



Thorney Close Best Start Family Hub Timetable

Monday 7th September - Friday 23rd October 2026

Family.hubwest@togetherforchildren.org.uk
SR3 4JQ - 0191 561 4127



Monday	Tuesday	Wednesday	Thursday	Friday
Play Space – drop in (0 - 5 years) 9am – 12pm and 1 – 4pm ABC – bookable 9.30 – 11.30am and 12.45 – 2.45pm Parents of children aged 3-16 years. Ring to book 0191 5617005 Stay & Play – drop in (0 - 5 years) Starts 14th September 10 - 11am Outdoor Play Space – drop in (0 - 5 years) Starts 14th September 11am – 12pm and 2.30 - 4pm Sensory Room – drop in (0 - 5 years) 9 – 10am and 12.30 - 4.30pm Baby Messy Sensory – drop in Starts 14th September 1.30 – 2.30pm Baby Massage – bookable Pennywell Community Centre 14th September – 12th October 5-week course 1.30 - 2.30pm Gro Brain - Bookable (0 - 12 months) 4-week programme 12.45 - 2.45pm	Play Space – drop in (0 - 5 years) 9am – 12pm and 1 – 4pm Move to Rhyme – drop in (Crawling - pre walking) 9.45 – 10.30am Breastfeeding Support - drop In 10am - 12pm Time for Rhyme - drop in (0 - pre-crawling) 11 – 11.45am Sensory Room – bookable (0 – 5 years) 12.30 - 4.30pm ABC on Teams – bookable 12.45 – 2.45pm Parents of children aged 3-16 years Ring to book 0191 5617005 Busy Bodies – drop in (Walkers - 5 years) 1.30 – 2.15pm Outdoor Play Space – drop in (0 – 5 years) 2.30 – 4pm Introduction to Solid Foods (around 6 months) 8th September & 6th October To book call 0300 0031552 Ante Natal Programme Starts 22nd September 3.45 - 5.45pm - 5 weeks To book call 0300 0031552	Stop Smoking Support - drop In 8.30 – 9.30am Play Space – drop in (0 - 5 years) 9am – 12pm and 1 – 4pm The Wise Group – referral Only 9am - 1pm ABC on Teams – bookable 9.30 – 11.30am Parents of children aged 0-3 years. Ring to book 0191 5617005 Super Communicators – referral (18 month - 3 years) 9.30 – 10.30am Growing Healthy - drop In 10 - 11.30am Buggy Walk - Silksworth Park – drop in 10.30 – 11.30am – Meet at Silksworth Community Pool Outdoor Play Space – drop in (0 – 5 years) 10.30 – 11.30am Sensory Room – bookable (0 – 5 years) 12.30 - 4.30pm Stay & Play – drop in (0 – 5 years) 1.30 – 2.30pm ABC on Teams – bookable 5 – 7pm Parents of children aged 3-16 years. Ring to book 0191 5617005 Family Art Club (Age 4 years +) 9th – 30th September 3 – 5pm To book email: volunteering@togetherforchildren.org.uk	Play Space – drop in (0 - 5 years) 9am – 12pm and 1 – 4pm Tobacco Dependency Service - referral only from midwife 9am – 4pm Sensory Room – bookable (0 – 5 years) 9am – 12noon Sing & Splash - bookable (4 - 18 months) Silksworth Community Pool 10.45 – 11.25am Social Prescribers - referral 9am - 5pm Outdoor Play Space – drop in (0 - 5 years) 11am – 12pm and 2.30 – 4pm Review & Development 1 - 3pm Book via Health Visitor Little Sprouts Planting Group – drop in (0-5 Years) 1.30 – 2.30pm Stop Smoking Support - drop in 4 – 5pm	Play Space – drop in (0 - 5 years) 9am – 12pm and 1 – 3pm Baby Massage - bookable (0 – 6 months) 5-week course 10 - 11am Sensory Room - bookable (0 – 5 years) 9am - 12noon and 1 – 3pm Storytime with fun activities – drop in (0 – 5 years) 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.