

What's on

April – August 2024



Stanley

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.

Stanley Family Hub
Clifford Road, Stanley, DH9 0AB.
03000 266 150





Stanley

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| Getting Teenagers to Cooperate Workshop | Monday 9.30am – 11.30am |
| Coping with Teenagers Emotions Workshop | Monday 9.30am – 11.30am |
| Building Teenagers Survival Skills Workshop | Monday 9.30am – 11.30am |
| Reducing Family Conflict Workshop | Monday 9.30am – 11.30am |
| Toddler and Me | Monday 10.00am – 11.30am |
| Infant Feeding Support | Monday 1.30pm – 3.00pm |
| Growing Healthy Drop-in | Monday 2.00pm – 2.30pm |
| Triple P Teen (booking required) | Tuesday 9.00am – 11.00am (to be held at CYPS, Front Street Stanley, DH9 0TE) |
| Crock Pot Savvy - Budgeting Brilliance with Slow Cooker (booking required * <i>Free slow cooker per eligible participant</i>) | Tuesday 10.00am – 12.00noon |
| Nurturing Little Minds (booking required) | Tuesday 10.00am – 12.00noon |
| WellComm (booking required) | Tuesday 1.30pm – 4.30pm |
| DurhamWorks Drop-in | Tuesday 1.00pm – 4.00pm |
| Safer Choices (booking required) | Tuesday 4.00pm – 5.00pm |
| Chill Kids (booking required) | Tuesday 4.00pm – 5.00pm |

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| 10 June 2024 | Runs for one session |
| 17 June 2024 | Runs for one session |
| 21 June 2024 | Runs for one session |
| 1 July 2024 | Runs for one session |
| | Weekly |
| | Runs the first and third Monday of each Month |
| Ongoing | Weekly |
| 30 April 2024 | Runs for 10 weeks |
| 2 July 2024 | Runs for one session |
| | Weekly |
| 23 April 2024 28 May 2024 25 June 2024 23 July 2023 27 August 2024 | Runs the fourth Tuesday of each month |
| 9 April 2024 14 May 2024 11 June 2024 9 July 2024 13 August 2024 | Monthly |
| Starts 16 April 2024 | Runs for 6 weeks |
| Starts 4 June 2024 | Runs for 6 weeks |



Stanley

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| Parenting when Separated (booking required) | Wednesday 10.00am – 12.00noon |
| Educational Psychology Drop-in | Wednesday 10.00am – 11.30am |
| Homework Heroes (booking required *Free Amazon tablet per eligible participant) | Wednesday 10.00am – 12.00noon |
| Antenatal Peer Support Group (booking required) | Wednesday 1.30pm – 4.30pm |
| SENDIASS Drop-in | Wednesday 12.45pm – 2.45pm |
| Being a Parent (booking required) | Wednesday 6.00pm – 8.00pm |
| Baby and Me | Thursday 10.00am – 11.30am |
| Pre-school group for children with complex needs (Portage) | Thursday 1.00pm – 2.30pm |
| Incredible Years Pre school (booking required) | Thursday 9.30am – 2.00pm lunch provided |
| Early Latch (appointments made by Health Visitor) | Thursday 10.00am – 1.00pm |
| Baby and Us (booking required) | Friday 10.00am – 12.00pm |
| DurhamLearn Supporting your Autistic Child (booking required) | Friday 9.30am - 12.30pm |
| Staying Cool Adult Only Session (booking required) | 9.00am – 5.00pm (to be held at CYPS, Front Street Stanley, DH9 0TE) |
| Staying Cool Family Learn (booking required) | Friday 9.00am – 5.00pm (to be held at CYPS, Front Street Stanley, DH9 0TE) |

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| Starts 4 June 2024 | Runs for 6 weeks |
| 22 May 2024 | Runs for one session |
| 10 April 2024 | Runs for one session |
| | Weekly |
| 24 April 2024 22 May 2024 26 June 2024 24 July 2024 28 August 2024 | Monthly |
| Starts 24 April | Weekly |
| | Weekly |
| | Weekly |
| Starts 25 April 2024 | Runs for 9 weeks |
| Ongoing | Weekly |
| Starts 26 April 2024 | Runs for 10 weeks |
| Starts 26 April 2024 | Runs for 10 weeks |
| Tuesday 16 April 2024 Friday 14 June 2024 | Runs for one day |
| 21 June 2024 | Runs for one day |



Stanley

Getting Teenagers to Cooperate Workshop - Meet other mams, dads and carers and share some ideas and experiences about managing difficult behaviour and think about goals for change.

Coping with Teenagers Emotions Workshop - Learn how to cope with difficult situations and how teenagers can become emotional. Meet other mams, dads and carers and discuss how you can help your teenager to control their emotions.

Building Teenagers Survival Skills Workshop - Meet other mams, dads and carers to discuss some of the reasons teenagers take part in risky activities and how we can help them to enjoy themselves without putting their health and wellbeing at risk.

Reducing Family Conflict Workshop - Meet other mams, dads and carers to talk about being a parent and managing family conflict. Understand why teenagers are argumentative or aggressive and learn strategies to help you cope.

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

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

Growing Healthy Drop-in - Drop-in to ask the Health Visiting team any questions about your child's health and development.

Triple P Teen - For mams, dads and carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy, happy teenagers, and to improve family relationships.

Crock Pot Savvy - Budgeting Brilliance with Slow Cooker - Manage your family budget, look at shopping strategies and cooking on a budget. Come and 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

Nurturing Little Minds - A weekly peer support group for those who have given birth within the last 12 months, who may be feeling alone, isolated, or worried about their emotional wellbeing or mental health. This does not need to be diagnosed. If you think you would benefit from this group, please contact your health visitor. You can contact your health visitor on 03000 263 538.

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

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

Safer Choices - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices.

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

Parenting when Separated - This is a course for mams, dads and carers who are preparing for, going through, or have gone through separation or divorce to help your children cope.

Educational Psychology Drop-in – Mams, dads and carers can talk to the team about any concerns they may have about their child's needs such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

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

Antenatal Peer Support Group - A weekly peer support group for those who are due to give birth, who may be feeling alone, isolated, or worried about their emotional wellbeing or mental health. This does not need to be diagnosed. If you think you would benefit from this group, please contact your midwife.

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

Being a Parent - For mams, dads and carers of children aged 2-11 years, run by parents, to help you understand your child's behaviour.

Baby and Me - For families with babies from birth to 12 months, to enjoy time with your baby and meet new parents. 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.

Pre-school group for children with complex needs (Portage) - For families of children aged 2 to 3 years, who are experiencing challenges interacting and communicating with others. It allows parents and carers to meet other families in a supportive group. Families must be working with the Portage Service to attend the group.

Incredible Years Pre school - Learn how to improve the positive interactions between you and your child. Develop skills to help you promote your child's social, emotional, and language development, and make sure that they are ready to start school.

Early Latch - For babies aged between 10 days and 6 weeks, and will give you hints and tips to help you breastfeed successfully. Appointments can be booked by your health visitor.

Baby and Us - An 8 week course for mams, dads and carers of babies under the age of one. It is delivered by trained parents who understand your experience and aims to give you more confidence in your role as a parent.

DurhamLearn Supporting your Autistic Child - For mams, dads and carers of young people who are autistic (or pre-diagnosis) to help you have a better understanding of autism and how to meet the needs of your child. To book contact DurhamLearn@durham.gov.uk

Staying Cool Adult Only Session - For adults looking at anger management and ways to deal with these feelings.

Staying Cool Family Learn – You will work with your teenager to understand their emotions and how to deal with them. You will learn to understand your teenager's emotions, how to support your teenager to manage their anger or frustration in a positive way and how to support your teenager to take responsibility for their actions.

To register with your Family Hub visit
www.durham.gov.uk/FamilyHubsRegistration
or scan



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