

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play Space with Sensory Room 0-5 years 9 – 10am 10.30 – 11.30am</p> <p>Sensory Room 0-5 years Bookable 12– 12.30 12.30 – 1pm</p> <p>Growing Healthy 1.30 – 3pm</p> <p>Time for Rhyme (Birth - pre crawling) 1 – 1.45pm Bookable</p> <p>Busy Bodies (From walking)) 2.15 – 3pm Drop In</p> <p>Sensory Room Bookable 0-25 years 3 – 3.30, 3.30 – 4, 4– 4.30</p> <p>Introducing Solid Foods 11th May 10 – 11noon Bookable 03000031552</p>	<p>Review & Development Clinic 9.30 - 11:30am (Please speak to your Health Visitor for an appointment)</p> <p>Buggy Walk Drop in 9.30 - 10:30</p> <p>Baby Stay & Play (Birth - pre walkers) 10.30 – 11.30am - Drop in</p> <p>Welfare Rights 9.30 - 11.30am Referral</p> <p>Sensory Room (0 - 5 years) Bookable 12 - 12.30pm, 12.30 - 1pm</p> <p>Post Natal Yoga 2.30 - 3.30pm Bookable</p> <p>Baby Massage 1 – 2pm Bookable</p> <p>Salvation Army Kids Alive Club 5-11 years. Contact Salvation Army 0191 5618272</p>	<p>Portage 9-12 - Referral only</p> <p>Family Voice 20th May 10 - 11.30am</p> <p>Sensory Room (0 - 5 years) Bookable 12 - 12.30pm, 12.30 - 1pm</p> <p>Time for Rhyme (0 - crawling) Bookable 1 - 1.45pm</p> <p>Move to Rhyme - Drop in (crawling to pre walkers) 2 - 2.45pm</p> <p>Antenatal Programme 3.45 – 5.45pm To book call 03000 031552</p> <p>Stop Smoking Support contact the hub on 0191 561 8126 for an appointment</p>	<p>Stay & Play Drop in 9.30 - 10.30am</p> <p>Super Communicators Referral only 11 – 11.45am</p> <p>GroBrain 9.30 – 11.30 Bookable</p> <p>Sensory Room (0 - 5 years) Bookable 12 - 12.30pm 12.30 - 1pm</p> <p>Specialist Infant Feeding Clinic Appointments via Health Visitor</p> <p>Breastfeeding Support Drop In 1 - 3pm</p> <p>Pregnancy Yoga for Beginners + 4 - 5pm Bookable</p>	<p>Post Natal Yoga 9.30 - 10.30am Bookable</p> <p>Baby Massage 11 – 12noon Bookable</p> <p>Sensory Room (0 - 5 years) Bookable 12 - 12.30pm 12.30 - 1pm</p> <p>Little Adventurers 1-2.30pm Referral only</p> <p>Mams Minds Matter 8th May 2.30 – 4.30pm Bookable</p> <p>Sensory Room (0 - 25 years) Bookable 3 - 3.30pm 3.30 - 4pm</p>

Social media

Follow Sunderland Family Hubs on Facebook and Instagram.



Find out more at www.linksforlifesunderland.co.uk/familyhubs



Midwife Booking In Appointments. As soon as you find out you are pregnant, contact a GP or Midwife and they will help you book your first appointment. Your first Midwife appointment (also called the booking appointment) should happen before you are 10 weeks pregnant. This is because you'll be offered some tests that should be done before 10 weeks.

Antenatal Parent Programme - A five week course for parents to be, and can book from 26 weeks gestation by calling 03000 031 552.

Birth Registrations - Please book via Sunderland City Council website. Register a birth, a new born baby must be registered within 42 days of the date of birth. The baby should be registered in the district where it was born.

Review and Development Clinic - please book through your Health Visitor. Call 03000 031552.

Sensory Room (from birth) sensory lights and equipment to help develop your child's senses. Also for children and young people with SEND aged 0-25 years. 30 minute exclusive slots are available.

Breastfeeding Support to share experiences and advice about your breastfeeding journey with other parents. There is no need to book simply drop into any of the sessions.

Growing Healthy Drop In

Come along to meet others and learn some useful tips and advice. There will be scales available to weigh your baby.

Gro Brain Baby Course is for parents of babies pre-birth to 12 months. It focusses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life. This 'brain wiring' lays the foundation for emotional wellbeing and the way emotions will be handled in later life.

Baby Messy Play/Sensory Play. This is a session that allows children to explore different materials encouraging creativity using their hands and feet. Often involving messy ingredients such as paint, sand, water, cereal or pasta, it is geared toward exploring feelings and imagination through textures and colours.

Time for Rhyme (birth - crawling) is an interactive session for babies and their parents / carers. Sessions are based around sharing nursery rhymes, action songs, musical instruments and books.

Move to Rhyme (Crawling to pre-walking) an interactive session for babies and their parents/ carers to share nursery rhymes, action songs, musical instruments and books.

Busy Bodies – walkers - 5 years. A music and movement session to work on physical skills, experience free movement to support growth and development.

Stay and Play (0-5 years) have fun with your little one whilst socialising with parents. Each week we will have a themed activity such as books, messy play and everyday opportunities.

Introduction to Solid Food - Support to wean your baby on to solid food, understanding baby's cues, healthy key messages and food tasting. Your baby should be around 6 months old to attend the class. Please contact Health Visiting Service on 03000 031 552 to book.

Stop Smoking Support - Are you worried about how smoking is affecting your health and your families? Are you thinking of stopping smoking? Join us for our free stop smoking drop in sessions. An appointment can also be made on a one - one basis at a time to suit you, contact your hub to find out more and arrange.

Play Space (0-5 years) a parent led session, where parents are encouraged to play and interact with your child/ren in a friendly environment.

Young Mams n Dads is a dedicated friendly group for parents aged between 14 & 22 years old, to have fun and socialise. Includes sensory, messy play, crafts, cooking and much more for the children.

FISCUS is an independent charity based in Hendon, we offer benefits and debt advice, food parcel, baby bank, adult clothes bank and we have an energy team who also offer fuel vouchers, warm packs, home energy visits and warm home solutions. The advice is friendly, professional and confidential'.

Mams' Minds Matter (Maternal Mental Health Week)

A gentle wellbeing walk, a cuppa and refreshments, optional well-being activities, information, support and advice, and opportunities for mams to support one another.

These sessions are suitable for Mams and children under 1 year old, due to the sensitive nature of discussions.

Breast Pump Loan Scheme

Can be loaned on a 4 weekly basis. Each pack comes with information on how to use and a guide on how to clean.

Call 03000 031552 to find out more.

Registering

Please complete a registration form using the QR code, or visit any of our Family Hubs to register. After registering, remember to sign in each time you visit any hub. Everything is completely FREE!

