



Coalfield Best Start Family Hub Easter Timetable
Tuesday 7th April - Friday 17th April 2026
Family.hubhetton@togetherforchildren.org.uk
Postcode: DH5 9NE Telephone: 0191 561 6625



| Monday 6 th April | Tuesday 7 th April | Wednesday 8 th April | Thursday 9 th April | Friday 10 th April |
|---------------------------------------|--|---|---|---|
| <p>Bank Holiday Closed</p> | <p>Baby Messy Play/Sensory Drop in (0 - 12 months) 9.30 - 10.15am</p> <p>Busy Bodies - Drop in (Walkers - 5 years) 11 - 11.45am</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am 10.15 - 10.45am 11 - 11.30am</p> <p>Play Space - Drop in (0 - 5 years) 1 - 2pm</p> <p>Sensory Room - Drop in (0 - 5 years) 1 - 2pm</p> <p>Post Natal Yoga - Bookable 2.15 - 3.15pm</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 3.30 - 4pm 4.15 - 4.45pm</p> | <p>Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am, 10.15 - 10.45am 11.00 - 11.30am</p> <p>Birth Registrations - Bookable 9am - 12noon Book via Sunderland City Council website</p> <p>Easter Holiday Family Fun Glow Party Kepier Hall - DH4 4DN 1 - 3pm 5 - 11 years (siblings welcome) Book by emailing: space4jade@gmail.com</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 1.15 - 1.45pm 2 - 2.30pm 2.45 - 3.15pm 3.30 - 4pm 4.15 - 4.45pm</p> | <p>Play Space & Sensory Room Drop in (0 - 5 years) 9.30 - 11.30am</p> <p>Stop Smoking Support Drop in 9.30 - 11.30am</p> <p>Breastfeeding Support Drop in 10am - 12noon</p> <p>Welfare Rights - Referral 9am -12noon</p> <p>Time for Rhyme (0 - crawling) 1.30 - 2.15pm</p> <p>Ante Natal Programme Bookable 3.45 - 5.45pm To book please call 0300 0031552</p> | <p>Play Space & Sensory Room Drop in (0 - 5 years) 9.30 - 11.30am</p> <p>Growing Healthy Drop In 10 - 11.30am</p> <p>Family Stay & Play Drop in (0 - 8 years) 1.30 - 2.30pm</p> <p>Sensory Room Bookable (0-25 years with parents/carers) 2.45 - 3.15pm</p> |

Social media

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| <p>Review & Development Clinic 10 - 11.30am (Please speak to your Health Visitor for an appointment)</p> <p>Time for Rhyme - Drop in (0 - pre-crawling) 10 - 10.45pm</p> <p>Sensory Room - Bookable (0 - 25 years with parents/carers) 9.30 - 10am 10.15 - 10.45am 11 - 11.30am</p> <p>Young Mams 'n' Dads - Drop in (14 - 22 years) 1.30 - 2.30pm</p> <p>Time for Rhyme - Drop in (0 - pre-crawling) 1 - 1.45pm</p> <p>Sensory Room - Bookable (0 - 25 years with parents/carers) 2.45 - 3.15pm 3.30 - 4pm 4.15 - 4.45pm</p> | <p>Baby Messy Play/Sensory - Drop in (0 - 12 months) 9.30 - 10.15am</p> <p>Busy Bodies - Drop in (Walkers - 5 years) 11 - 11.45am</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am 10.15 - 10.45am 11 - 11.30am</p> <p>Play Space & Sensory - Drop in (0 - 5 years) 1 - 2.30pm</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 3.30 - 4pm 4.15 - 4.45pm</p> | <p>Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am 10.15 - 10.45am 11.00 - 11.30am</p> <p>Birth Registrations - Bookable 9am - 12noon Book via Sunderland City Council website</p> <p>Move To Rhyme Drop in (Crawling - pre walking) 1.30 - 2.15pm</p> <p>Pregnancy Yoga - Bookable 3.30 4.30pm</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 3.30 - 4pm 4.15 - 4.45pm</p> | <p>Play Space & Sensory Room Drop in (0 - 5 years) 9.30 - 11.30am</p> <p>Stop Smoking Support Drop in 9.30 - 11.30am</p> <p>Rainbow Guide Live SEND Family Fun for all the family! Beacon of Light 10am - 2pm</p> <p>Breastfeeding Support Drop in 10am - 12noon</p> <p>Welfare Rights - Referral 9am -12noon</p> <p>Family Stay & Play - Drop in (0 - 8 years) 1.30 - 2.30pm</p> <p>Ante Natal Programme Bookable 3.45 - 5.45pm To book please call 0300 0031552</p> | <p>Play Space & Sensory Room Drop in (0 - 5 years) 9.30 - 11.30am</p> <p>Growing Healthy Drop In 10 - 11.30am</p> <p>Post Natal Yoga Bookable 1.30 - 2.30pm</p> <p>Sensory Room - Bookable (0-25 years with parents/carers) 1.15 - 1.45pm, 2 - 2.30pm 2.45 - 3.15pm</p> |

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| <p>Bank Holiday Closed</p> | <p>Play Space 9am - 3pm Drop In</p> <p>Time for Rhyme 9.30 - 10.15am Bookable</p> <p>Move to Rhyme (crawling to pre walkers) 10.30 - 11.15am Bookable</p> <p>Breastfeeding Support Drop In 10am - 12noon</p> <p>Specialist Feeding Clinic Book via Health Visiting Team</p> <p>Hearing Clinic Appointment only</p> <p>Busy Bodies 2 - 3pm Bookable</p> <p>Sensory Room - Bookable 12.30 - 4.30pm</p> <p>Introduction to Solid Food & Tiny Tummy To book call 03000031552</p> <p>Ante Natal Programme 3.45 - 5.45pm To book call 0300 0031552</p> | <p>Outdoor Fun 9.30 - 10.30am Bookable</p> <p>The Wise Group - Referral (Community Relationship mentors) 9am - 1pm</p> <p>Stay & Play 1.30 - 3pm Bookable</p> <p>Growing Healthy - Drop In 10 - 11.30am</p> <p>Sensory Room 12.30 - 4.30pm Bookable</p> <p>Welfare Rights - Referral 1 - 5pm</p> <p>Stop Smoking Support - Drop In 3 - 5pm</p> | <p>Baby Messy Play Under 1 year 10 - 11am Booking</p> <p>Outdoor Play Space 10 - 11.30am</p> <p>Sensory Room - bookable (0-25 years with parents/carers) 9am - 12noon</p> <p>Social Prescribers - Referral 9am - 5pm</p> <p>Play Space 12 - 3pm Drop In</p> <p>Review & Development 1 - 3pm (book via Health Visitor)</p> <p>Tobacco Dependency Service Referral 9am - 4pm</p> <p>Little Treasure - Referral/Bookable 1 - 3pm</p> | <p>Toddler Messy Play 1 - 3 years 9.15 - 10.15am</p> <p>Sensory Room 9am - 12noon Bookable</p> <p>Young Mams 'n' Dads - Drop in (14 - 22 years) 1.30 - 2.30pm</p> |

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| <p>Stay & Play 1 - 3 years 10 - 11am Bookable</p> <p>Play Space (0 - 5 years) 9am - 3pm</p> <p>Outdoor Play Space 10 - 11.30am Bookable</p> <p>Sensory Room 12.30 - 4.30pm Bookable</p> | <p>Time for Rhyme 9.30 - 10.15am Bookable</p> <p>Move to Rhyme (crawling to pre walkers) 10.30 - 11.15am Bookable</p> <p>Breastfeeding Support - Drop in 10am - 12noon</p> <p>Specialist Feeding Clinic Book via Health Visiting Team</p> <p>Hearing Clinic Appointment only</p> <p>Sensory Room 12.30 - 4.30pm Bookable</p> <p>Introduction to Solid Food & Tiny Tummy To book call 03000031552</p> <p>Ante Natal Programme 3.45 - 5.45pm To book call 0300 0031552</p> | <p>Outdoor Fun 9.30 - 10.30am</p> <p>Stay & Play 1.30 - 3pm Bookable</p> <p>The Wise Group - Referral (Community Relationship mentors) 9am - 1pm</p> <p>Growing Healthy - Drop In 10 - 11.30am</p> <p>Sensory Room - 12.30 - 4.30pm Bookable</p> <p>Welfare Rights - Referral 1 - 5pm</p> <p>Stop Smoking Support - Drop In 3 - 5pm</p> | <p>Baby Stay & Play Under 1 year 10 - 11am Bookable</p> <p>Rainbow Guide Live SEND Family Fun for all the family! Beacon of Light 10am - 2pm</p> <p>Outdoor Play Space 10 - 11.30am</p> <p>Sensory Room - bookable (0-25 years with parents/carers) 9am - 12noon</p> <p>Social Prescribers - Referral 9am - 5pm</p> <p>Review & Development 1 - 3pm (book via Health Visitor)</p> <p>Tobacco Dependency Service - Referral 9am - 4pm</p> <p>Story Time 1.30 - 2.30pm Bookable</p> | <p>Sensory Room 9am - 12noon Bookable</p> <p>Young Mams 'n' Dads - Drop in (14 - 22 years) 1.30 - 2.30pm</p> |

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| <p>Bank Holiday Closed</p> | <p>Review & Development Clinic 9.30 - 11:30am (Please speak to your Health Visitor for an appointment)</p> <p>Welfare Rights - referral 9.30 - 11.30am</p> <p>Easter Baby Stay & Play (0 - 1 year) 10.30 - 11.30am Bookable</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm, 12.30 - 1pm</p> <p>Post Natal Yoga - Bookable 2.30 - 3.30pm</p> | <p>Play Space with Sensory Room 10 - 11.30am</p> <p>Easter Photo Shoot 10 - 11.30am</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm, 12.30 - 1pm</p> <p>Time for Rhyme - Bookable (0 - crawling) 1 - 1.45pm</p> <p>Move to Rhyme - Drop in (crawling to pre walkers) 2 - 2.45pm</p> <p>Antenatal Programme - bookable 3.45 - 5.45pm To book call 03000 031552</p> | <p>Easter Family Stay & Play Drop in 9.30 - 10.30am</p> <p>Sensory Room - Bookable (0 - 5 years) 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 - bookable 4 - 5pm</p> | <p>Post Natal Yoga - Bookable 9.30 - 10.30am</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm 12.30 - 1pm</p> <p>Play Space with Sensory Room 1 - 2.30pm</p> <p>Sensory Room - Bookable (0 - 25 years) 3 - 3.30pm 3.30 - 4pm</p> |

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| <p>Play Space with Sensory Room - Drop in (0 - 5 years) 9 - 10am and 10.30 - 11.30am</p> <p>Introducing Solid Foods - Bookable (around 6 months) 9am – 12noon Bookable 03000031552</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm, 12.30 - 1pm</p> <p>Growing Healthy - Drop In 1.30 - 3pm</p> <p>Time for Rhyme - bookable (0 - crawling) 1 - 1.45pm</p> <p>Busy Bodies - Drop in (walking - 5 years) 2.15 - 3pm</p> <p>Sensory Room - bookable (0-25 years with parents/carers) 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 - referral 9.30 - 11.30am</p> <p>Baby Stay & Play (0 - 1 year) 10.30 - 11.30am Bookable</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm, 12.30 - 1pm</p> <p>Post Natal Yoga - Bookable 2.30 - 3.30pm</p> | <p>Play Space with Sensory Room 10 - 11.30am</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm, 12.30 - 1pm</p> <p>Time for Rhyme - Bookable (0 - crawling) 1 - 1.45pm</p> <p>Move to Rhyme - Drop in (crawling to pre walkers) 2 - 2.45pm</p> <p>Antenatal Programme - bookable 3.45 – 5.45pm To book call 03000 031552</p> | <p>Family Stay & Play Drop in 9.30 - 10.30am</p> <p>Rainbow Guide Live SEND Family Fun for all the family! Beacon of Light 10am - 2pm</p> <p>Sensory Room - Bookable (0 - 5 years) 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>Play Space with Sensory Room 10 - 11.30am</p> <p>Sensory Room - Bookable (0 - 5 years) 12 - 12.30pm 12.30 - 1pm</p> <p>Play Space with Sensory Room 1 - 2.30pm</p> <p>Sensory Room - Bookable (0 - 25 years) 3 - 3.30pm 3.30 - 4pm</p> |

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| Bank Holiday Closed | <p align="center">Play Space - Drop in (0 - 5 years) 9 - 11.30am</p> <p align="center">Sensory Room - Drop in (0-25 years with parents/carers) 9 - 11.30am</p> <p align="center">Easter Family Fun Event 0 - 8 years 1.30 - 3pm</p> <p align="center">Antenatal Programme 3.45 - 5.45pm To book call 03000 031552</p> | <p align="center">Coffee Morning Drop in with Easter Backdrop 9.30 - 11.30am</p> <p align="center">Sensory Room (0 - 5 years) 9 - 11.30am Drop in</p> <p align="center">Review & Development Clinic 10 - 11.30am Book via Health Visitor 0300 0031552</p> <p align="center">Welfare Rights - referral 9.30 - 11.30am</p> <p align="center">SEND Play Space (Parent led - 0 - 4 years) 10 - 11.30am</p> <p align="center">Birth Registrations - Bookable Book via Sunderland City Council website</p> <p align="center">Baby Messy/Sensory Play (0 - pre walkers) 1.30 - 2.15pm</p> | <p align="center">Easter Stay & Play Marlborough Park (Sulgrave flats) (0 - 5 years - older siblings welcome) 9.15 - 10.15am</p> <p align="center">Play Space - Drop in (0 - 5 years) 9 - 11.30am</p> <p align="center">Sensory Room - Drop in (0 - 5 years) 9 - 11.30am</p> <p align="center">Growing Healthy - Drop In 10 - 11.30am</p> <p align="center">Bread & Butter Thing 2 - 2.30pm To reserve a bag text 07507237311</p> <p align="center">Play Space - Drop in (0 - 5 years) 1 - 3pm</p> <p align="center">Sensory Room - Drop in (0 - 5 years) 1 - 3pm</p> <p align="center">Easter Story Time (0-5 years) 1.30 - 2.15pm</p> | <p align="center">Easter Mindfulness Craft (5 years +) 10 - 11.15am</p> <p align="center">Move to Rhyme - Drop in (Crawling to pre-walking) 1.45 - 2.30pm</p> |

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| <p>Time for Rhyme (0 - pre crawlers) 9.30 - 10.15am Drop In</p> <p>Play Space 9 - 11.30am Drop In</p> <p>Sensory Room 9 - 11.30am Drop In</p> <p>Play Space 1 - 3pm Drop In</p> <p>Sensory Room 1 - 3 pm Drop In</p> <p>Busy Bodies (walking - 5 years) 1.30 - 2.30pm</p> <p>Breast Feeding Support Drop In 1 - 3pm</p> | <p>Play Space - Drop in (0 - 5 years) 9 - 11.30am</p> <p>Sensory Room - Drop in (0-25 years with parents/carers) 9 - 11.30am</p> <p>Easter Family Fun Event 0 - 8 years 10 - 11.15am</p> <p>Play Space 1 - 3pm Drop In</p> <p>Sensory Room 1 - 3 pm Drop In</p> <p>Antenatal Programme 3.45 - 5.45pm To book call 03000 031552</p> | <p>Coffee Morning Drop in with Easter Backdrop 9.30 - 11.30am</p> <p>Sensory Room (0 - 5 years) 9 - 11.30am Drop in</p> <p>Review & Development Clinic 10 - 11.30am Book via Health Visitor 0300 0031552</p> <p>Welfare Rights - referral 9.30 - 11.30am</p> <p>SEND Play Space (parent led) (0 - 4 years) 10 - 11.30am</p> <p>Birth Registrations - bookable Book via Sunderland City Council website</p> <p>Baby Messy/Sensory Play - (0 - pre walkers) 1.30 - 2.15pm</p> | <p>Rainbow Guide Live SEND Family Fun for all the family! Beacon of Light 10am - 2pm</p> <p>Growing Healthy - Drop In 10 - 11.30am</p> <p>Bread & Butter Thing 2 - 2.30pm To reserve a bag text 07507237311</p> <p>Play Space (0 - 5 years) 1 - 3pm Drop in</p> <p>Sensory Room (0 - 5 years) 1 - 3pm Drop in</p> <p>Easter Story Time (0-5 years) 1.30 - 2.15pm</p> | <p>Easter Mindfulness Craft (5 years +) 10 - 11.15am</p> <p>Move to Rhyme - Drop in (Crawling to pre-walking) 1.45 - 2.30pm</p> |

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Family.hubeast@togetherforchildren.org.uk
Postcode: SR1 2HS - Telephone: 0191 561 2850



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| <p>Bank Holiday Closed</p> | <p>Easter Stay & Play (0-5 years) 11am – 12pm Drop In</p> <p>Baby Sensory/Messy (0-pre-walkers) Drop in 1.30pm – 2.15pm</p> <p>Growing Healthy Drop in 1.00pm – 2.30pm</p> | <p>Play Space 9.00 - 10.30am</p> <p>Stay & Play Young Lads & Dads (0-5 years) 11am – 12pm Drop in</p> <p>Stay & Play (0-5 years) 1.30pm – 2.30 pm Drop in</p> <p>Breastfeeding Support Drop In 1 – 3pm</p> <p>Welfare Rights (Referral) 3 – 4pm</p> | <p>Time for Rhyme (0 - crawlers) 9.30 - 10.15am - Drop in</p> <p>Move to Rhyme (Pre crawlers - pre walkers) 11 - 11.45am - Drop in</p> <p>Review & Development Clinic 10am – 12noon (Please speak to your health visitor for an appointment)</p> <p>Introduction to Solid Foods & Tiny Tummies - bookable (around 6 months) 1 – 2.30pm To book please call 0300 0031552</p> <p>Antenatal Programme 3.45pm – 5.45pm To book please call 0300 0031552</p> | <p>Community Event 10.30 - 12noon</p> <p>Stop Smoking Support Drop In 1 - 3 pm</p> <p>Tobacco Dependency Treatment Service - appointment 9am – 4pm</p> |

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| <p>Stay & Play (0-5 years) 10 - 11.30am Drop In</p> <p>Play Space (0 - 5 years) 1.30 - 2.30pm Drop in</p> | <p>Stay & Play (0 - 5 years) 11am - 12noon Drop In</p> <p>Baby Sensory/Messy (0 - pre walkers) 1.30 -2.15pm Drop In</p> <p>Growing Healthy Drop in 1 – 2.30pm</p> | <p>Community Event 10.30am -12noon</p> <p>Stay & Play Young Lads & Dads (0 - 5 years) 11am - 12noon Drop In</p> <p>Breastfeeding Support Drop in 1 – 3 pm</p> <p>Welfare Rights (Referral) 3 – 4pm</p> | <p>Time for Rhyme (Birth - crawling) 9.30 - 10.15am - Drop In</p> <p>Move to Rhyme (Crawlers to pre walkers) 11 - 11.45am - Drop In</p> <p>Rainbow Guide Live SEND Family Fun for all the family! Beacon of Light 10am - 2pm</p> <p>Play Space 0 - 5 years 1 - 2.30pm - Drop In</p> <p>Review & Development Clinic 10am – 12noon (appointment only via 0-19 service)</p> <p>Introduction to Solid Foods & Tiny Tummies - bookable 1 – 2.30pm</p> <p>Antenatal Programme 3.45pm – 5.45pm To book both of the above please call 0300 0031552</p> | <p>Play Space (0-5 years) 9 – 10.30am Drop In</p> <p>Busy Bodies (walkers) 11 - 11.45am Drop In</p> <p>Stop Smoking Support - Drop In 1 - 3 pm</p> <p>Tobacco Dependency Treatment Service - appointment 9am – 4pm</p> |

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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

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 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 (Weaning)- 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 by contacting your hub.

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. Contact Angela 07917535234, or Anna 07435753369.

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'.

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!



