

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.

Stepping Stones – For parents/carers of children aged 0-12 years who have SEND, giving strategies to promote their development and potential.

Teen Zone – For young people of secondary school age who are struggling with confidence and self-esteem.

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

Walk and Talk (infant feeding) – support for parents and carers around feeding their baby or child and can take part in a group walk.

Health clinic – drop in to ask the Health Visiting Team any questions about your child's health and development.

Staying Cool – For teenagers looking at anger management and ways to deal with these feelings.

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

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

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

Early Latch Support – Our early latch support appointments are for babies aged between 10 days and 6 weeks and will give you hints and tips to help you breastfeed successfully.

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



Easington

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.

Easington Family Hub
Whickham Street, Easington Colliery, SR8 3DJ.
03000 268 486





Easington Family Hub What's On

Baby and Me Monday 1pm – 2.30pm	Every week	Toddler and Me Tuesday 9.30am – 11am	Every week
Stepping Stones Tuesday 12.30pm – 2.30pm	Starts 12 September 2023 Runs for 10 weeks	Teen Zone / Safer Choices Tuesday 4pm – 5pm	Starts 12 September 2023 9 November 2023 Runs for 6 weeks.
Staying Cool Wednesday 9am – 1pm	1 November 2023 8 November 2023	Walk and Talk group Infant Feeding Wednesday 9.15am – 11.30am	Every week
Health clinic (appointment only) Thursday 9am – 1pm	Every week	SENDIASS (drop-in) Thursday 9.30am – 11.30am	7 September 2023 5 October 2023 2 November 2023 7 December 2023
Chill Kids Thursday 4pm – 5pm	Starts 14 September 2023 9 November 2023 Runs 6 weeks	DurhamWorks (drop-in) Thursday 10am – 1pm	14 September 2023 12 October 2023 9 November 2023 14 December 2023
Early Latch Support 10 days – 6 weeks. (appointment only) Friday 10am – 1pm	Every week		