them understand their big feelings and find positive ways to manage them.

SENDIASS Drop-in - For parents/carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

Toddler and Me - For mams, dads, carers and their child aged 1-2 years old. An informal group, each week focuses on a different aspect of your child's development.

Homework Heroes - Need support in understanding and accessing your child's homework platforms such as Times Tables Rock Stars, Corbettmaths, White Rose? We can show you! Come along to our course and learn all about them. Free Amazon tablet per eligible participant. To book email multiply@durham.gov.uk

Durham Works Drop-in - Support to help 16-24-year-olds into education, employment or training.

WellComm - To identify children who are experiencing barriers to speech and language development, and provide strategies and activities for mams, dads and carers to use at home. If you think your child would benefit from this please contact your health visitor

Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs

What's on

April – August 2024



Consett

We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.

Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.

Consett Family Hub,
Chester Road, Moorside, DH8 8EQ.
03000 268 634





Consett Family Hub What's On

Infant Feeding Support Monday 10.00am – 11.30am	Every second and fourth Monday of the month
Staying Cool Teen (booking required) Monday 12.00noon – 3.00pm	29 April 2024 and 13 May 2024 (both sessions to be attended)
Daisy Chain Understanding Autistic Overwhelm followed by peer support coffee morning Monday 10.00am – 1.00pm	15 April 2024
Daisy Chain Introduction to ADHD followed by peer support coffee morning Monday 10.00am – 1.00pm	3 June 2024
First Aid with DurhamLearn Monday 9.30am – 4.00pm	13 May 2024
Growing Healthy Drop-in Tuesday 10.00am – 11.30am	Second and fourth Tuesday of the month
Baby and Me Tuesday 1.00pm – 2.30pm	Weekly
Crock Pot Savvy - Budgeting Brilliance with Slow Cooker (booking required * <i>Free slow cooker per eligible participant</i>) Tuesday 10.00am – 12.00noon	14 May 2024

Educational Psychology Drop-in Wednesday 10.00am – 11.30am	17 April 2024
Chill Kids (booking required) Wednesday 4.00pm – 5.00pm	Starts 5 June 2024 for 6 weeks
SENDIASS Drop-in Thursday 9.30am – 11.30am	4 April 2024 2 May 2024 6 June 2024 4 July 2024 1 August 2024
Toddler and Me Thursday 10.00am – 11.30am	Weekly
Chill Kids (booking required) Thursday 4.00pm – 5.00pm	Starts 18 April 2024 for 6 weeks
Homework Heroes (booking required * <i>Free Amazon tablet per eligible participant</i>) Thursday 10.00am – 12.00noon	25 April 2024
DurhamWorks Drop-in Friday 12.00noon – 3.00pm	19 April 2024 17 May 2024 21 June 2024 19 July 2024 16 August 2024
WellComm (referral only) Friday 9.00am – 12.00noon	12 April 2024 10 May 2024 14 June 2024 12 July 2024 9 August 2024

To book a place or for more information call 03000 268 634