

**EPEC Being a Parent- Autism** – For parents/carers of children with Autism, either diagnosed or on the pathway, to get support and advice.

**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.

**Baby and Me** - For parents/carers and their child aged 0-12 months. An informal group that includes baby massage, song and rhyme and activities to help your child's development.

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

**Infant Feeding Group** - Support for parents and carers around feeding their baby or child.

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

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

Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm  
[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies) [www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)

# What's on

September to December 2023



Tudhoe

*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.*

Tudhoe Family Hub, Tudhoe Moor Nursery School  
Tudhoe, Spennymoor, DL16 6EX.  
03000 267 488





## Tudhoe Family Hub What's On

<b>EPEC Being a Parent – Autism</b> Spennymoor Youth and Community Centre (booking required)	Monday 9.30am-12pm	Starts 18 September 2023	Runs for 10 weeks
<b>SENDIASS Drop-in</b>	Monday 12.45pm-2.45pm	18 September 2023 16 October 2023 20 November 2023 14 December 2023	Every month
<b>Baby and Me</b>	Tuesday 1pm-2.30pm		Every week
<b>Chill Kids</b> (booking required)	Tuesday 3.45pm-4.45pm	Starts 26 September 2023	Runs for 6 weeks
<b>Infant Feeding Group</b>	Wednesday 10am- 12pm		Every week
<b>Growing Heathy Drop-in</b>	Tuesday 9am-10am	5 and 19 September 2023 3, 17 and 31 October 2023 14 and 28 November 2023 12 December 2023	Every 2 weeks
<b>Growing Healthy Drop -in</b> (appointments)	Tuesday 10am-11am	5 and 19 September 2023 3, 17 and 31 October 2023 14 and 28 November 2023 12 December 2023	Every 2 weeks
<b>Toddler and Me</b>	Thursday 9.30am-11am		Every week