

# What's on

January to March 2026



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 261 111





Chester-le-Street

<b>Information and advice sessions for parents of children with Special Educational Needs and/or Disabilities (SEND) Drop-in</b>	Monday 9.00am - 12.30pm
<b>Educational Psychologist Drop-in</b>	Monday 9.30am - 11.30am
<b>0-12 Workshops, Dealing with Disobedience (booking required)</b>	Monday 10.00am - 12noon
<b>0-12 Workshops, Managing Fighting and Aggression (booking required)</b>	Monday 10.00am - 12noon
<b>0-12 Workshops, Developing Good Bedtime Routines (booking required)</b>	Monday 10.00am - 12noon
<b>0-12 Workshops, Hassle-free Shopping with Children (booking required)</b>	Monday 10.00am - 12noon
<b>0-12 Workshops Hassle-free Mealtimes with Children (booking required)</b>	Monday 10.00am - 12noon
<b>SENDASS Drop-in</b>	Monday 1.00pm - 3.00pm
<b>Teen Zone (booking required)</b>	Monday 4.00pm - 5.00pm
<b>Infant Massage (online booking required)</b>	Tuesday 1.00pm - 2.30pm
<b>Chill Kids (booking required)</b>	Tuesday 4.00pm - 5.15pm

5 January 2026 2 February 2026 2 March 2026	Drop-in
16 February 2026	Drop-in
12 January 2026	Runs for 1 session
19 January 2026	Runs for 1 session
26 January 2026	Runs for 1 session
2 February 2026	Runs for 1 session
9 February 2026	Runs for 1 session
5 January 2026 2 February 2026 2 March 2026	Monthly
12 January 2026	Runs for 6 sessions
20 January 2026	Runs for 6 weeks
20 January 2026	Runs for 8 weeks. (not running in February half term)



Chester-le-Street

<b>Triple P Baby</b> (booking required)	Wednesday 9.30am - 11.30am
<b>CAMHS Drop-in</b>	Wednesday 12.30pm - 2.30pm
<b>Stepping Stones</b> (booking required)	Wednesday 12.30pm - 2.30pm
<b>Henry - Fussy Eating Workshop</b> (booking required)	Wednesday 12.30pm - 3.00pm
<b>Supporting Speech and Language Development - WellComm</b> (online booking required)	Wednesday 1.00pm - 4.00pm
<b>Incredible Years Pre-School</b> (booking required)	Thursday 9.30am - 11.30am
<b>Henry - Starting Solids Workshop</b> (runs alongside Baby and Me)	Thursday 10.00am - 11.30am
<b>Henry - Healthy Teeth Workshop</b> (runs alongside Baby and Me)	Thursday 10.00am - 11.30am
<b>Neonatal Family Group</b>	Thursday 10.00am – 11.30am
<b>Infant Massage</b> (online booking required)	Thursday 1.00pm - 2.30pm

28 January 2026	Runs for 8 weeks (not running in February half term)
14 January 2026 18 March 2026	Drop-in
14 January 2026	Runs for 9 weeks (not running in February half term)
11 February 2026	Runs for one session
14 January 2026 11 February 2026 11 March 2026	Monthly
8 January 2026	Runs for 11 weeks (not running in February half term)
19 February 2026	Runs for 1 session
26 February 2026	Runs for 1 session
27 January 2026 24 February 2026 24 March 2026	Monthly
12 February 2026	Runs for 6 weeks (not running in February half term)



**Information and advice sessions for parents of children with Special Educational Needs and/or Disabilities (SEND) Drop-in** - You can speak to a member of the Graduated Approach Pathways (GAP) Team to get advice and guidance around the type of support your child may receive in their school/college, find out about further services available to you and your child in your local area, get advice about services available to your child's school/college.

**Educational Psychologist Drop-in** - Talk to the Educational Psychologist 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.

**0-12 Workshops, Dealing with Disobedience** - You will understand why your child may have difficulty learning to follow instructions and strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and also to manage disobedience when necessary.  
To book a place visit <https://events.durham.gov.uk/familyhub>

**0-12 Workshops, Managing Fighting and Aggression** - You will learn what skills your child needs to be able to cooperate and get along with others, and how to teach skills such as sharing, communicating and being gentle. You will also prepare a plan to manage times when fighting and aggression occurs. To book a place visit <https://events.durham.gov.uk/familyhub>

**0-12 Workshops, Developing Good Bedtime Routines** - We will look at common problems and why they happen and learn the skills to get into a good bedtime routine, strategies to help prevent problems, as well as looking at how to get your child to stay in their own bed throughout the night.  
To book a place visit <https://events.durham.gov.uk/familyhub>

**0-12 Workshops, Hassle-free Shopping with Children** - We will look at how you deal with difficult behaviour in public. You will learn step-by-step suggestions for preventing problems and teaching your child how to behave on shopping trips. You will develop plans to manage problem behaviour during shopping trips and situations. To book a place visit <https://events.durham.gov.uk/familyhub>

**0-12 Workshops Hassle-free Mealtimes with Children** – We will explore things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. You will look at ways to increase food variety, be introduced to some positive strategies to help manage mealtimes and de-escalate situations. To book a place visit <https://events.durham.gov.uk/familyhub>

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

**Teen Zone** - For young people secondary school age who are struggling with confidence and self-esteem. For more information or to book a place please Contact Family hubs.

For more information or to book a place please  
Contact Family hubs – 03000 261 111

**Infant Massage** - For mams, dads and carers of babies up to 6 months old.  
To book a place visit <https://events.durham.gov.uk/familyhub>

**Chill Kids** - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them.  
For more information or to book a place please Contact Family hubs.

**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. For more information or to book a place please Contact Family hubs.

**CAMHS Drop-in** - For parents and carers of children aged 5 - 19 years old. You can drop in and speak to a CAMHS worker about your child's needs. One of the Family Hub team will also be available to give you more information about what we offer for parents, carers, children and young people.

**Stepping Stones** - For parents/carers of children aged 0-12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential.  
For more information or to book a place please Contact Family hubs.

**Henry - Fussy Eating** - For mams, dads and carers to get support and new ideas to help encourage your child to try new foods and have happier mealtimes.  
To get more information or to sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**Supporting Speech and Language Development - WellComm** - To identify children aged 2, 3 and 4 years old who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home.

To book a place visit <https://events.durham.gov.uk/familyhub>

**Incredible Years Pre-school** - This course is aimed at parents of children aged 3-6 years. It looks at how you interact with your child, and helps you to promote your child's social, emotional and language development to get them ready for school.

For more information or to book a place please Contact Family hubs.

**HENRY - Starting Solids** - This workshop will help you decide when your baby is ready to try solid food, what foods to start with, when your baby is hungry and when they've had enough and how to make mealtimes an enjoyable experience for you both.

To find out more email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**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.

**HENRY - Healthy Teeth** - This session will give you practical tips for looking after your child's first teeth. To find out more email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

To register with your Family Hub visit

[www.durham.gov.uk/FamilyHubsRegistration](http://www.durham.gov.uk/FamilyHubsRegistration)

or scan



Information is correct at time of printing but is subject to change and new sessions being added.

Please check the website for the up-to-date timetable [www.durham.gov.uk/FamilyHubs](http://www.durham.gov.uk/FamilyHubs)



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