

DurhamLearn First Aid – Learn the basics of first aid, such as choking, seizures and burns to help keep your family safe. Email durhamlearn@durham.gov.uk to book.

DurhamWorks – Support to help 16–24-year-olds into Education, Employment or Training.

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.

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

Health clinic – Ask the Health Visiting Team any questions about your child's health and development. Book with your health visitor

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

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

Homegroup – Support around housing issues

SENDIASS Drop-in – For parents/carers of families with SEND, drop in for impartial information or advice.

You + Multiply = 0 GCSEs Stress – For parents/carers to teach methods for the topics that consistently show up in their children's GCSE exams. to book contact: multiply@durham.gov.uk

Feed the Family – Interactive cooking on a budget session, where you will plan, prepare, and taste a healthy home cooked meal for you and the family. to book contact: multiply@durham.gov.uk

You + Multiply = 0 SATs Stress – To help parents/carers of children starting SATs support them with their preparations and homework. To book contact multiply@durham.gov.uk

Money Matters – We can support you to improve your financial wellbeing and understanding of your budgets, calculating discounts, and improving your relationship with money. To book contact multiply@durham.gov.uk

DurhamLearn Supporting the Wellbeing of Children and Young People – contact durhamlearn@durham.gov.uk to book a place.

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

September to December 2023



Durham

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.

Durham Family Hub
The Woodlands, Gilesgate, DH1 2EY.
03000 269 833





Durham Family Hub What's On

DurhamLearn First Aid (Booking required) Monday 9.30am-4pm	Starts 23 October 2023	Health clinic (Appointment only) Tuesday 1pm-5pm	Every week
Baby and Me Tuesday 1pm-2.30pm	Every week	DurhamLearn Supporting the Wellbeing of Children and Young People. (Booking required) Tuesday 9.30am-12noon	Starts 5 December 2023
You + Multiply = 0 SATs Stress* (Booking required) Wednesday 9.30am-11.30am	Starts 6 September 2023 Runs for 2 weeks	Chill Kids Wednesday 4pm-5pm	Starts 13 September 2023 Starts 8 November 2023 Runs for 6 weeks
Incredible Years (Booking required) Wednesday 1pm-3.30pm	Starts 7 September 2023 Runs for 10 weeks.	Homegroup Wednesday 1pm-3pm	Every week
Feed the Family* (Booking required) Wednesday 12noon-3pm	6 September 2023 20 September 2023 18 October 2023	SENDIASS Drop-in Wednesday 12.45pm-2.45pm	20 September 2023 18 October 2023 15 November 2023 20 December 2023 Every month
You + Multiply = 0 GCSEs Stress* (Booking required) Wednesday 9.30am-11.30am	Starts 20 September 2023 Runs for 4 weeks	Money Matters* (Booking required) Wednesday 1pm-5pm	Starts 27 September 2023 Runs for 6 weeks
Baby and Me (Sherburn Hill Centre) Thursday 10am-11.30am	Every week	Toddler and Me (Sherburn Hill Centre) Friday 10am-11.30am	Every week
DurhamWorks Friday 12noon-3pm	Starts 11 August 2023 Fortnightly	*Courses delivered by Durham Learn and multiply	