



Coalfield Best Start Family Hub Timetable

Monday 7th September – Friday 23rd October 2026
Family.hubhetton@togetherforchildren.org.uk
Postcode: DH5 9NE Telephone: 0191 561 6625



Monday	Tuesday	Wednesday	Thursday	Friday
Time for Rhyme – bookable (0 - pre-crawling) 9.30 - 10.15am (Excluding 7th September) Sensory Room - bookable (0 - 25 years with parents/carers) 9.30 - 10am, 10.15 - 10.45am 11 - 11.30am, 2.45 - 3.15pm 3.30 - 4pm, 4.15 - 4.45pm Super Communicator - referral (18 month - 3 years) 10 - 10.45am Review & Development Clinic 10 - 11.30am Please speak to your Health Visitor for an appointment Move to Rhyme – drop in (Crawling – pre-walking) 11 – 11.45am (Excluding 7th September) Busy Bodies – drop in (Walkers - 5 years) 1.15 - 2pm (Excluding 7th September) Young Mams ‘n’ Dads - drop in (14 - 22 years) 1.30 - 2.30pm (Excluding 7th September)	ABC – bookable 9.30 - 11.30am Parents of children aged 3-16 years. Ring to book 0191 5617005 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 Baby Sensory - drop in @ Houghton Library (0 - 12 months) 10.15 - 11am Play Space & Sensory - drop in (0 - 5 years) 10.30 – 11.30am Tobacco Dependency treatment Services Appointment only Gro Brain - bookable (0 - 12 months) 4-week programme 12.45 - 2.45pm ABC on Teams - bookable 12.45 - 2.45pm Parents of children aged 3-16 years. Ring to book 0191 5617005 Time for Rhyme – drop in (0- pre crawling) 1 – 1.45pm	Birth Registrations - bookable 9am - 12noon Book via Sunderland City Council website ABC on Teams - bookable 9.30-11.30 for parents of children 0-3 years. Ring to book 0191 5617005 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 Childminder Network - drop in 9.30 - 11.30am (fortnightly starting 16th September) Little Adventurers – referral only 1 – 2.30pm Baby Massage @ Space4 (0 - 12 months) 1–2 pm Book via email to space4.hub@gmail.com Baby Sign - bookable (6 – 12 months) 3 - 3.45pm (16th September until 7th October) Introduction to Solids - bookable (around 6 months) To book please call 030000031552 ABC on Teams - bookable 5-7pm for parents of children 3-16 years. Ring to book 0191 5617005	Stop Smoking Support - drop in 8 - 9am or call for an appointment Welfare Rights - referral 9am - 12noon Play Space & Sensory Room - drop in (0 - 5 years) 9.30 - 11.30am Breastfeeding Support - drop in 10am - 12noon Busy bodies (Walkers – 5 years) Penshaw Community Association 10.15 - 11am Stay & Play - drop in (0 - 5 years) 1 - 2pm Story time - drop in (0 – 5 years) 3 – 3.45pm Ante Natal Programme - bookable 3.45 - 5.45pm To book please call 0300 0031552	PlaySpace&SensoryRoom-drop in (0 - 5 years) 9.30 - 11.30am Story time and crafts @ Sharp, Shiney Row - drop in (18 months - 3 years but younger children welcome) 10 - 10.45am Family Voice meeting Friday 25th September and Friday 23rd October 10.45 -12.15 Growing Healthy - drop In 10 - 11.30am Buggy Walk – drop in 12.30 – 1.30pm followed by Play space – drop in 1.30 - 2.30pm Sensory Room - bookable (0-25 years with parents/carers) 1.15 - 1.45pm, 2 - 2.30pm 2.45 - 3.15pm Baby massage – bookable (0 - 12 months) 1.30 - 2.30pm Saturdays at Winnibell – drop in session Stay and Play with Ha'way the Dads (all welcome) 9.30 - 11am Starting Saturday 12th September

Social media

Please check www.linksforlifesunderland.co.uk/familyhubs
Follow Sunderland Family Hubs on Facebook and Instagram.

Parenting Support

From pregnancy to age 19, our Parenting and Relationships Team is here to help with free advice and support.
Call **0191 561 7005** or email citywideparentingreferrals@togetherforchildren.org.uk.



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 5 week course for expecting parents. 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

GroBrain Baby Programme 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 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.

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 or contact to make an appointment to suit you.

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'.

Parenting Support

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Registering

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



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.