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early help
in County Durham

Summer 2025

Welcome

...to our summer 2025 'Early Help in County Durham' - a Newsletter for Education.

This newsletter has helpful information and useful contacts, a what's going on and know your teams section, as well as important dates to remember.

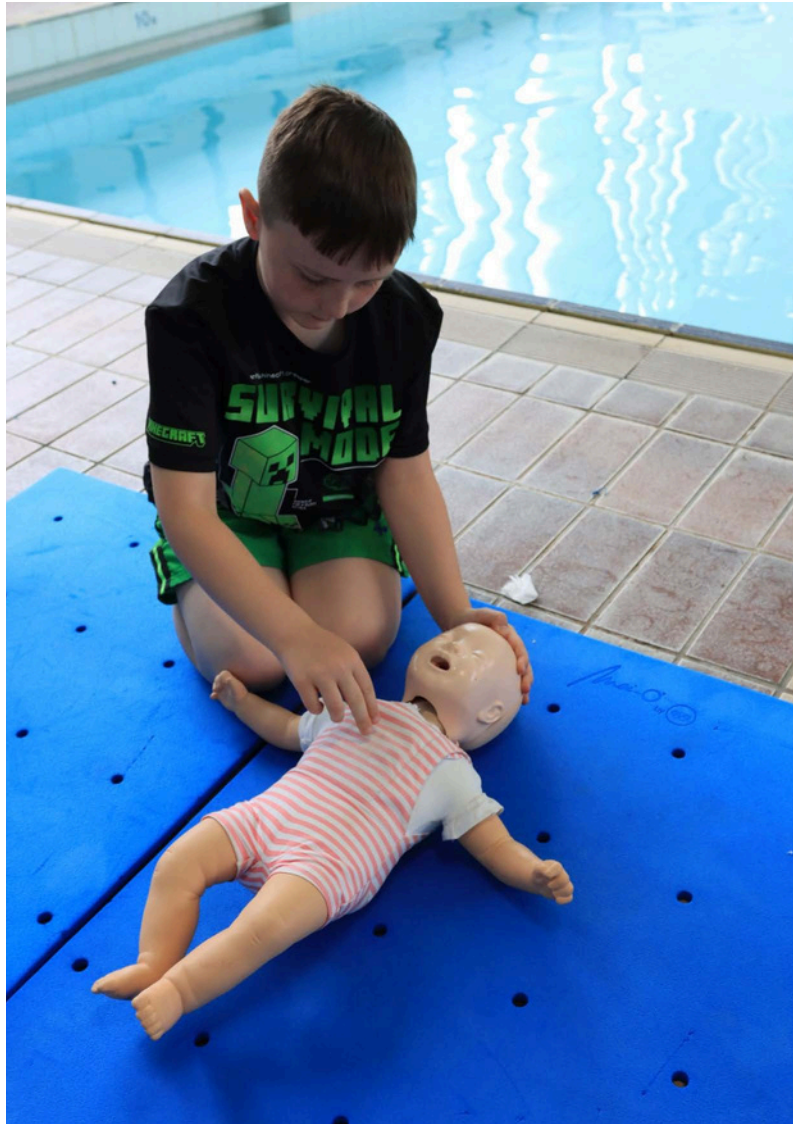
If you would like to contribute or comment on the content of this newsletter, please see our 'Have Your Say' section below.

What is 'Early Help'?

- Early Help is not a service but a way of working. Early Help is
- early in the life of a child or early in the life of an emerging problem. Early Help is about
- getting the right support for a child, young person and their family at the earliest opportunity.



Stronger Families



Fun & Food returns this summer offering FREE holiday activities with healthy food to eligible families, see page 3 for more details



Do you have any questions or comments about this newsletter? What can we do better? What are your suggestions?

Email: StrongerFamilies@durham.gov.uk



Supporting Anxious Children

When children and young people are worried about attending school it can be hard for parents and teachers to know how hard to push them and how to get them back to school.

At your local [Family Hub](#) we can offer advice and support to parents and carers.

Educational Psychology Drop Ins - these run from all 15 of our Family Hubs every other month. There is no appointment needed.

We also offer FearLess, which is a group for parents of children who are worried or anxious. Over the six week programme parents will learn about anxiety and how it develops, ways to promote emotional resilience using the Fear Ladder to gradually confront anxiety, learn how parents reactions can impact their child, and how to maintain changes.

Our Family Hubs support all families from pregnancy right up until your child turns 19, or 25 if they have special educational needs and disabilities. The Family Hubs team includes people from the council, NHS, community organisations and more. We can support you with everything to do with family life, we're here to make a positive difference for all families.

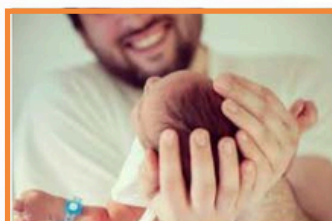
You can [Register for free with our Family Hubs](#) and you can call us on 03000 261 111.



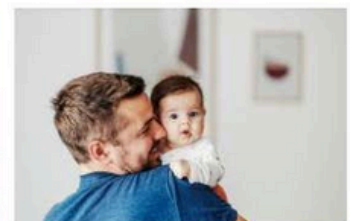
Find out what's on at your nearest Family Hub



Start for life - supporting you and your child from pregnancy up to age 2



Courses and groups for parents-to-be, parents and their children



Support for dads and dads-to-be



Courses and groups for families of children with special educational needs and/or disabilities (SEND)



Special educational needs and disabilities (SEND) and our Local Offer



Supporting you with your child's speech, language and getting ready for school



Register for free with our Family Hubs



Parent Carer Panel (PCP)



Family relationships



Stay safe and healthy



Help with your childcare



Families Information Service



Help with your money



Adult learning and job training

Find us on

Find Family Hubs on Facebook

Friends & Family Drop-ins

Do you have a friend or family member who may be experiencing Domestic Abuse? Do you know someone who is causing harm but you don't know what to say to them?

Do you need to talk to someone about how you can support them or just someone to talk to yourself?

We know it can be difficult to see family or friends experiencing difficult situations & you can often feel helpless.

Come along and speak to one of our workers at the following locations



Come along and speak to one of our workers at the following locations

Family Hub	Rotation	Dates		
		6th May	3rd June	1st July
Chester le Street	1st Tuesday of each month	6th May	3rd June	1st July
Bishop Auckland	2nd Tuesday of each month	13th May	10th June	8th July
Durham	3rd Tuesday of each month	20th May	17th June	15th July
Peterlee	4th Tuesday of each month	27th May	24th June	22nd July

All sessions run from 10am - 12noon

Dads Parenting Programme

Time out for parents: Dads

If you are a dad or a dad to be, this course is for you!

Five workshops focussing on the importance of dads - helping dads to build an even better relationship with their children.

“This course has been an excellent eye-opener in terms of understanding my role as a father and also the needs of my children.”

For more information email dads@durham.gov.uk
dads@durham.gov.uk

- Five workshops focussing on the importance of dads - helping dads to build an even better relationship with their children.
- Whether you're parenting as a couple, a single parent or away dad, this course aims to help you share your feelings and experiences and come up with solutions to your problems based on what works for you.
- You'll look at how you can improve your understanding of how to meet your child's needs, including learning and development.
- You'll also explore other key aspects including building self-esteem and positive communication, setting and maintaining boundaries, and managing your child's behaviour.
- There's also time to think about how your role might change as your child grows and ways to build a healthy relationship with the wider family.

The course usually runs over five weeks, two hours a week, and covers:

- What dads are;
- Dad - the manager,
- Dad - the coach,
- Dad - the trainer
- Dad - the team player.

Courses will start in September 2025

and will run in a range of locations including:

- Schools,
- Family Hubs,
- Community venue
- Online.

We will be as flexible as possible to make sure they run at times and locations that are convenient for dads.



Dads Parenting Programme

