



**Coalfield Best Start Family Hub Timetable**  
**Monday 1st June- Wednesday 22nd July 2026**  
**Family.hubhetton@togetherforchildren.org.uk**  
**Postcode: DH5 9NE Telephone: 0191 561 6625**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Time for Rhyme</b> (Birth- pre crawling) (excluding 8<sup>th</sup> June) 9.30 - 10.15am</p> <p><b>Sensory Room - Bookable</b> 9.30-10am 10.15-10.45am 11-11.30am</p> <p><b>Review &amp; Development Clinic</b> 10 – 11.30am</p> <p><b>Super Communicators</b> 10 – 10.45am Referral only</p> <p><b>Busy Bodies - Drop in</b> (Walkers - 5 years) 1.15 - 2pm</p> <p><b>Young Mams 'n' Dads</b> (14 - 22 years) 1.30 - 2.30pm Drop In</p> <p><b>Sensory Room Bookable</b> 2.45 - 3.15pm 3.30 – 4pm 4.15 – 4.45pm</p>	<p><b>Tobacco Dependency Service</b> 9am - 4pm Referral only</p> <p><b>Baby Messy Play/Sensory Drop in</b> (0 - 12 months) 9.30 - 10.15am</p> <p><b>Sensory Room - Bookable</b> (0-5 years) 9.30 - 10am 10.15 - 10.45am 11 - 11.30am</p> <p><b>Play Space &amp; Sensory Room Drop in</b> (0 - 5 years) 1 - 2.30pm</p> <p><b>GroBrain</b> (0 - 12 months) 12.45 - 2.45pm Bookable</p> <p><b>Sensory Room - Bookable</b> (0-25 years with parents/carers) 3.30 - 4pm 4.15 - 4.45pm</p>	<p><b>Birth Registrations</b> 9am - 1pm Bookable via Sunderland Council website</p> <p><b>Childminder Network</b> Fortnightly</p> <p><b>Sensory Room - Bookable</b> 9.30 - 10, 10.15 - 10.45, 11- 11.30am</p> <p><b>Little Adventurers</b> 1 - 2.30pm Referral Only</p> <p><b>Baby Massage</b> at Space4 1 - 2pm - Bookable - email space4hub@gmail.com</p> <p><b>Introduction to Solids</b> To book please call 0300 0031552</p> <p><b>Sensory Room - Bookable</b> 3.30 - 4pm 4.15 - 4.45pm</p>	<p><b>Play Space &amp; Sensory Room Drop in</b> (0 - 5 years) 9.30 - 11.30am</p> <p><b>Play Space &amp; Sensory Room Drop in</b> (0 - 5 years) 9.30 - 11.30am</p> <p><b>Breastfeeding Support Drop in</b> 10am - 12noon</p> <p><b>Welfare Rights - Referral</b> 9am -12noon</p> <p><b>Stay &amp; Play</b> (0 - 5 years) 1.30 - 2.30pm</p> <p><b>Ante Natal Programme Bookable</b> 3.45 - 5.45pm To book please call 0300 0031552</p>	<p><b>PlaySpace &amp; Sensory Room Drop in</b> (0 - 5 years) 9.30 - 11.30am</p> <p><b>Growing Healthy Drop In</b> 10 - 11.30am</p> <p><b>Family Voice</b> 26th June 10.45am - 12.15pm</p> <p><b>Baby Massage</b> 1.30 - 2.30pm Bookable</p> <p><b>Buggy Walk</b> 1 - 2pm then PlaySpace</p> <p><b>Sensory Room - Bookable</b> (0-25 years with parents/carers) 1.15 - 1.45pm 2 -2.30pm 2.45 - 3.15pm</p>

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