

Activity descriptions (look out for changes—advertised separately)

Café A community cafe for all to enjoy. Including home baked food, take away options and specials. Everyone welcome to join us for a cuppa, snack or breakfast / lunch / dinner.

Midwives Your appointments at Billingham Family Hub will be arranged through your midwife.

Ante Natal Nurturing. An 8 Week course to build relationship between parent and baby in utero and between parents as a couple, From 22 weeks gestation. Please call 01642 522735 / 528913 for more information and to book a place.

Relaxation Take time to relax, learn different techniques to promote relaxation & the benefits of relaxation to your health. Available for everyone & during pregnancy. Please call 01642 522735 / 528913 to book or for more information

Solihull: Understanding Your Baby For parents of children aged 0-6 months. Starting September, more details to follow.

Breastfeeding Support Group A relaxed informal group designed to offer support to new and expectant mothers. All enquiries call Dianne on 01642 527235. *** **SLING LIBRARY** will join the group 3rd Friday of the month, all welcome.

Healthy Start A drop in clinic with Health Visitors, aimed at providing you with all the professional help you will need for your family including baby advice, health issues, baby weighing and development issues. Contact telephone number for the Health Visiting team is 03333202302.

Infant Massage and NEW Baby Yoga Come along to discover the benefits of infant massage and baby yoga, and how it can help you and your child. for more information and to book a place. £2.00 per child.

Buggyfitness A fun & friendly group for you and your child. Suitable for all levels of fitness. £2 per class. See www.frombumpandbeyondfitness.co.uk for more details. Please call 01642 522735 / 528913 for more information and to book a place.

Babbling Babies A chance to meet other new parents, enjoy fun activities in our relaxed and supportive group. Suitable for babies from birth to crawling.

Stay & Play Come along and enjoy a family fun session, suitable for 0—5 years.

ASD Parent & Toddler Call 0191 4109974 to register your interest. For families with children who have ASD or going through diagnosis. Fun activities in a relaxed, supportive and suitable environment.

Funky Feet Suitable for children aged 2—6 years. Please visit Funkyfeet4kids.co.uk to book a place. £2.50 per child.

Biscuit Ninjas Suitable for 8—14 years but that can be stretched a bit. Table top games, and biscuits! Contact Catherine.mcguinness@stockton.gov.uk for more information

Afterschool Club 'Big Cook Little Cook' A fun group around cooking, suitable for over 8's. £2 per session. Please call 01642 522735 / 528913 to book.

Family Links Nurturing An 11 week course to help parents understand and manage feelings and behaviour whilst becoming more positive about nurturing in their relationships and each other. Please call 01642 522735 / 528913 for more information and to book a place.

Strengthening Families, Strengthening Communities A 13 weeks course designed to promote protective factors which are associated with good parenting and better outcomes for children. Please call 01642 522735 / 528913 for more information and to book a place.

SPOT (Supporting Parents of Teenagers) An 8 week parenting programme to help raise parents confidence and self esteem, increase knowledge and understanding of their teenagers and help to develop skills ad strategies in response to their teenagers.

SWITCH Drop in (A drop in service with Youth Direction). Supporting concerned parents.

Monthly Workshops Including First Aid, Home Safety and Sleep (including Sleep drop in clinics). Please call 01642 522735 / 528913 for more information and to book a place.

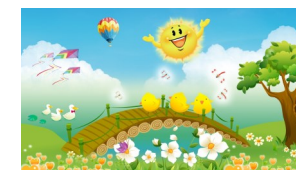
Note: Our Home safety workshop offers free and low cost home safety equipment.

Billingham Family Hub



Timetable

Summer 2019



You can find us at:

Billingham Family Hub
(Previously Footsteps Childrens Centre)
Ochil Terrace
Billingham
TS23 2QL

Useful Telephone numbers:

Family Hub Team 01642 528913 / 527235

Health Visitors 03333 202 302

Midwives 01642 383441 / 383442 (Please note the Midwives are not based in the Hub, and use the Hub for appointments only)

Family Information Service 01642 527225

On Site Nursery 01642 556378

Family Action 01423 557701



Tuesday 23/07/19

10.00am—12:00am All you can eat Brunch £3.00 an adult £1.50 a child ring 01642 527235 to book

10.00am-11.00am Stay and Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Wednesday 24/07/19

1:00-2:00pm Afternoon tea £3.00 an adult £1.50 a child ring 01642 527235 to book

Thursday 25/07/19

1.00pm — 2.30pm Stay & Play

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Monday 29/07/19

10:30am– 1:30pm Families Food and fun—Free activities, light breakfast and a meal.

Tuesday 30/07/19

10.00am—11.00am Stay & Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Wednesday 31/07/19

10:30am– 1:30pm Families Food and fun—Free activities, light breakfast and a meal.

Thursday 01/08/19

10:30am– 1:30pm Families Food and fun—Free activities, light breakfast and a meal.

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Friday 02/08/19

9:30—11:30am Biscuit Ninjas—Table top board games club (8-14 years)

Tuesday 06/08/19

10.00am-11.00am Stay and Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Thursday 08/08/19

1.00pm — 2.30pm Stay & Play

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Friday 09/08/19

9:30—11:30am Biscuit Ninjas—Table top board games club (8-14 years)

Tuesday 13/08/19

10.00am-11.00am Stay and Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Wednesday 14/08/19

1:00-2:00pm Afternoon tea £3.00 an adult £1.50 ring 01642 527235 to book

Thursday 15/08/19

1.00pm — 2.30pm Stay & Play

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Friday 16/08/19

9:30—11:30am Biscuit Ninjas—Table top board games club (8-14 years)

Tuesday 20/08/19

10.00am-11.00am Stay and Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Thursday 22/08/19

1.00pm — 2.30pm Stay & Play

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Friday 23/08/19

9:30—11:30am Biscuit Ninjas—Table top board games club (8-14 years)

Tuesday 27/08/19

10.00am-11.00am Stay and Play

1.00pm—2.30pm ASD Parent & Toddler Group. Call 0191 4109974 to register interest

Thursday 29/08/19

1.00pm — 2.30pm Stay & Play

3.00pm—5.00pm Biscuit Ninjas—Table top board games club (8-14 years)

Friday 09/08/19

9:30—11:30am Biscuit Ninjas—Table top board games club (8-14 years)