

# What's on

## Regular Activities



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>Infant Feeding Support Group</b>	Monday 10.00am – 11.30am	Weekly
<b>Midwife Clinic</b> (appointment required)	Monday, Tuesday and Thursday 8.30am – 5.00pm  Wednesday 8.30am – 1.00pm	Weekly
<b>Walk and Talk</b>	Monday 11.45am – 12.30pm	Every other week
<b>Growing Healthy Drop-in</b>	Monday 1.30pm – 3.00pm	Weekly
<b>Toddler and Me</b>	Tuesday 10.00am – 11.30am	Weekly
<b>Pregnancy and Bonding Programme</b> (booking required)	Wednesday 10.00am – 11.30am	Weekly
<b>Aqua natal classes</b> <i>(Chester-le-Street Leisure Centre, Burns Green, Chester-le-Street, County Durham, DH3 3QH)</i>	Wednesday 1.30pm – 2.15pm	Weekly
<b>Baby and Me</b>	Thursday 10.00am – 11.30am	Weekly
<b>Pre-school Group for Children with Complex Needs (Portage)</b>	Friday 10.00am – 11.30am	Weekly (Term time)

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

**Midwife Clinic** - Did you know you may be able to have your midwifery appointments in the Family Hub? Book an appointment with your midwife if this would be easier for you to attend.

**Walk and Talk** - Support for mams, dads and carers around feeding their baby or child and can take part in a group walk.

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

**The Pregnancy Bonding Programme** empowers expectant parents to form strong and positive bonds with their unborn babies. The course is delivered by the perinatal and infant mental health team (PIMH) and referral onto the programme is required.

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

**Pregnancy and Bonding Programme** - Contact your midwife or health visitor to book a place.

**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.

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

**Pre-school Group for Children with Complex Needs (Portage)** - For mams, dads and carers 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.

**Sensory room** - provides children with an environment that uses their senses and stimulates their brain. They can also be a great place for children to escape to and unwind in a calm space. Suitable for all ages. The room is free to book for one hour time slots. Please contact us to book a space on 03000 261 111.

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)