

# Family Hubs

HARTLEPOOL BOROUGH COUNCIL IN HARTLEPOOL

## Activities 2023

### Monday

#### Community Hub Central

Stories & Rhymes  
10:00am - 11:00am  
&  
1:00pm - 2:00pm

#### Middleton Grange Family Hub

All Things Baby and Feeding  
1:00pm - 2:30pm  
drop in group  
issues around breast/bottle  
and weaning

#### Miers Avenue Family Hub

Health Visitor Advice  
Drop-In  
9:30am - 11:00am  
Baby Weigh Clinic

#### Rossmere Family Hub

Baby Massage  
9:15am - 10:15am  
&  
10:45am - 11:45am  
suitable for babies up to 6 months  
please bring a towel  
**BOOKING ESSENTIAL**  
Contact Family Hubs Admin for  
dates/times

#### Story Time

1:30pm - 2:45pm  
drop in group  
fun reading activities for all  
children under 5 with their  
parents/carers

### Tuesday

#### Community Hub Central

Parent & Toddler  
10:00am - 11:30am  
Term Time Only

#### Community Hub South

Stories & Rhymes  
10:00am - 11:00am

#### Middleton Grange Family Hub

Free Play Session  
1:00pm - 2:30pm  
drop in group  
come and join us for a fun session  
for all children under 5 years

#### Rossmere Family Hub

Introducing Solids  
**MONTHLY BOOKABLE SESSION**  
Contact Family Hub Admin for  
dates/times

#### Seaton Library

Stories & Rhymes  
1:30pm - 2:30pm  
(includes Stories & Sign)

### Wednesday

#### Community Hub Central

Baby Babble  
10:30am - 11:30am  
&  
1:30pm - 2:30pm

#### Middleton Grange Family Hub

Health Visitor Advice Drop-In  
1:30pm - 3:00pm  
with Baby Time  
1:30pm - 3:00pm  
drop in group  
play opportunity for non-walkers

#### Rossmere Family Hub

Sing and Sign  
12:45pm - 1:30pm  
suitable for babies  
under 15months  
&  
1:45pm - 2:30pm  
suitable for all children  
under 5  
payable session of £5 CASH  
only on entry to session

#### Throston Library

Stories & Rhymes  
10:00am - 11:00am

### Thursday

#### Community Hub Central

Stories & Rhymes  
10:00am - 11:00am

#### Middleton Grange Family Hub

Free Play Session  
9:30am - 11:00am  
drop in group  
come and join us for a fun  
session for all children  
under 5 years

Men's Mental Health and  
Well-Being Drop-In  
**ALTERNATE THURSDAY'S**  
4:30pm - 5:45pm  
come and join us for a coffee  
and chat

#### Miers Avenue Family Hub

Play and Learn  
1:30pm - 3:00pm  
**REFERRAL ONLY**  
fun activities for children  
under 5 to enhance learning

#### Rossmere Family Hub

Latch-On  
9:30am - 11:00am  
Drop-in group  
for breastfeeding  
support  
Ran by the infant feeding team

### Friday

#### Headland Library

Stories & Rhymes  
10:00am - 11:00am


#### Rossmere Family Hub

Health Visitor Advice Drop-In  
9:30am - 11:00am  
with Baby Time  
9:30am - 11:00am  
drop in group  
play opportunity for non-walkers

### Family Hub's

01429 292444

Follow us on Facebook  
to keep updated!

 @Hartlepool Family Hubs

Some services may be  
subject to change,  
please contact your local  
Family Hub to check.



Would you like to meet with other parents and  
learn some great new skills?  
Why not join one of our exciting Being a Parent  
courses...  
delivered by parents like you - for parents like you.  
Please call Jill on 07775405892 or  
James on 07795355208 for more information

