

**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 special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice

**Staying Cool Teen** - 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

**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

**Antenatal Parent Education** - For parents to be to learn about what to expect in labour, postnatal period and infant feeding

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

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

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



Wheatley Hill

*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.*

Wheatley Hill Family Hub  
Jack Lawson Terrace, Wheatley Hill, DH6 3RT.  
03000 269 850





## Wheatley Hill Family Hub What's On

|  |                       |  |                  |
|--|-----------------------|--|------------------|
| <b>Toddler and Me</b>                                | Monday 10am-11.30am   |  | Every week       |
| <b>SENDIASS Drop-in</b>                              | Monday 9.30am-11.30am | 18 September 2023<br>16 October 2023<br>20 November 2023<br>18 December 2023         | Monthly          |
| <b>Staying Cool Teen</b> (booking required)          | Tuesday 9.30am-3pm    | 23 November 2023   | Runs for 1 day   |
| <b>Chill Kids</b> (booking required)                 | Tuesday 4pm-5pm       | Starts 12 September 2023<br><br>Starts 7 November 2023                               | Runs for 6 weeks |
| <b>Baby and Me</b>                                   | Wednesday 9.30-11am   |  | Every week       |
| <b>Antenatal Parent Education</b> (booking required) | Wednesday 3-5pm       | Starts 13 September 2023<br><br>Starts 11 October 2023<br><br>Starts 8 November 2023 | Runs for 2 weeks |
| <b>Growing Healthy Clinic</b> (appointments)         | Thursday 9am-1pm      |  | Every week       |
| <b>DurhamWorks Drop-in</b>                           | Friday 10am-1pm       | 8 September 2023<br>13 October 2023<br>10 November 2023<br>8 December 2023           | Every month      |