Northumberland Family Hubs

November - December 2026

FREE

peep supporting parents and children to learn together

BEST START IN LIFE

UK Government

Family Hubs Here for everyone

Northumberland County Council

What's on at Hexham Family Hub

MONDAY

Bumps to Babies Drop In
09:30–11:30
2nd & 30th November

Family Chill Out
5-11 Years
15:15-16:30
Fortnightly Starting 9th November

SEND Family Chill Out
All Ages
15:15-16:30
Fortnightly Starting 16th November

TUESDAY

Brilliant Babies
0-6 Months
10:00-11:00
A six-week course running from 3rd November
Book Your Place



WEDNESDAY

Stay & Play
0-5 Years
09:30–11:00

Christmas Stay & Play
0-5 Years
09:30–11:00
9th December
Book Your Place

Citizens Advice – Free Advice Sessions
09:00–12:00
4th Wednesday of Each Month

Please note: No groups will be running on Wednesday 11th November due to staff training.

THURSDAY

Baby Stay & Play
0-12 Months
10:30–11:30

Feeding your Baby
14:00-16:00
26th November
(Delivered by Infant Feeding)



FRIDAY

Terrific Toddlers
1-3 Years
10:00-11:00
A six-week course running from 6th November
Book Your Place

Calm Stay & Play
13:00-14:00

Community & Outreach Sessions

Mondays

Baby Stay & Play
10:00–11:00
At Corbridge Early Steps

What is a Family Hub?

Family Hubs are welcoming places where families can access information, support, activities and services for children, young people and parents all in one place



Hexham Family Hub
Beaufront Ave, Hexham
NE46 1JD

01434601698

Find us on Facebook & Instagram @WestFamilyHubs

We are looking for volunteers and family panel members. Please contact us for more information

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

SCAN ME Sign up for a group or session

SCAN ME Online What's On Guide

Parent Support & Skills

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

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
Dad Pad	The essential guide for new dads developed with the NHS
Dad Talk	Online workshop for dads, during pregnancy and beyond

Young Peoples offer

Sessions for young people at the family hub

Family Chill Out	An after school drop in for all of the family to come along, get homework completed, stay and play for a while and enjoy fun activities and games. For children aged 5-11 and their families. Younger siblings welcome

Additional Needs &/or Disabilities

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

Empowering Parents & Carers Programme	Supportive wellbeing course for parents/carers of children with additional needs and/or disabilities
SEND Family Chill Out	Regular relaxed after school sessions for all of the family. Parents/Carers are required to stay for the session
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
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	Antenatal workshops to prepare for babies arrival, mums, dads, partners and grandparents are welcomed.
Feeding Friends	NHS partner support with breastfeeding and more
Understanding Childrens Behaviour Workshop	Advice on how a child's developmental stage influences behaviour and to recognise how adults can help children regulate their own behaviour
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.