Winnibell Best Start Family Hub Timetable
Monday 2nd November – Friday 18th December 2026

Family.hubeast@togetherforchildren.org.uk
Postcode: SR1 2HS - Telephone: 0191 561 2850

Monday	Tuesday	Wednesday	Thursday	Friday
Story Time with fun Activities – drop in (0 - 3 years) 9.30 – 10.30am **Stay and Play – drop in** (0 – 5 years) 1.30 - 2.30 **@ the Bangladeshi Centre SR1 2QD** **Baby Sign - bookable** (6 – 12 months) 1.30 – 2.15pm Starting 16th November **Northern Cancer Voices – drop in** Cancer support and information 9th Nov & 23rd Nov 1 – 3pm	**Super Communicator Stay & Play - referral** (18 months - 3 years) 9.30 - 10.15am **Family Voice – drop in** 24th November 10 - 11.30am **Stay & Play - drop in** (0 - 5 years) 11 – 12pm **Baby week @ Culture House – drop in** (0-4 years) 17th November 10am – 12pm **Growing Healthy - drop in** (Under 2 years) 1.30 – 3pm **Baby Sensory/Messy - drop in** (Crawlers - pre - walkers) 1.30 -2.15pm **Homework Hub at Winnibell Family Hub - drop in** (Year 6 to Year 11) 4 – 6pm (term time only) Access to computers, smart screens, TVs, quiet spaces, arts and crafts and printing facilities.	**Play Space - drop in** (0 - 5 years) 9 – 10.30am **Toy Library – drop in** 9.30 – 11.30am **Stay & Play Young Lads & Dads - drop in** (0 - 5 years) 11 – 12pm **Achieving Better Connections – bookable** (0-3 years) 12:45 – 2:45pm on Teams **Breastfeeding Support - drop in** 1 – 3 pm **Baby Sensory/Messy - drop in** (0 – pre- crawlers) 1.30 - 2.15pm **Welfare Rights - referral** 3 – 4pm	**Time for Rhyme - drop in** (0 – pre-crawlers) 9.30 - 10.15am **Review & Development Clinic** 10am – 12pm Please speak to your health visitor for an appointment **Move to Rhyme - drop in** (Crawlers to pre walkers) 11 - 11.45am **Tinsel Trial Festive Buggy Walk** 3rd December 12 – 1pm **Introduction to Solid Foods - bookable** (around 6 months) 19th Nov & 17th Dec 1 – 2pm To book call 0300 0031552 **Time for Rhyme at Hudson Road Primary School – drop in** (0 – pre-crawlers) 2.30 - 3.15pm **Ante Natal GroBrain - bookable** 3.45 - 5.15pm **Antenatal Programme** 3.45 – 5.45pm To book please call 0300 0031552	**GroBrain – bookable** (0 - 12 months) 5 - week programme 9.30 - 11.30am **Play Space - drop in** (0-5 years) 10.45 – 11.45am **Sing & Splash - bookable** (4 - 18 months) 11 - 11.45am Swimming at Raich Carter (must be registered with Family Hubs) **Baby Massage – bookable** (0 - 12 months) 1.30 2.30pm **Stop Smoking Support - drop In** 2 - 4 pm **Tobacco Dependency Treatment Service – appointment only** 9– 4pm **Saturdays at Thorney Close Family Hub drop in session** **Stay and Play with Ha'way the Dads (all welcome)** 7th November – 12th December 9.30 - 11am 14th November 10am – 1pm (Baby Week event)

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'.

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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.