



Coalfield Best Start Family Hub Summer Timetable

Monday 27th July - Friday 4th September 2026
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 Postcode: DH5 9NE Telephone: 0191 561 6625



Monday	Tuesday	Wednesday	Thursday	Friday
Time for Rhyme (Birth - pre-crawling) 9.30 - 10.15am Review & Development Clinic 10 - 11.30am Please speak to your Health Visitor for an appointment Move to Rhyme (Crawling - Pre walking) 11 - 11.45am Sensory Room - Bookable (0 - 25years with parents/carers) 9.30 - 10am, 10.15 - 10.45am 11 - 11.30am, 2.45 - 3.15pm 3.30 - 4pm, 4.15 - 4.45pm Busy Bodies (Walkers - 5 years) 1.15 - 2pm Young Mams 'n' Dads - Drop in (14 - 22 years) 1.30 - 2.30pm	Baby Messy/Sensory (0 - 12 months) 9.30 - 10.15am Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am, 10.15 - 10.45am 11 - 11.30am, 3.30 - 4pm 4.15 - 4.45pm Play In The Park (0-5 years) 11 - 11.45am (Hetton Lyons Country Park - meet opposite cafe) Tobacco Dependency Treatment Service Appointment only Play Space & Sensory (0 - 5 years) 1 - 2.30pm Gro Brain - Bookable (Pregnant or with babies 0 - 12 months) 12.45 - 2.45pm	Sensory Room - Bookable (0-25 years with parents/carers) 9.30 - 10am, 10.15 - 10.45am 11.00 - 11.30am, 3.30 - 4pm 4.15 - 4.45pm Birth Registrations - Bookable 9am - 12pm Book via Sunderland Council Summer Fest 5th August - 12 - 4pm Houghton Rectory Park DH4 5BH Coalfield Summer Fayre 29th July 10am - 12pm Baby Massage at Space4 1 - 2pm Email space4.hub@gmail.com to book Introduction to Solid Food 29th July & 26th Aug- 1 - 2pm To book call 03000031552 Time for Rhyme Birth - pre-crawling 1.30 - 2.15pm	Stop Smoking Support Drop in 8 - 9am Or call for an appointment Welfare Rights (Referral required) 9am -12noon Play Space & Sensory Room (0 - 5 years) 9.30 - 11.30am Breastfeeding Support Drop in 10am - 12pm Toy Library Scheme 10 - 11.30am Busy Bodies Walkers - 5 yrs Penshaw Community Association 10.15 - 11am Stay & Play (0 - 8 years) 1.30 - 2.30pm Antenatal Programme 3.45 - 5.45pm To book call 0300 0031552	PlaySpace & Sensory Room (0 - 5 years) 9.30 - 11.30am Story Time & Crafts @Sharp, Shiney Row (18 months - 3 years but younger children welcome) 10 - 10.45am Growing Healthy Drop In 10 - 11.30am PlaySpace (0 - 5 years) 1 - 2.30pm Baby Massage Bookable (0 - 12 months) 1.30 - 2.30PM Sensory Room - Bookable (0-25 years with parents/carers) 1.15 - 1.45pm 2 - 2.30pm 2.45 - 3.15pm

Social media

Follow Sunderland Family Hubs on Facebook and Instagram.



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

Saturdays @ Rainbow Family Hub

- Stay & Play 10 - 11am - Every week
- Dad's and Little'uns - 1st August- 10 - 11.30am