

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.

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

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

Walk and Talk group- Support for parents and carers around feeding their baby or child and can take part in a group walk.

Health clinic- Ask the Health Visiting Team any questions about your child's health and development.

Triple P Teen- For parents/carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy, and happy teenagers, and to improve family relationships.

Strengthening Families- For parents/carers and their child aged 10- 14 years old. Helping you and your child build relationships prepare for the teenage years.

Incredible Years Baby- For parents/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.

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

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

New-born screening- Ask the Health Visiting Team any questions about your child's health and development.

Triple P Discussion- Four different sessions to support parents with the challenges teenagers can bring.

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

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



Seaham

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.

Seaham Family Hub
North Terrace, Seaham, SR7 7EU.
03000 267 470





Seaham Family Hub What's On

Baby and Me*	Monday 1pm – 2.30pm		Every week
SENDIASS (drop-in)	Monday 9.30am – 11.30am	25 September 2023 23 October 2023 27 November 2023	Monthly
DurhamWorks (drop-in)	Monday 1pm – 4pm	11 September 2023 9 October 2023 13 November 2023 11 December 2023	Monthly
Walk and Talk	Tuesday walking 9.15 – 10am Feeding session 10am – 11.30		Every week
Health clinic (Appointment only)	Tuesday 9am – 3.30pm		Every week
Triple P Teen	Tuesday 12.30pm – 2.30pm	Starts 26 September 2023	Runs for 10 weeks
Strengthening Families	Tuesday 3.45pm – 6pm	Starts 12 September 2023	Runs for 7 weeks
Incredible Years Baby	Tuesday 10am – 12noon	Starts 12 September 2023	Runs for 10 weeks
Teen Zone / Safer Choices	Tuesday 4pm – 5pm	12 September 2023 7 November 2023	Runs for 6 weeks
New-born screening (Appointment only)	Wednesday 9am – 2pm		Every week
Triple P Discussion*	Wednesday 10am – 12noon	20 September 2023 27 September 2023 25 October 2023 15 November 2023	4 individual sessions
Toddler and Me*	Thursday 9.30am – 11am		Every week
Chill Kids*	Thursday 4pm – 5pm	14 September 2023 9 November 2023	Runs for 6 weeks

*Seaview Centre, Seaview Primary School, SR7 8LX

Sensory room available,
contact us to book