

What's on

April – August 2024



Chester-le-Street

We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.

Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.

Chester-le-Street Family Hub
Gray Avenue, Chester-le-Street, DH2 2EL.
03000 268 643





Chester-le-Street

Multiply Homework Help	Monday 9.30am – 12.00noon
Multiply Budgeting Basics	Monday 9.30am – 12.00noon
Crock Pot Savvy - Budgeting Brilliance with Slow Cooker (booking required * <i>Free slow cooker per eligible participant</i>)	Monday 10.00am – 12.00noon
SENDIASS Drop-in	Monday 9.30am – 11.30am Monday 4.00pm – 6.00pm
Infant Feeding Support Group	Monday 10.00am – 11.00am
Growing Healthy Drop-in	Monday 1.30pm – 3.00pm
Toddler and Me	Tuesday 10.00am – 11.30am
Educational Psychology Drop-in	Tuesday 10.00am – 11.30am
DurhamLearn – Helping you Support Children and Young People’s Wellbeing (booking required through DurhamLearn)	Tuesday 9.30am – 12.00noon
Feel Good Families	Tuesday 9.30am – 12.00noon
Chill Kids (booking required)	Tuesday 4.00pm – 5.00pm
Antenatal Solihull (booking required)	Tuesday 5.30pm – 7.30pm
Triple P Baby (booking required)	Wednesday 10.00am – 12.00 noon
Homework Heroes (booking required * <i>Free Amazon tablet per eligible participant</i>)	Wednesday 10.00am – 12.00 noon

1 April 2024 29 April 2024	Each programme runs for 2 weeks
15 April 2024	Each programme runs for 2 weeks
13 May 2024	
6 May 2024 3 June 2024 1 July 2024 5 August 2024	Monthly
	Weekly
	Weekly
	Weekly
16 April 2024 16 July 2024	
25 June 2024	
Starts 16 April 2024	10 weeks
Starts 16 April 2024	6 weeks
Starts 9 April 2024	6 weeks
	Ongoing
24 July 2024	



Chester-le-Street

WellComm (Referral only)	Wednesday 1.00pm – 4.00pm
Incredible Toddlers (booking required)	Wednesday 1.00pm – 3.00pm
DurhamWorks Drop-in	Wednesday 1.00pm – 4.00pm
Aqua Natal Class Chester-le-Street Leisure Centre, Burns Green, Chester-le-Street, County Durham, DH3 3QH	Wednesday 1.30pm – 2.15pm
FEARless (booking required)	Wednesday 1.00pm – 3.00pm
Teen Zone (booking required)	Wednesday 4.00pm – 5.00pm
Baby and Me	Thursday 10.00am -11.30am
Neonatal Baby group	Thursday 10.00am – 11.30am
Being a Parent (booking required)	Thursday 12.30pm – 2.30pm
Stepping Stones (booking required)	Thursday 4.00pm – 6.00pm
Chill Kids (booking required)	Thursday 4.00pm – 6.00pm
Pre-school Group for Children with Complex Needs (Portage)	Friday 10.00am – 11.30am
Daisy Chain Coffee Morning	Friday 10.00am – 12.00noon

17 April 2024 15 May 2024 19 June 2024 17 July 2024 21 August 2024	Third Wednesday of the month
Starts 1 May 2024	13 weeks
10 April 2024 8 May 2024 12 June 2024 10 July 2024 14 August 2024	Monthly
	Weekly
Starts 17 April 2024	6 weeks
Starts 17 April 2024	6 weeks
	Weekly
25 April 2024 23 May 2024 27 June 2024 25 July 2024 22 August 2024	Monthly
Starts 25 April 2024	9 weeks
Starts 6 June 2024	9 weeks
Starts 6 June 2024	4 weeks
	Weekly
19 April 2024 17 May 2024 21 June 2024 19 July 2024	Monthly



Chester-le-Street

Multiply Homework Help - Understand what your child is learning in maths lessons from year 1 to year 6. To book email multiply@durham.gov.uk

Multiply Budgeting Basics - Help you take control of your finances by understanding how budgeting works. To book email multiply@durham.gov.uk

Crock Pot Savvy - Budgeting Brilliance with Slow Cooker - Manage your family budget, look at shopping strategies and cooking on a budget. Come and learn about meal planning and preparing budget friendly meals to get the best value for your money! Free slow cooker per eligible participant. To book email multiply@durham.gov.uk

SENDIASS Drop-in - For mams, dads and carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

Infant Feeding Support Group - Support for mams, dads and carers around feeding their baby or child.

Growing Healthy Drop-in - Drop in to ask the Health Visiting Team any questions about your child's health and development.

Toddler and Me - For mams, dads and carers and their child aged 1-2 years old. An informal group, each week focuses on a different aspect of your child's development.

Educational Psychology Drop-in - Talk to the Educational Psychology team about any concerns you may have about your child such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

DurhamLearn – Helping you Support Children and Young People's Wellbeing – Two hour programme aimed at adults who are in contact with young people either in a professional, voluntary or parental/caring role. You will learn about some of the mental health conditions that can affect the wellbeing of young people.
To book a place contact durhamlearn@durham.gov.uk

Feel Good Families – Helping you tackle stress and anxiety, feel more in control, sleep better and feel more confident to deal with the daily challenges of family life.

Chill Kids - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them.

Antenatal Solihull - Practical information and advice, support around emotional and mental wellbeing for you and your baby, information on pain relief, birth positions, breathing techniques, preparing to take your baby home, approaches to feeding, soothing and connecting with your baby.

Triple P Baby - For mams, dads and carers who may feel they are struggling with their new role as a parent, with their confidence, their child's behaviours or looking after themselves as a couple. If you think you would benefit from the programme, please speak to your health visitor. You can contact your health visitor on 03000 263 538.

Homework Heroes - Need support in understanding and accessing your child's homework platforms such as Times Tables Rock Stars, Corbettmaths, White Rose? We can show you! Come along to our course and learn all about them. Free Amazon tablet per eligible participant. To book email multiply@durham.gov.uk

WellComm - To identify children who are experience barriers to speech and language development, and provide strategies and activities for parents to use at home. If you think your child would benefit from this please contact your health visitor.

Incredible Toddlers - For mams, dads and carers and their toddler aged 1-3 years old. You will learn how to support your child's language, social and emotional development, establish clear routines and effective ways for dealing with common problems such as crying, sleeping and behaviour issues.

DurhamWorks Drop-in - Support to help 16–24-year-olds into education, employment or training.

Aqua Natal Class – For mams-to-be, providing a fun safe way to exercise your body and mind during pregnancy. Classes are £3 per session.

FEARless - For mams, dads and carers of children aged 6-14 years, to help you understand your child's anxious feelings.

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem.

Baby and Me - For families with babies from birth to 12 months, to enjoy time with your baby and meet new mams, dads and carers. Sessions include activities to help your baby to learn, and their brain and body to develop and advice and support on issues like bonding and safe sleeping.

Neonatal Family Group - A welcoming post discharge group for families who have had babies on the neonatal unit to come and meet up with other families, make new friends or catch up with friends from the unit. Run by Neonatal nurses.

Being a Parent- For mams, dads and carers of children aged 2-11 years, run by parents, to help you understand your child's behaviour.

Stepping Stones - For mams, dads and carers of children aged 0-12 years who have special educational needs and/or disabilities. You will learn skills to help you understand your child's behaviour and help them develop and reach their potential.

Pre-school Group for Children with Complex Needs (Portage) - For families of children aged 2 to 3 years, who are experiencing challenges interacting and communicating with others. It allows parents and carers to meet other families in a supportive group. Families must be working with the Portage Service to attend the group.

Daisy Chain Coffee Morning – For mams, dads and carers of children diagnosed, on the pathway or who have been identified by a professional as having a need relating to autism, attention deficit hyperactivity disorder (ADHD), foetal alcohol spectrum disorder (FASD), sensory processing differences, anxiety and social and communication differences.

To register with your Family Hub visit
www.durham.gov.uk/FamilyHubsRegistration

or scan



Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs