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# ORMESBY FAMILY HUB

## Monday

Infant Massage  
(Referral required) - 11am-12pm

Breast Friends - 1:30-3pm

HENRY Sessions -

Starting Solids/ Eating Well For Less / Fussy  
Eating (Booking required) - 9:30-10:30am

## Tuesday

Little Explorers

10 -11:30am

Sensory Kidz

(Referral required) - 1-2pm

## Wednesday

Preparation for Parenthood

(Invite only) - 1:30-3:30pm

## Thursday

Baby Buddies - 9:30-11am

Health Drop In - 1-2:30pm



# GRANGETOWN FAMILY HUB

## Monday

Wriggle Read & Rhyme  
(Referral required) - 10-11am

## Tuesday

Baby Buddies - 1-2pm

Understanding Your Baby OR Coffee and Cuddles  
(Booking required) - 10am-12pm

## Wednesday

Little Explorers - 10am-11:30am

Chat Sing & Read

(Referral required) - 1:30-2:30pm

## Thursday

Health Drop In - 9:30-11am

Breast Friends - 9:30-11am

Infant Massage

(Referral required) - 1-2pm

Midwife Appointments

(Booking required) - 9am-4:30pm

## Friday

HENRY Sessions - Starting Solids/ Eating Well For Less/  
Fussy Eating (Booking required) - 10-11:30am  
Young Parents Group (Starting after Oct half-term)

## Saturday

Dads Group (Every 3rd Saturday of each month)  
10-11:30am

### Link appointments available:

Monday, Tuesday, Wednesday and Friday  
(Referral only via The Link)



# SOUTH BANK FAMILY HUB

## Monday

Infant Massage  
(Referral required) - 10-11am

Little Explorers - 1:30-3pm

## Tuesday

Portage Family Group

(Referral required) - 09:30-11am

Portage Family Group

(Referral required) - 1-2:30pm

## Wednesday

Crafts for Wellbeing

(Starting after Oct half-term) - 10:30am-12pm

Breast Friends - 1-2:30pm

Health Drop In - 1-2pm

## Thursday

Understanding Your Baby

(Booking required) - 10am-12pm

HENRY Sessions - Starting Solids/ Eating Well For  
Less/ Fussy Eating (Booking required) - 1-2pm

## Friday

Baby Buddies - 10-11:30am



# Session descriptions

## Baby Buddies

Stay and play session for parents of new babies. Support and discussions around baby's brain development, sensory play, sleep routines and general advice and guidance.

## Breast Friends

A social group for breastfeeding families and mum's to be. An opportunity to meet other breast feeding families.

## Bumps, Babies & Books

A softly lit, relaxed and calm storytelling session for bumps and babies (non mobile), with the Family Hubs Peer Support Worker Paola.

## Chat Sing and Read

For 0-2 year olds supporting attachment, relationships, and supporting communication and language. Referral required, you can refer yourself via your Family Hub or Health Visitor.

## Crafts for Wellbeing

An antenatal 10 week programme for parents struggling with low mood/social isolation. To support emotional wellbeing. Referral required, you can refer yourself via your Family Hub or Health Visitor.

## Dads Group

Dads and their 0-5 year olds come and play together and meet other dads.

## Health Drop In

Sessions available to discuss any concerns with your Health Visitor, weighing available, which is recommended once a month until your baby reaches 6 months old.

## HENRY Sessions

We offer Starting Solids, Eating Well for Less, and Fussy Eating. Booking required via your Family Hub.

## Infant Massage

For babies from 6 weeks to 9 months, this session supports attachment, bonding, helping with sleep routines and colic. Self-referral paid-for classes available, as well as free classes via Health Visitor referral (subject to eligibility criteria).

## Little Explorers

Come and play together and meet other families, aimed at 0-5 year olds.

## Milk-Free Weaning

The childrens dietitians run a milk free weaning group for babies with cows milk protein allergy. If your baby has cow's milk protein allergy, please ask your health visitor to refer your baby to this group.

## Neonatal Peer Support Group

A safe and clean environment to support each other and your babies. JCUH Neonatal Outreach staff will attend group as and when possible to offer any clinical support.

## Parent/Carer Panel

Come along and have your say if you are a parent/carer of a 0-2 year old, be a part of shaping our Family Hubs services. To find out more please contact Avril on 07866844926.

## Portage Family Group

A specialist service for children with additional needs. Referral required, Jane Todd, Early Years Area SENCO 01642 770810.

## Sensory Kidz

Session for 1-4 year olds, children, parent & carers who have an additional need or have not yet been diagnosed, offering peer support. Referral required, you can refer yourself via your Family Hub.

## Sensory Play Group

Do you think your child would you enjoy and benefit from sensory play? If so, this session is open to all ages and abilities. It is a relaxed and inclusive session and we welcome all children.

## Understanding your Baby

A nurturing six week postnatal programme for parents and families of children 0-9 months of age. Booking required via your Family Hub.

## Wellbeing Walk & Talk

A fun and relaxing walk. This will be a chance to get outdoors, exercise, and chat with other families. Along with refreshments afterwards.

## Wriggle, Read & Rhyme

Sessions for 2-3 year olds to help with your child's speech and language with activities, books, stories and rhymes. Referral required, you can refer yourself via your Family Hub or Health Visitor.

## Young Parents Group

If you are a parent aged 21 or under. Have a baby or toddler or you're expecting. Join us for our Young Parents stay and play.

Visit our Website!

Follow us on Facebook!



Follow

# Our additional support

## Aqua natal sessions

Come along and get the benefits of exercise in pregnancy, delivered locally. Ask at your Family Hub for details.

## Coffee & Cuddles

Activities to promote bonding and attachment between parents and child. Referral required contact [www.southteesperinatal@family-action.org.uk](mailto:www.southteesperinatal@family-action.org.uk)

## Birth Declarations

You can now declare your child's birth at two of our East Cleveland Family Hubs (Skelton and Loftus) Please call 01642 444440 for more information.

## Daisy Chain Drop in

Coffee Morning Drop In for parents who have concerns that their child has Autism Sensory Processing ADHD or AFSD. Age 0-18 Years of age

## Leo's Perinatal

Specialist support in the early days, weeks and months after losing a baby. You can refer yourself via the following website [www.leosperinatal.org](http://www.leosperinatal.org).

## Midwifery Appointments

Midwife appointments are flexible and tailored to you and your pregnancy needs, some of these appointments take place in Family Hubs, please contact your midwife.

## Solihull Online Parenting

Free online courses for parents, parents to be, grandparents and carers living in Redcar & Cleveland. Go to [www.inourplace.co.uk](http://www.inourplace.co.uk) and enter the access code 'Lemontop'.

## Speech and Language Support

Speech and Language Support for Parents and Professionals . Drop in's will run face to face & virtually within Family Hubs. Ask at your Family Hub for details.

## Volunteer Opportunities

We have a wide variety of volunteer opportunities, which can support you gaining valuable experience. Please contact Avril on 07866844926.

## The Link

Emotional Support Service for young people between 3 to 18 years of age. Offering structured 1:1 sessions for emotional support. Please call 01642 989198 for more details.

## Healthy Start Vitamins and Healthy Start Card

Offered free of charge to all pregnant women from 10 weeks, mothers who are breastfeeding and babies that are exclusively breastfed from birth. Vitamin drops are available free of charge for children under 4 years that have less than 500ml of formula milk. Healthy start card is available to pregnant women more than 10 weeks pregnant or have a child under 4 years who receive state benefits. Ask at your Family Hub for details.

FREE to download



Download our Family Hubs App!



Autumn/Winter 2024/25

# Activity Planner

## Greater Eston Area



## Ormesby Family Hub

Daisy Lane  
Ormesby  
TS7 9LF

01642 513665

Open  
Monday, Tuesday  
and Thursday  
9am - 5pm

## Grangetown Family Hub

Grange Farm Road  
Grangetown  
TS6 7HP

01642 770810

Open  
Monday - Thursday  
9am - 5pm  
Friday  
9am - 4.30pm

## South Bank Family Hub

Poplar Grove  
Southbank  
TS6 6SY

01642 457291

Open  
Monday - Thursday  
9am - 5pm  
Friday  
9am - 4.30pm

You can attend any hub across Redcar and Cleveland at any time to ask for advice and support, or send us an email at [contactusfamilyhub@redcar-cleveland.gov.uk](mailto:contactusfamilyhub@redcar-cleveland.gov.uk)

[redcar-cleveland.gov.uk/family-hubs](http://redcar-cleveland.gov.uk/family-hubs)  
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