

What's on

Regular Activities



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, Moorside Primary School,
Chester Road, Moorside, DH8 8EQ.
03000 261 111





Baby and Me	Tuesday 1.00pm – 2.30pm	Weekly
Toddler and Me	Thursday 10.00am – 11.30am	Weekly
Infant Feeding Support (Held at The Hub, 1 Sherburn Terrace, Consett DH8 6ND)	Thursday 10.00am to 12.00 noon	Weekly
Play Together (Held at Citizens House, Consett, DH8 5RL)	Thursday 1.00pm to 2.30pm	Weekly
Growing Healthy Drop-in (Held at Citizens House, Station Road, Consett DH8 5RL)	Thursday 1.00pm to 2.30pm	Weekly

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, their brain and body to develop and get advice and support on issues like bonding and safe sleeping.

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

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

Play Together - For mams, dads and carers of babies and toddlers to come along for song and rhyme, sensory play and messy play.

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

Sensory room - provides children with an environment that uses their senses and stimulates their brain. They can also be a great place for children to escape to and unwind in a calm space. Suitable for all ages.

The room is free to book for one hour time slots. Please contact us to book a space on 03000 261 111.

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



Information is correct at time of printing but is subject to change and new sessions being added.

Please check the website for the up-to-date timetable www.durham.gov.uk/FamilyHubs



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