

What's on

January to March 2026



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 261 111



Parenting Together (booking required)	Monday 9.30am - 12.30pm
Infant Massage (online booking required)	Monday 1.00pm – 2.30pm
Teen Zone (booking required)	Monday 4.00pm - 5.00pm
Educational Psychologist Drop-in	Tuesday 9.30am - 11.30am
CAMHS Drop-in	Tuesday 9.30am - 11.30am
Incredible Years (booking required)	Tuesday 10.00am - 12noon
SENDIASS – Drop-in	Tuesday 1.00pm - 3.00pm
Henry - Starting Solids Workshop	Tuesday 1.00pm - 2.30pm
Henry - Healthy Teeth Workshop	Tuesday 1.00pm - 2.30pm
Incredible Babies (booking required)	Wednesday 9.30am - 11.30am
Henry - Fussy Eating Workshop (booking required)	Wednesday 12.30pm - 3.00pm
Staying Cool Teen (booking required)	Wednesday 12noon - 3.00pm

2 February 2026	Runs for 1 session
5 January 2026	Runs for 6 weeks
9 February 2026	Runs for 6 weeks
3 February 2026	Drop-in
6 January 2026 24 March 2026	Drop-in
6 January 2026	Runs for 10 sessions
6 January 2026 3 February 2026 3 March 2026	Drop-in
3 February 2026	Runs for 1 session
10 March 2026	Runs for 1 session
14 January 2026	Runs for 10 sessions
18 March 2026	Runs for 1 session
4 February 2026 18 February 2026	Both sessions need to be attended

Chill Kids (booking required)	Wednesday 4.00pm -5.15pm
Infant Massage (online booking required)	Thursday 1.00pm -2.30pm
0-12 Workshop, Dealing with Disobedience (booking required)	Friday 10.00am -12noon
0-12 Workshop, Managing Fighting and Aggression (booking required)	Friday 10.00am -12noon
0-12 Workshop, Developing Good Bedtime Routines (booking required)	Friday 10.00am -12noon
0-12 Workshop, Hassle-free Shopping with Children (booking required)	Friday 10.00am -12noon
0-12 Workshop, Hassle-free Mealtimes with Children (booking required)	Friday 10.00am -12noon
Supporting Speech and Language Development - WellComm (Online booking required)	Friday 12.30pm -3.30pm

14 January 2026	Runs for 8 sessions
12 February 2026	Runs for 6 sessions (not running in February half term)
16 January 2026	Runs for 1 session
23 January 2026	Runs for 1 session
30 January 2026	Runs for 1 session
6 February 2026	Runs for 1 session
13 February 2026	Runs for 1 session
9 January 2026 13 February 2026 13 March 2026	Runs for 1 session



Parenting Together Workshop - Bickering and disagreements are all part of a healthy normal relationship, it is when disagreements are happening frequently, they are quite intense and are never resolved or sorted out that you might need some support. It might be yourself and your partner are disagreeing over the children, chores, money etc. This workshop will help you in lots of different ways!

For more information or to book a place please Contact Family hubs.

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem. For more information or to book a place please Contact Family hubs.

Educational Psychologist Drop-in - Talk to the Educational Psychologist 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.

CAMHS Drop-in - For parents and carers of children aged 5 - 19 years old. You can drop in and speak to a CAMHS worker about your child's needs. One of the Family Hub team will also be available to give you more information about what we offer for parents, carers, children and young people.

Incredible Years - For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour.

For more information or to book a place please Contact Family hubs.

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

HENRY - Starting Solids - This workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough and how to make mealtimes an enjoyable experience for you both.

To find out more email hdft.henrypractitioners@nhs.net

HENRY - Healthy Teeth - This session will give you practical tips for looking after your child's first teeth. To find out more email hdft.henrypractitioners@nhs.net

Incredible Babies - For mams, dads and carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old. For more information or to book a place please Contact Family hubs.

Henry - Fussy Eating - For mams, dads and carers to get support and new ideas to help encourage your child to try new foods and have happier mealtimes. To get more information or to sign up, please email hdft.henrypractitioners@nhs.net

Staying Cool Teen - For teenagers looking at anger management and ways to deal with these feelings. For more information or to book a place please Contact Family hubs.

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

For more information or to book a place please Contact Family hubs.

Infant Massage - For mams, dads and carers of babies up to 6 months old.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops, Dealing with Disobedience - You will understand why your child may have difficulty learning to follow instructions and strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and also to manage disobedience when necessary.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops, Managing Fighting and Aggression - You will learn what skills your child needs to be able to cooperate and get along with others, and how to teach skills such as sharing, communicating and being gentle. You will also prepare a plan to manage times when fighting and aggression occurs. To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 workshops, Developing Good Bedtime Routines - We will look at common problems and why they happen and learn the skills to get into a good bedtime routine, strategies to help prevent problems, as well as looking at how to get your child to stay in their own bed throughout the night. To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops, Hassle-free Shopping with Children - We will look at how you deal with difficult behaviour in public. You will learn step-by-step suggestions for preventing problems and teaching your child how to behave on shopping trips. You will develop plans to manage problem behaviour during shopping trips and situations.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Hassle-free Mealtimes with Children – We will explore things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. You will look at ways to increase food variety, be introduced to some positive strategies to help manage mealtimes and de-escalate situation.

To book a place visit <https://events.durham.gov.uk/familyhub>

Supporting Speech and Language Development (WellComm) - To identify children aged 2, 3 and 4 years old who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home.

To book a place visit <https://events.durham.gov.uk/familyhub>

For more information or to book a place please
Contact Family hubs – 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