

West Northumberland Family Hubs

June - July 2026



Contact

Hexham Family Hub
Beaufront Ave
Hexham
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What's on at Hexham Family Hub

FREE

These are some of our groups, pop in and see us!

Mondays

Bumps to Babies Drop In

9am-12pm
Weekly

at Hexham Family Hub
Starting 1st June

SEND Family Chill Out

3.15-4.30pm
Fortnightly

at Hexham Family Hub
1st June, 15th June,
29th June, 13th July

Tuesdays

Stay and Play (0-5 years)

10-11am
for 5 weeks

at Allendale Fire Station
Starting 2nd June

Calm Stay and Play

1.30-2.30pm
Weekly

at Hexham Family Hub
Starting 2nd June

Wednesdays

Stay and Play (0-5 years)

10-11am
Weekly

at Hexham Family Hub
Starting 3rd June

Thursdays

Brilliant Babies* (0-6 months)

10-11am
for 6 weeks

at Hexham Family Hub
Starting 4th June

Twins & Multiples Stay and Play (0-5 years)

1.30-2.30pm
Fortnightly

at Hexham Family Hub
4th June, 18th June,
2nd July, 16th July

Fridays

Stay and Play (0-5 years)

10-11am
Weekly

at Hexham Family Hub
Starting 5th June

Baby Stay and Play (0-18 months)

1-2pm
Weekly

at Hexham Family Hub
Starting 5th June



Find us on Facebook
& Instagram
@WestFamilyHubs

***Get in touch for more information**

Please get in touch for more information about our groups, sessions & digital offer



Sign up for a group or session



Online Notice Board



Parent Support & Skills

Workshops and discussions helping parents and carers strengthen relationships and support their children's wellbeing.

Dad Pad The essential guide for new dads developed with the NHS

Dad Talk Online workshop for dads, during pregnancy and beyond

Healthy Relationships Support to reduce conflict and improve everyone's lives.

Togetherness Free digital programme providing tools to support parents/carers & young people at each developmental stage togetherness.co.uk access code - **HADRIAN**

Sleep Workshop Support & guidance available from trained sleep awareness practitioners

Additional Needs &/or Disabilities

Supportive sessions for children and young people with additional needs, and their families, to connect, relax, and share experiences.

SEND Safe Space A welcoming, safe space where you can make the most of our Family Hub facilities.

Empowering Parents & Carers Programme Supportive wellbeing group for parents/carers of children with additional needs and/or disabilities

SEND Family Chill Out Regular relaxed after school sessions

Calm Stay & Play Quieter sessions, with no booking required

Early Learning & Play

Fun and engaging sessions helping you support your children's learning and development through everyday activities.

Brilliant Babies Specially designed supportive groups for families with young babies

Terrific Toddlers Meet other families with toddlers at these social sessions with topical themes

Ready Steady School Encourage your little one's independent skills with these fun, friendly sessions

Early communicators For children between 15-36 months who are experiencing some difficulties with their understanding and/or use of language

Stay & Play Regular fun sessions, with no booking required

Baby Support & Early Parenting

Friendly sessions for new and expectant parents to connect, learn, and explore their baby's growth and development together.

Building a Brain A bitesize online workshop exploring brain development

Bumps to Babies Develop a healthy lifestyle for you and your baby, support for expectant mums and dads.

Feeding Friends NHS partner support with breastfeeding and more

Weaning Workshop A guide to starting solid foods with your little one

Toilet Training Workshop Practical advice for parents and carers beginning the toilet training journey

Wellbeing Service Tailored support for Mums or Dads living in Northumberland who are expecting a baby or have a child under 2 years of age.