

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play Space with Sensory Room (0 - 5 years) 9 - 10am 10.30 - 11.30am</p> <p>Active Sunderland (last Monday of every month) 9.30 - 11.00am</p> <p>Introducing Solid Foods 12th January & 9th February 9am - 12noon Bookable 03000031552</p> <p>Sensory Room (0 - 5 yrs) 12 - 12.30pm, 12.30 - 1pm Bookable</p> <p>Growing Healthy Drop In 1.30 - 3pm</p> <p>Time for Rhyme (Birth - Crawling) 1 - 1.45pm Bookable</p> <p>Busy Bodies (18 months +) 2.15 - 3pm</p> <p>Sensory Room (0-25 yrs with parents) 3 - 3.30pm, 3.30 - 4pm, 4 - 4.30pm</p>	<p>Review & Development Clinic 9.30 - 11:30am (Please speak to your Health Visitor for an appointment.)</p> <p>Welfare Rights 9.30 - 11.30am Referral only</p> <p>Baby Stay & Play (Under 1 year) 11am - 12noon Bookable</p> <p>Sensory Room (0 - 5 yrs) 12 - 12.30, 12.30 - 1pm Bookable</p> <p>Baby Massage 1- 2 pm Bookable</p> <p>Story Time 10th February 1 - 2pm</p> <p>Post Natal Yoga 2.30 - 3.30pm Bookable</p> <p>Salvation Army Kids Alive Club (5 - 11 years)</p>	<p>Portage 9am- 12noon Referral only</p> <p>Time for Rhyme (Birth - Crawling) 1 - 1.45pm Bookable</p> <p>Move to Rhyme (Crawling to pre walkers) 2 - 2.45pm</p> <p>Sensory Room (0 - 5 yrs) 12 - 12.30pm 12.30 - 1pm Bookable</p> <p>Baby Messy (0 -1 year) 18th February 1.30 - 2.30pm Bookable</p> <p>Antenatal Programme 3.45 – 5.45pm To book call 03000 031552</p>	<p>Stay & Play 9.15 - 10.15am</p> <p>Gro Brain 9.30 - 11.30am Bookable</p> <p>Super Communicator Stay & Play Referral only 10.45 - 11.30am</p> <p>Sensory Room (0-5 years) 12 - 12.30pm 12.30 - 1pm Bookable</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>Baby Sensory 9th February 16th February 11am -12noon Bookable</p> <p>Post Natal Yoga 9.30 - 10.30am Bookable</p> <p>Baby Massage 11am - 12noon Bookable</p> <p>Sensory Room (0 - 5 years) 12 - 12.30pm 12.30 - 1pm Bookable</p> <p>Little Adventurers 1 - 3pm Referral only</p> <p>Stop Smoking Support Drop In 1 - 3pm</p> <p>Sensory Room (0-25 yrs with parents) 3 - 3.30pm Bookable 3.30 - 4pm Bookable</p>

Social media

Please check 'My Best Life website', www.mybestlife.org.uk
Sunderland Family Hubs Facebook and Instagram pages for more information, and
booking details for some of our sessions.



Antenatal Parent Programme - a 5 week course book from 26 weeks gestation by calling 03000 031 552.

Pregnancy Yoga - Concentrate on breathing, relaxing, and being healthy while pregnant. Improve your energy levels, strength, balance, posture, circulation, and flexibility. You do not have to have attended yoga before.

Post Natal Yoga This form of yoga focuses on recovery and restoration after birth, and can help with stress and depression after giving birth. It is a modified, low intensity yoga practice which is most beneficial after the first three months of childbirth.

We would recommend waiting until after your 6 week postnatal check up before starting.

You are welcome to bring your pre - crawling baby along to the session.

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

Breastfeeding drop in 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

Do you have a baby and would like to meet others with children of similar age. Come along to meet others and learn some useful tips and advice. There will be scales available to weigh your baby which is facilitated by our Family Peer Supporters

Gro Brain -A 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.

Baby Massage (birth - 6 months) a 5-week course and an opportunity to have special time with your baby through nurturing touch and massage.

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.

Baby Stay and play - a group aimed at parents of children under the age of one year old, stay and play encourages babies to interact with others helping with their social and cognitive development. Each session will include play activities and rhymes.

Baby Messy Play/Sensory Messy play /sensory play 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.

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.

Move to Rhyme (from moving to 18months) an interactive session for babies and their parents/ carers to share nursery rhymes, action songs, musical instruments and books.

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.

Story Time - Is an interactive story session where children and their parents can explore imaginative tales and rhymes together promoting language skills, creativity and adventure. This session will be themed each week with a craft link to the story.

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

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.

Introduction To Solid Foods - covers how 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. To book call 03000 031552.

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 support programme.

Welfare rights - Specialist Benefits Advice, including Employment Law to people who live in Sunderland. The advice given covers a range of benefits for people that may have physical or mental health conditions.

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 this QR code, on My Best Life or at one of our Hubs to register at Sunderland Family Hubs then sign in each time you come to any hub. Everything is FREE!

