



Coalfield Best Start Family Hub half-term timetable

Monday 26th October – Friday 30th October 2026

Family.hubhetton@togetherforchildren.org.uk

Postcode: DH5 9NE Telephone: 0191 561 6625



Monday	Tuesday	Wednesday	Thursday	Friday
Halloween Time for Rhyme - bookable (0 - pre-crawling) 9.30 - 10.15am Review & Development Clinic 10 - 11.30am Please speak to your Health Visitor for an appointment Halloween Move to Rhyme - drop in (Crawling – pre-walking) 11 – 11.45am Halloween Busy Bodies - drop in (Walkers - 5 years) 1.15 - 2pm Young Mams 'n' Dads - drop in (14 - 22 years) 1.30 - 2.30pm	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 Halloween baby Sensory play - 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 Halloween Time for Rhyme - drop in (0- pre crawling) 1 – 1.45pm	Birth Registrations - bookable 9am - 12noon Book via Sunderland City Council website 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 Boo-nes Park Event Bookable (Barnes Park) 0-5 years 11pm – 2pm Introduction to Solids – bookable (around 6 months) To book please call 03000031552	Stop Smoking Support - drop in 8 - 9am or call for an appointment Welfare Rights 9am – 12pm To make an appointment please speak to Family Hub reception 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 Halloween Stay & Play - bookable (0 - 8 years) 1 - 2pm Halloween Story time and Crafts - drop in (0 – 5 years) 3 – 3.45pm Ante Natal Programme - bookable 3.45 - 5.45pm To book please call 0300 0031552 HAF Spookfest The Flatts, Easington Lane 3 – 6pm	Play Space & Sensory Room - drop in (0 - 5 years) 9.30 - 11.30am Halloween Story time & Crafts @Sharp, Shiney Row - drop in (18 months - 3 years but younger children welcome) 10 - 10.45am Growing Healthy - drop In 10 - 11.30am Sensory Room - bookable (0-25 years with parents/carers) 1.15 - 1.45pm, 2 - 2.30pm 2.45 - 3.15pm

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.

