



South Tyneside Council



FOR *every*
FAMILY

SOUTH TYNESIDE FAMILY HUBS

WHAT'S ON GUIDE

JANUARY TO MARCH 2026

Hebburn, Jarrow, and Primrose Family Hubs



For additional seasonal activities, scan the QR code and check out our website



FAMILY
HUBS

VISIT OUR
WEBSITE:
SCAN ME



TO REGISTER
SCAN ME



MONDAY

Learning with Play

Hebburn
(1-4 years)
10:00am - 11:00am

Learning with Play

Hebburn
(0-1 years)
1:00pm-2:30pm

Baby Well Clinic**

Primrose
1:30pm - 2:30pm



Hartleyburn Youth Project

Hartleyburn
Community Centre
(Juniors)
6:30pm - 8:30pm

The Pavilion Youth Project

Primrose
(Seniors)
6:00pm - 8:00pm

TUESDAY

Learning with Play

Jarrow
(0-4 years)
1:30pm - 2:30pm



FAB Youth Project

Jarrow Focus
(ages 8-10 with SEND)
5:30pm - 7:30pm
Referral only please email:
[youthservice@
southtyneside.gov.uk](mailto:youthservice@southtyneside.gov.uk)

WEDNESDAY

Baby Well Clinic**

Hebburn
9:30am- 11:30am

Breastfeeding Support Group

Hebburn
11:00am-12:00pm

FAB Youth Project

Jarrow Focus
(ages 11-16 with SEND)
5:30pm - 7:30pm
Referral only please email:
[youthservice@
southtyneside.gov.uk](mailto:youthservice@southtyneside.gov.uk)

THURSDAY

Growing Together - Young Parents Group

Hebburn
(0-4 years)
11:00am-12:00pm

Learning With Play SEND

Hebburn
(0-4 years)
1:30pm-2:30pm

The Pavilion Youth Project

Primrose
(Juniors)
5:00pm - 7:00pm

Hartleyburn Youth Project

Hartleyburn
Community Centre
(Seniors)
5:00pm-7:00pm



FRIDAY

Twins, Triplets and More

Hebburn
(0-4 years)
10:00am-11:30am



Learning With Play

Primrose
(0-4 years)
10:00am-11:30am

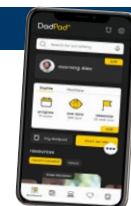


The app covers topics such as:

- Feeding, holding, changing and cleaning your baby
- Surviving without sleep and coping with crying
- Getting to know your baby
- Home safety and first aid
- Looking after yourself and supporting your partner

DOWNLOAD NOW

You can download the brand new DadPad app platform
www.thedadpad.co.uk/app



TOGETHERNESS

Bringing the Solihull Approach to the world

Free learning resources for healthier relationships and healthier lives.

Access these courses for free by entering the code: **ForEveryFamily**

DISCOVER
MORE
SCAN ME



*To book a space on an activity contact: Hebburn: 0191 428 7650 Jarrow: 0191 483 6630 Primrose: 0191 424 4900

**To book a Well Baby Clinic appointment please ring 0191 283 2677

Siblings welcome

Other courses on offer

Baby Massage (From birth to aged 1)

Learn different massage strokes, strengthen your bond with your baby and meet other parents/carers.

HENRY

Preparation for Parenthood

A six-week course to help expectant parents develop a healthy lifestyle for themselves and their baby.

Starting Solids

An interactive session that will explore the taste journey children have when they start solid food and support you to wean your child.

Healthy Families Right From the Start

An eight-week course that supports families with young children to develop healthy lifestyles. This course is a universal service for families with children aged 0-5.

Workshops

90 Minute Workshops exploring Fussy Eating, Looking after ourselves, Eating well for less, Healthy Teeth and Understanding Behaviour.

First Words/Early Words Together

A five and six-week course for families to support their baby or toddler to learn how to talk, develop communication and spend quality time with their child.

Triple P Baby (0-12 months)

A four-week course made up of four sessions, followed by four individualised one-to-one sessions to help new parents transition to parenthood. Find out about sensitive and responsive parenting and developing positive relationships with your baby.

Triple P (6-19 years)

A course to give parents and carers simple and practical strategies to help them build strong healthy relationships and confidently manage their children's behaviour.

GroBrain

Grobrain is a 4-week baby course for parents and carers of babies pre-birth to 12 months. This course focuses on bonding and brain development, and the vital part parents and carers play in 'wiring up' the connections in their baby's brain in the first 1001 critical days of life.

GroBrain Toddler

GroBrain Toddler course is for parents and carers of infants aged 1-3 years. The Toddler Course builds on the Baby Course, giving fresh insights from neuroscience into toddler behaviour to help parents/carers lay strong foundations for their child's emotional wellbeing.

Togetherness Understanding your child

(0-5 years)

This 8-week course aims to promote emotional health and well-being in children and families, and includes a range of strategies to enhance parent/child relationships

Togetherness Antenatal

Togetherness Antenatal is a four-week course for all expectant parents. It provides parents-to-be with all the information and practical skills they need to feel confident about making the right choice for their new baby. Parents are encouraged to think about the kind of support they would like during labour and delivery as well as learning how they can get to know their child before they are even born!