



Activity and Programmes Guide

Family Hubs are here to help you and your family, during pregnancy, through your child's early years and throughout school. We have a range of activities, groups and programmes for mams, dads and carers to attend as well as for children and young people.



Having a family isn't always easy, but we are here to help.

Some activities and programmes are face-to-face sessions, and we also have online programmes that you can do at a time and pace to suit you.

Perfect if you cannot commit to the same day and times each week.

If you are a parent or carer and want to find out more and book a place, please use the contact information listed against the programme, or contact your local Family Hub on 03000 261 111. Family Hub addresses are on the inside back page.

You may be able to find out more about programmes and dates and time on our website **www.durham.gov.uk/helpforfamilies**

If you are a worker and would like to book a place on one of our programmes for a child, young person, mam, dad or carer you are working with, please complete a Request for Programme form. If you do not have this form, please contact the local Family Hub who can send you a copy. It asks for some basic details about the family so a booking can be made.

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Supporting you through pregnancy and preparing to become a parent



Understanding Pregnancy, Labour, Birth and your Baby - **Online** and in person

This course is for parents-to-be, grandparents, carers, relatives and friends - everyone in the new baby's life. This course combines the traditional information given on an antenatal course such as looking after yourself in pregnancy, understanding how your baby grows and preparing for giving birth, with a new approach to starting your relationship with your baby before your baby even makes an appearance! It explains how and why you are so important to this baby, whether you are the mother, father, partner, grandparent or birth partner.

We also have this course for women only couples.

For more information and to sign up for this go to **www.durham.gov.uk/solihull** or speak to your midwife about an in person course.

Preparation for Parenthood

Everyone wants the best start in life for their new baby. Pregnancy is a great time to start thinking about the healthy lifestyle you want for yourself and your family.

Run over 6 weeks, you will learn about:

- Looking after yourselves before and after the birth
- Exploring the kind of family lifestyle you want to provide for your child
- Trying out new habits so you will be a healthy role model for your new baby
- Understanding and responding to your newborn's needs

For more information or to book a place, please contact **hdft.henrypractitioners@nhs.net**

Contact details for all our Family Hubs are on the back page.

Supporting you through pregnancy and preparing to become a parent

Aqua Natal

Aqua natal is a fun and safe way to exercise your body and mind while you are pregnant.

Friendly and experienced instructors will guide you through a range of exercises, using the buoyancy of the water for support. Classes are suitable for all levels and abilities and you can start at any point in your pregnancy.

Aqua natal is a great way to have fun and meet other pregnant people. It can also help you:

- Improve your fitness
- Control your blood pressure
- Improve the quality of your sleep
- Improve your mental health and mood
- Maintain a healthy weight while you are pregnant
- Improve your core stability, balance and coordination
- Reduce lower back pain and symptoms of SPD (Symphysis Pubis Dysfunction)

Visit www.durham.gov.uk/aquanatal to find your nearest class.

Me, You and Baby Too - Online

This online course is for new and expectant mams and dads. Having a baby is one of the biggest changes couples can go through. You both may be tired and stressed, and may argue more. Me, You and Baby Too is designed to help you find your way through these changes so you can sort out any disagreements and keep moving forward together. This will be better for you and your partner, and better for your baby!

Find out more at www.durham.gov.uk/relationshipsattercourses



Support for dads and dads to be

Dads are welcome at all of our groups, but we also have some sessions that are just for dads.

Durham Dads Together

Weekly workshops, for dads just like you!

Are you an expectant dad? Have you just had your newborn baby? Or are you approaching the toddler stage? These workshops are for dads and male carers in County Durham offering advice, tips and support from other dads, about all things baby and toddler. Sessions will cover a different topic each week.

Get to know other dads just like you, in your area, going through similar things to you.

For more information, please visit www.durham.gov.uk/dads or email dads@durham.gov.uk

Durham Young Dads Project

Support for young dads and dads-to-be. They provide:

- Face to face and online support
- Individual help to address key challenges and difficulties
- Help to attend key meetings
- Support to 'get out of the house', meet new people and try new things
- Family focused activities including 'Stay and Play' sessions
- Dads focused activities eg dads groups, cycling, football and gaming
- First aid, parenting and relationship skills sessions
- Employability skills
- Volunteering opportunities including film making, peer research and the development of a Young Dads Council

For more information please call or text 07990 164 449 or email info@neydl.uk



Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Baby and Me and Toddler and Me groups are free and run for 90 minutes, once a week. Don't worry if you can't make the start or need to leave early – these are drop-in sessions, and you can stay for as long as you like.

Baby and Me

For families with babies from birth to 12 months.

This is an informal group where you can enjoy time with your baby and meet other mams, dads and carers.

Sessions include sensory play, baby massage, song and rhyme, messy play and other activities to help your baby to learn, and their brain and body to develop.

Staff will be able to provide advice and support about how you can bond with your baby, learn to understand and respond to your baby, and issues such as safe sleeping and safety in the home.

Toddler and Me

For families with children aged 1-2 years.

This is an informal group that allows you to mix with other mams, dads and carers and helps to get your child ready to go to nursery. Each week will focus on a different aspect of your child's development, including:

- Messy play where your child can enjoy sensory play with lots of different experiences of sounds, touch and smell
- Opportunities for your child to play with children their own age
- Rhyme and stories to support your child's speech and language development
- Outside play with opportunities for your child to run, jump and use their physical skills to support and develop their coordination skills

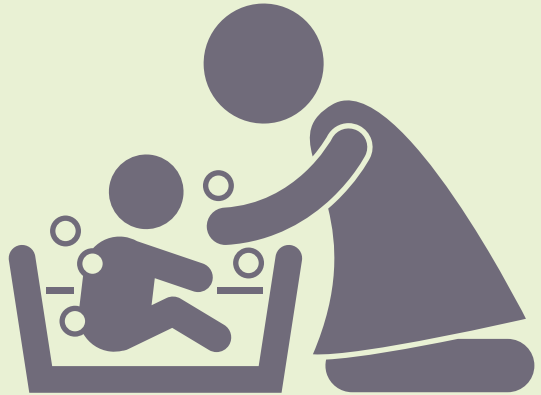
Staff will be on hand to provide advice and support around your child's health, supporting your child's development and keeping your child safe.

Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Understanding your Baby - Online

This course is for everyone around a new baby, from birth to 12 months. You will learn about your baby's brain development and their physical and emotional development. It shows how important your relationship with your baby is for their development. It combines the traditional information given on a postnatal course with this new approach to developing your relationship with your baby. It looks at your baby's sleeping, feeding, crying, playing and childcare options.



For more information and to sign up for this go to www.durham.gov.uk/solihull

Supporting you and your baby/toddler

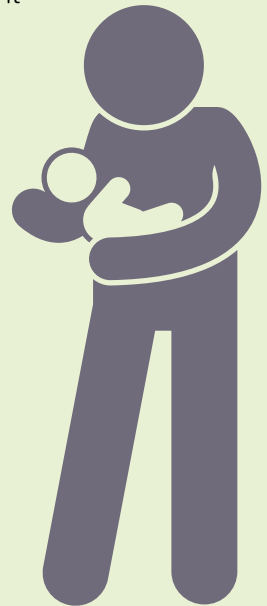
Baby and Us

An eight-week course for families of babies under the age of one.

The course is led by mams and dads (who have been trained by EPEC to become Parent Group Leaders) who understand your experiences. The course will give you more confidence in your role as a parent by:

- Helping you to bond and communicate with your baby, understanding your baby's cues and how to respond to them
- Understanding the impact of the experience you had during the birth
- Learning how to stimulate your baby using singing, touch and physical play
- Helping you to understand your baby's temperament
- Helping you to understand your own, your baby's and your partner's feelings and how these can impact on each other
- Understanding your baby's crying, sleeping, feeding and to feel more confident managing your baby's routine
- Helping you to strengthen your relationship with your partner or co-parent
- Helping you make friends with other mams and dads who can support you

Visit www.durham.gov.uk/EPEC



Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Incredible Babies

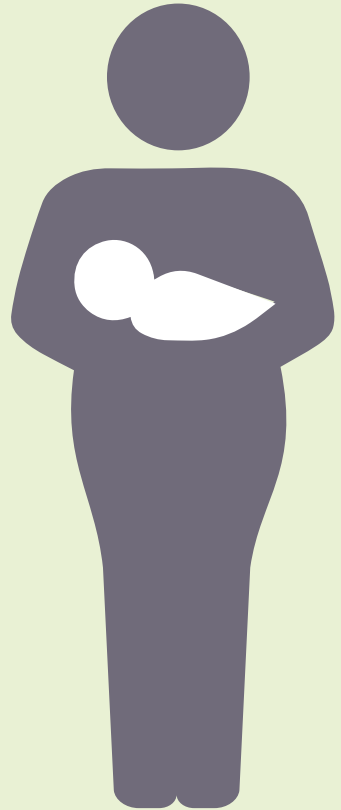
This programme is for you and your baby to attend together. You will learn about how your baby grows, ways to support their development and meet other mams and dads.

You will learn how to:

- Understand what your baby wants or needs
- Cope with crying
- Keep your baby safe and baby proof your home
- Understand how your baby learns from you
- Help and support your baby's development
- Set up routines and bedtime rituals
- Keep your baby and yourself calm
- Introduce food to your baby
- Understand the importance of looking after yourself

To get the most out of this programme it is best to start before your baby is 6 months old so you can learn about how to support their development right from the start.

These free sessions run weekly for 10 weeks and last 2 hours each.



Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Nurturing Little Minds

Nurturing little minds is a weekly peer support group, for mams-to-be and mams who have given birth within the last 12 months.

Peer support is when people use their own experiences to help and support each other. The group will help you:

- Improve your mental health and wellbeing
- Feel better about yourself and build your confidence
- Be more independent and resilient
- Make friends and build a support network
- Learn skills and techniques to help you with being a parent, and improve relationships
- Feel confident to ask for support with your mental health and wellbeing without fear

The group will be run by family peer supporters working within the Perinatal Mental Health Team.

For more information, please contact your Family Hub, health visitor or midwife.



Supporting you and your baby/toddler

Triple P Baby

Triple P Baby helps mams and dads, before your baby is born and up until your child is one year old.

You will gain knowledge about becoming a parent and develop the skills needed to fulfil your family role. It is particularly useful if you are struggling with being a parent, such as:

- Your confidence in being a parent
- Coping and stress
- Your child's behaviour
- Looking after yourself as a couple

The course runs over 8 weeks and is a combination of face-to-face group support and telephone support sessions.

The sessions allow you to take part through observation and interaction, and gives you the opportunity to put the skills you learn into practice.

For more information, contact your Family Hub, health visitor or midwife.

Incredible Toddlers

This programme is for mams, dads and carers of children 1 to 3 year old. You will learn about how your child grows and develops and step you can take to support their development. It will help you to know how to

- Help your toddlers feel loved and secure
- Encourage your toddler's language, social, and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage behaviour

This free programme runs for 12 weeks and sessions last 2 hours

Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Growing Healthy drop-in sessions

Pop in to ask the health visiting team any questions about your child's health and development.

Sessions are for parents/carers of children who are 0-6 years old, and offer advice around feeding, sleep, toileting and much more. You can also get your baby weighed (in line with NHS guidance).

You don't need an appointment, just pop into speak to one of the friendly staff.

Sessions take place at all our Family Hubs – visit www.durham.gov.uk/familyhubsgroups to find out more.

Infant Feeding Support Groups

These sessions provide support for mams, dads and carers no matter how you choose to feed your baby. Staff can offer advice and support around how to recognise that your baby needs food and comfort, as well as practice. hints and tips on feeding your baby.

Ask your health visitor or at your local Family Hub for more information.

Starting Solids Workshop

Introducing solid foods is the start of a whole new chapter for you and your baby. This workshop helps you get your baby off to a great start. It will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

Email hdf.henrypractitioners@nhs.net to find out more.

Contact details for all our Family Hubs are on the back page.

Supporting you and your baby/toddler

Healthy Teeth

Having healthy teeth is important for young children's development and wellbeing, as decay in first teeth can affect their adult teeth.



This session will help you understand:

- Everything you need to know about toothbrushing
- How you can make toothbrushing fun
- When to start helping children brush their own teeth
- How what children eat and drink affects their teeth

Email hdf.t.henrypractitioners@nhs.net to find out more.

Understanding your Child - Online

This is an online course for all mams, dads, grandparents and carers of children aged 0-19 years. It will help you to understand your child's development and feelings. Understanding feelings is vital as all behaviours start with feelings. It also considers different styles of parenting, and the importance of sleep and having fun together. It helps you reflect on how you and your child communicate with each other and how this can be key to moving forward when things are tough.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Supporting you and your baby/toddler

Understanding your Preterm or Sick Baby in Hospital

- **Online**

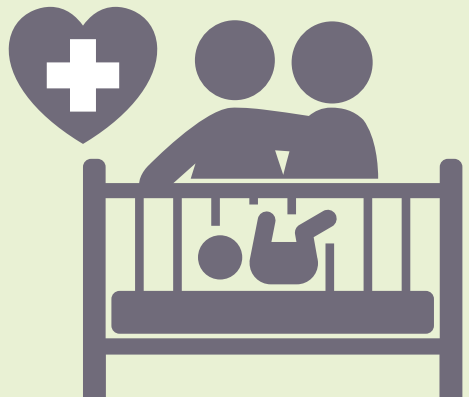
This online course is for mams and dads of premature or sick babies who are in hospital. It is also for grandparents, friends and family...anyone who is involved with your baby/babies. The course looks at you and your baby's experience of being in hospital and how to find support in the middle of everything. It also helps you to prepare for the time when you will all return home.

For more information and to sign up for this go to
www.durham.gov.uk/solihull

Understanding your Preterm or Sick Baby now you're Home - **Online**

This online course is for mams, dads and families of premature or sick babies who have been discharged from hospital and are now at home. The course covers sleeping, crying, feeding, development and childcare, as well as the relationship between you and your baby/babies. It also has special sections for dads/partners.

For more information and to sign up for this go to
www.durham.gov.uk/solihull



Contact details for all our Family Hubs are on the back page.

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

WellComm Early Language Screening

WellComm is a tool to identify children who may be struggling with their speech and language development, and provide strategies and activities for parents to use at home.

The tool identifies any areas of concern and links this to specific activities that can support your child to develop these skills.

The Family Hubs are offering screening appointments to parents and carers of children aged 3 and 4. Your child will need to attend the appointment with you.

The screening tool takes around 30 to 40 minutes to complete and you will be offered a follow-up appointment, if necessary.

For more information or to book a place, contact your local Family Hub.

Let's Talk At Home

Let's Talk at Home is a course for parents and carers of children aged 3-4 years.

These play-based sessions are fun, practical and filled with talking tips to help develop your child's speech, language and communication skills, at home using their favourite activities.

Sessions are 90 minutes long and run over 6 weeks.

For more information or to book a place, contact your local Family Hub.



Contact details for all our Family Hubs are on the back page.

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

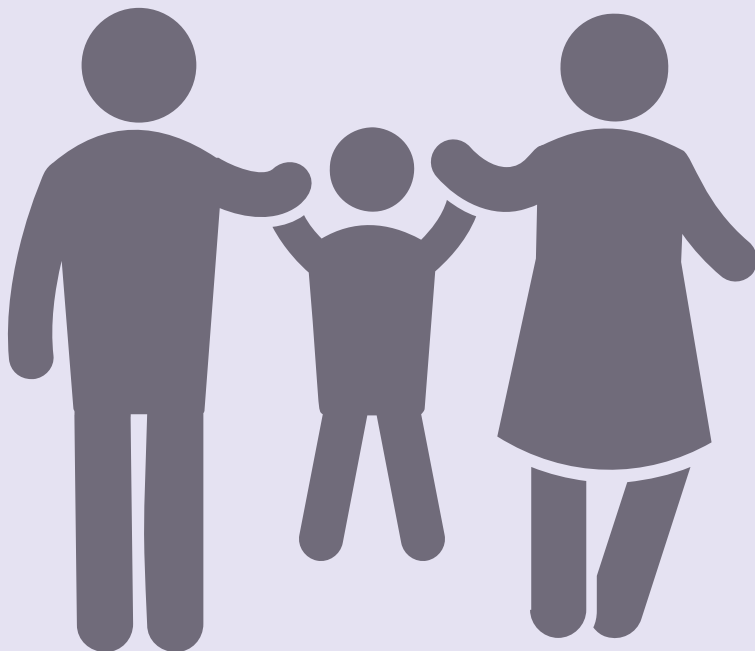
Incredible Years Pre School

This course is aimed at parents of children aged 3 - 5 years. It looks at how you interact with your child, and helps you to promote your child's social, emotional and language development to get them ready for school.

You will learn how to help your child learn the skills they need to be ready to start school, and help them to regulate their emotions and build social skills, such as turn taking and sharing. You will also learn how to use positive praise, model problem solving and practice self-control and calm down strategies.

Sessions are 2 hours long, and run over 18 weeks.

For more information or to book a place, contact your local Family Hub.



Contact details for all our Family Hubs are on the back page.

Supporting you with understanding your child/teenager's behaviour

Being a Parent – Empowering Parents Empowering Communities (EPEC)

For mams and dads of children aged 2-11 years old, delivered by parents.

This group will help you understand your child's behaviour and learn positive strategies to help you as a parent.

- Take time out for yourself
- Meet other parents
- Get practical support for day-to-day challenges of being a parent

Sessions run weekly for 9 weeks and last 2 hours each.

For more information visit www.durham.gov.uk/EPEC

“ **Parent Comment** - This parent-led course is run by real people with real experiences, and they don't tell you how to do things, they give advice on what worked and didn't work for them. ”

Supporting you with understanding your child/teenager's behaviour

Understanding your Child - Online

This is an online course for all mams, dads, grandparents and carers of children aged 0-19 years. It will help you to understand your child's development and feelings. Understanding feelings is vital as all behaviours start with feelings. It also considers different styles of parenting and the importance of sleep and having fun together. It helps you reflect on how you and your child communicate with each other and how this can be key to moving forward when things are tough.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Incredible Years

For parents/carers of children aged 3-10 years.

Incredible years will give you knowledge and skills to understand your child's behaviour. You will learn how to build positive relationships with your child and how to help them manage their behaviour in a positive way. Sessions include:

- How to play with your child
- Supporting your child's self esteem
- How to praise and reward your child
- Understanding your child's needs as they grow and learn

This course runs for two hours a week, over 10 weeks.

For more information or to book a place, contact your local Family Hub.

“ Parent Comment - It's been a really helpful course and really easy to understand. I had a chance to ask questions and learnt how to praise my child and calm problems down fast. ”

Contact details for all our Family Hubs are on the back page.

Supporting you with understanding your child/teenager's behaviour

Understanding your Teenager's Brain - Online

Find out what happens to the brain as a child hits adolescence in this short course. See how this explains some of the changes in their behaviour that you've noticed.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Teen Triple P

For mams, dads and carers of young people aged 12-16 years, Triple P will help you gain simple practical skills and strategies to raise your teenager to be confident, healthy and happy, and to improve your family relationship. You will learn how to use good communication and problem solving to create and maintain a calm, positive family environment. Triple P is valuable to all parents, particularly those that are experiencing challenges with family relationships. Sessions will cover:

- The five key principals of good parenting
- Understanding your teenager and building relationships
- Managing behaviour and building self-esteem
- Planning for high-risk behaviour

Runs one 2 hour session per week for ten weeks.

For more information or to book a place, contact your local Family Hub.

“ **Parent Comment - Thank you for offering this course. Parenting is difficult and I feel the support from the staff and the other parents has made a huge impact. I feel able to deal with difficult behaviour in a calmer way I feel I can handle difficult situations better now and have new ideas and different strategies to help my son deal with his emotions.** ”

Contact details for all our Family Hubs are on the back page.

Supporting you with understanding your child/teenager's behaviour

Triple P Workshops

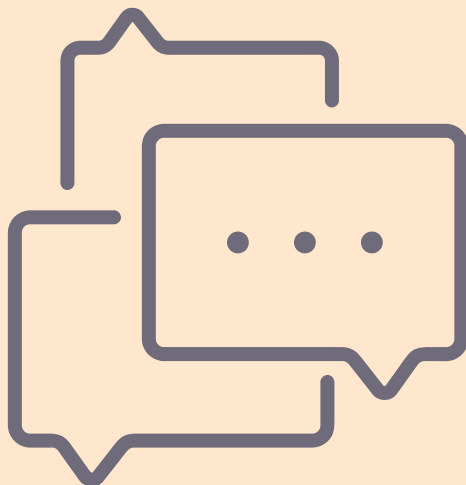
For mams, dads and carers of young people aged 12-18 years.

The Triple P workshops is an opportunity for parents who are experiencing a common parenting issue to come together to share their experiences. Workers will support you through the programme and will provide tips and strategies to support your child. Sessions will cover:

- Coping with your teenager's emotions
- Reducing family conflict
- Getting your teenager to co-operate
- Building your teenager's survival skills

There are four sessions, lasting 2 hours each. You can attend as many sessions as you like.

For more information or to book a place, contact your local Family Hub.



Supporting you with your child's wellbeing

FEARless

For mams, dads and carers of children aged 6-14 years.

This group helps where you have a child who has anxiety which might be causing them to miss school or social events. It helps you to understand your child's anxiety, recognise when your child is anxious and develop skills and techniques to help your child cope with their anxiety.

Sessions run for 2 hours a week over 6 weeks.

For more information or to book a place, contact your local Family Hub.

Staying Cool Family Learn

For mams, dads, carers, parent-figures and their teenager.

You will work with your teenager to understand their emotions and how to deal with them. You will learn to understand your teenager's emotions and support them to manage their anger/frustration in a positive way. You will learn how to support your teenager to take responsibility for their actions.

This is a one-day course (9am until 4pm).

For more information or to book a place, contact your local Family Hub.

Staying Cool Adults

For mams, dads and carers.

This course provides you with the knowledge and skills to manage your anger/frustration, by helping you increase your understanding and self-awareness of your emotions.

This is a one-day course (9am until 4pm).

For more information or to book a place, contact your local Family Hub.

Contact details for all our Family Hubs are on the back page.

Supporting you with your child's wellbeing

Understanding your Child's Feelings - Online

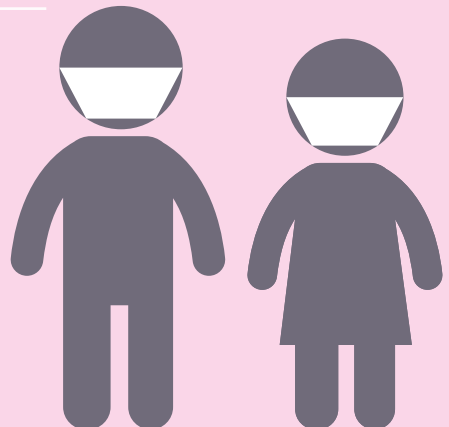
This is a short taster course that will help you to understand more about your child and what they are feeling. If you like this you might like the bigger 'Understanding your child' or 'Understanding your child with additional needs' courses too.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Understanding the Impact of the Pandemic on your Child/Teenager - Online

These short courses are about understanding how the coronavirus pandemic may have affected your child/teenager emotionally. You may have noticed that your child/teenager's interests have changed since returning to school, or that your child/teenager is more anxious, or you might be worried about their social life. This course may help you to process the impact of the pandemic on your child/teenager.

For more information and to sign up for this go to www.durham.gov.uk/solihull



Contact details for all our Family Hubs are on the back page.

Supporting you with your child's wellbeing

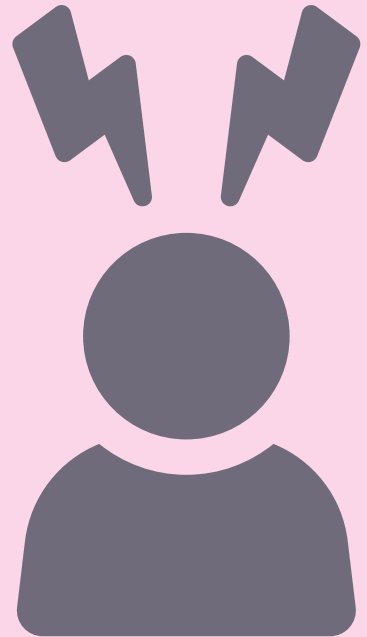
DurhamLearn Supporting the Wellbeing of Children and Young People

This half-day course is aimed at adults who are in contact with young people, including mams, dads and carers, as well as adults working in a professional or voluntary role.

This course will raise awareness of some of the mental health conditions that can affect the wellbeing of young people.

- Anxiety
- Low mood
- Self-harm
- Eating disorders

Contact DurhamLearn@durham.gov.uk or call 03000 266 115 for more information



Supporting your child with their wellbeing

Chill Kids

For children aged 7-11 years old.

This course will help your child with big feelings find ways to manage their emotions and remain calm. Sessions are delivered in a group. The course will cover:

- Helping children to identify different feelings and emotions
- Understand how their body feels when they experience emotions
- Strategies to remain calm when they have big feelings

Sessions last one hour and run weekly for 6 weeks.

For more information or to book a place, contact your local Family Hub.

“ **Parent Comment - We were both apprehensive at the beginning, but Chill Kids was definitely the right group for her. Big improvement on her behaviour and communication with me.** ”

Teen Zone

For young people of secondary school age.

In the group there are activities to look at self-esteem, building confidence, and managing emotions. This group will allow young people to understand changes in adolescence and how this may impact on their behaviours and emotions, whilst mixing and building social skills with other young people.

Sessions last one hour and run weekly over 6 weeks.

For more information or to book a place, contact your local Family Hub.

Contact details for all our Family Hubs are on the back page.

Supporting your child with their wellbeing

Safer Choices

For young people of secondary school age.

Safer choices allows young people to come together in small groups to discuss adolescence, friendship, risk taking and peer pressure, and to understand and consider how the choices they make could have negative consequences. The group will look at how young people make safer choices in life and feel confident to do this.

Sessions last one hour and run once a week over 6 weeks.

For more information or to book a place, contact your local Family Hub.

Staying Cool Teens

This course provides knowledge, skills and ideas to understand and address your emotions. The sessions help you to understand your anger/frustration and how to deal with it, to prevent it turning into aggression.

This is a one-day course (9am until 4pm), or runs for 1 hour per week for 6 weeks.

For more information or to book a place, contact your local Family Hub.



Contact details for all our Family Hubs are on the back page.

Supporting your child with their wellbeing

Understanding your Brain - Online

For teenagers.

Find out what's happening in your brain in this short course. Your brain changes as you hit adolescence. See how the changes in your brain explain some of the changes in your behaviour.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Understanding your Feelings (for teenagers only!) - Online

Feeling overwhelmed? Confused? Want to know more about your feelings and thoughts? This course is for you! It looks at how we process our thoughts and feelings and includes a module on how the COVID pandemic may have affected you.

For more information and to sign up for this go to www.durham.gov.uk/solihull



Contact details for all our Family Hubs are on the back page.

Supporting you with your child's additional needs

Understanding your Child with Additional Needs

- Online

This course is for mams, dads, relatives and friends of children with SEND (special educational needs and/or disability) eg a physical or learning difficulty or disability, or who may be autistic.

The course is in two sections. Level 1 helps you to understand your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development.

For more information and to sign up for this go to www.durham.gov.uk/solihull

Stepping Stones

For mams and dads of children with a disability or additional need up to the age of 12.

Stepping Stones is great if you are struggling with your child's behaviour or if you would like to learn parenting skills to help promote their development and potential. You'll meet with a group of parents who also have a child with a disability or additional needs. You will learn strategies for dealing with behaviour and get a book to take home for you to keep. The workers running the group will also call you at home after the group ends to answer any questions you may have.

Session run weekly for six sessions and last 2 hours each.

For more information or to book a place, contact your local Family Hub.

“ **Parent Comment** - this has been such an interesting course, I've learnt a lot about changing my own behaviours in the hopes of benefiting my child and allowing her to understand her behaviours a little more. ”

Contact details for all our Family Hubs are on the back page.

Supporting you with your child's additional needs

Durham SEND Information Advice and Support Service (SENDIASS) drop-in sessions

Durham SEND Information Advice and Support Service (SENDIASS) supports parents/carers of children with special educational needs and disabilities (SEND) and children and young people with SEND.

They provide confidential, impartial support and advice for parents, carers, children and young people up to the age of 25 years in relation to special educational needs and disability. SENDIASS operates at 'arm's length' from the council.

Why not pop into one of the monthly drop-in sessions in our Family Hubs if you:

- Have questions about your child's educational needs
- Would like more information or support in relation to SEND
- Need help with transfer arrangements, or paperwork, regarding the choice of your child's next education setting

You don't need to go to the Family Hub closest to where you live, or nearest your child's school, you can go to whichever session suits you and your family best.

Find out more at www.durham.gov.uk/FamilyHubsSENDGroups



Contact details for all our Family Hubs are on the back page.

Supporting you with your child's additional needs

Supporting your Autistic Child

For mams, dads and carers with an autistic child (or pre-diagnosis). These sessions will help you to have a better understanding of autism and how to meet the needs of your child. Sessions will help you to:

- How autism affects your child
- Communicate with your child
- Understand your child's sensory needs
- Understand how your child behaves and how to manage their behaviour
- Find your way around education, including the Education Health Care Plan assessment and your rights
- Find out what support is available for you and your family
- Understand how you can keep your child safe, eg online safety
- Look after yourself and develop coping skills

Sessions run weekly over ten weeks.

For more information please contact **DurhamLearn@durham.gov.uk** and use 'Autism Families Course' as the email subject.

We work with local Voluntary and Community Organisations who offer drop-ins and workshops in the Family Hubs. The topics of these change regularly. Find out more about what is currently on offer at **www.durham.gov.uk/FamilyHubsSENDGroups**

Supporting you with your child's additional needs

Being a Parent of an Autistic Child

All families are different, and all children who are autistic are different.

This 10-week course will give you the chance to step back and understand how autism affects your child.

You will get hints and tips to help you cope as a parent, including:

- The effects of autism
- Parenting and family life
- Communicating with your child
- Encouraging flexibility
- Social skills and communication
- Positive parenting, managing behaviour and coping with meltdowns



For more information visit www.durham.gov.uk/EPEC

Courses to support the health and development of children with Special Educational Needs and/or Disabilities (SEND)

The **Growing Healthy SEND Team** provide support for families of children with special educational needs and/or disabilities (SEND). The team is made up of trained and experienced school nurses and family health practitioners who can offer advice and support around your child's health and development.

As part of this support the team are running workshops on topics that are often raised by parents and carers of children with SEND. You can attend at any venue and are welcome to attend as many sessions as you feel would be useful for your family. The workshops are aimed at parents and carers of SEND children aged two to 10 years old. Information about what workshops are running can be found at www.durham.gov.uk/FamilyHubsSENDGroups

Contact details for all our Family Hubs are on the back page.

Supporting your relationship

Relationships Matter

Conflict is a normal part of any parent's relationship. It only starts to be a problem when conflict is frequent, intense and not resolved well. Conflict can affect your child's mental health, behaviour and success at school.

Our website has support and information on courses that can help you and your family manage better during a divorce or separation.

Find out more at www.durham.gov.uk/relationshipsmatter

Parenting Together

This 2 ½ hour workshops is for parents and family or friends who are helping to bring up a child. This may be the other parents, or a grandparent or close family friend. The session will help you to

- Think about how you deal with disagreements
- Manage family stress and improve communication
- Enjoy parenting together

For more information or to book a place, contact your local Family Hub.

Parenting when Separated

This is an in-person, practical and positive course for parents who are preparing for, going through or have gone through a separation or divorce. The course will support you in 'Parental Coping and Self Care', 'Parenting' and the 'Co-parental Relationship'. The programme highlights positive and practical steps you can take to help your children cope and thrive as well as coping successfully yourselves.

This is a 6 week course with an additional one-to-one introductory and follow-up session. Programmes are delivered either in-person or online. Each of the sessions will run for 2 hours.

For more information or to book a place please contact PWS@durham.gov.uk

Contact details for all our Family Hubs are on the back page.

Supporting your relationship

Me, You and Baby Too - Online

This online course is for new and expectant mams and dads. Having a baby is one of the biggest changes couples can go through. You both may be tired and stressed, and may argue more. Me, You and Baby Too is designed to help you find your way through these changes so you can sort out any disagreements and keep moving forward together. This will be better for you, your partner, and better for baby!

Find out more at www.durham.gov.uk/relationshipsattercourses

Arguing Better - Online

This online course is for parents experiencing high levels of stress and couple conflict. It is all about finding helpful ways to communicate during stressful times. You will learn why arguments happen, how you can affect them, and the best ways to support yourself and your partner or co-parent. It may be particularly useful if you are dealing with a lot of stress, or arguing more than you'd like to.

Find out more at www.durham.gov.uk/relationshipsattercourses

Getting it Right for Children - Online

This online course is for separating or separated parents experiencing high levels of conflict. The goal of this course is to minimise the effects that parental separation has on children. It is designed to help you communicate better for the sake of your children. You don't have to complete this course in one go, it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.

Find out more at www.durham.gov.uk/relationshipsattercourses

Supporting your relationship

Understanding your Relationships - Online

This course is for anyone who is in a relationship. You may want to celebrate your relationship, give it a bit of an MOT or you may feel your relationship is in need of some attention. Maybe you feel you are drifting, or perhaps things have been difficult lately and you're looking for a way forward. The course covers feelings, communication, conflict in relationships, anger, repair and more.

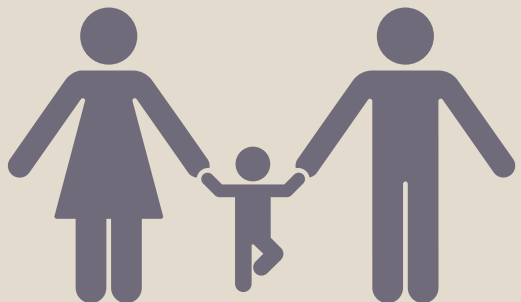
For more information and to sign up for this go to www.durham.gov.uk/solihull

Supporting with domestic abuse or family violence

Domestic Abuse Support

We offer a range of programmes in partnership with Harbour. Harbour works with families and individuals who are affected by abuse from a partner, former partner, child or other family member.

For more information about the support Harbour offer, or if you feel you need support go to www.myharbour.org.uk or contact 03000 20 25 25



Contact details for all our Family Hubs are on the back page.

Supporting you with your child's health

Healthy Start, Brighter Future

We run several programmes that look at supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments. Programmes run across the year.

For more information or to book a place, please contact hdfh.henrypractitioners@nhs.net

Healthy Families Right from the Start 0-5

This programme can help everyone with a baby or young child. Each week helps you provide a healthy, happy, supportive environment for the whole family. Over the sessions you will cover:

- Parenting confidence - deciding what changes you want to make and how to juggle life with young children
- Physical activity for little ones - ideas for active play
- What children and families eat - positive mealtime tips, food groups, portion size and snack swaps
- Family lifestyle habits - how to respond to children's needs, managing behaviours
- Enjoying life as a family - celebrating your success as a parent

Sessions run weekly for 8 weeks.

For more information or to book a place, please contact hdfh.henrypractitioners@nhs.net

“ **Parent Comment** - Loved the course, really informative. Learned loads about healthy eating today, portion sizes, listening to the child and having a good mealtime routine. ”

Contact details for all our Family Hubs are on the back page.

Supporting you with your child's health

Healthy Families Growing Up 6-12

This programme is for mams, dads and carers who would like support and ideas to develop a healthier family lifestyle which parents and children can both enjoy.

- Parenting confidence - thinking about the changes you want to make, healthy families and what parents can do to help
- Physical activity for the whole family - enjoying getting active as a family
- What children and families eat - healthier meals and snacks, portion size, and food groups
- Family lifestyle habits - exploring peer pressure and body image
- Enjoying life as a family - negotiating agreement as a family including food, screen time and sleep

For more information or to book a place, please contact hdft.henrypractitioners@nhs.net

Fussy Eating Workshop

Fed up with stressful mealtimes? We're here to help...

We want our children to eat well – and to enjoy mealtimes together. Come along and get support and new ideas for:

- How to encourage your child to try new foods - and begin to enjoy them!
- Child-friendly foods that provide what they need to grow and be healthy
- Happier family mealtimes

Sessions are delivered monthly and are held online.

For more information or to book a place, please contact hdft.henrypractitioners@nhs.net

Contact details for all our Family Hubs are on the back page.

Supporting you with your child's health

Eating Well for Less

Healthy eating doesn't have to be expensive - and can be delicious!

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank? This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy
- Recipes for tasty, simple and healthy low-cost meals

For more information or to book a place, please contact hdfh.henrypractitioners@nhs.net



Contact details for all our Family Hubs are on the back page.

Supporting you with your child's health

Sleep Action Workshops

For parents and carers of children from 18 months to 19 years old, our workshops give you information and techniques to help you support your child to get a great night's sleep.

Sleep is important. If you don't get enough it can have a big effect on your energy levels, how you feel and behave and even what you eat. For children and young people it's extra important because sleep helps growing brains to learn and develop, but it's not always easy to make sure they get the sleep they need.

At the Sleep Action workshop you will learn:

- How sleep works - different sleep phases during the night, and what drives your daily patterns of sleeping and waking
- How much sleep children and young people need
- How what you do during the day affects how we sleep
- The importance of the last hour before sleep and how to help your child 'wind down'
- What makes a good sleep environment and a good sleep routine
- Techniques for helping your child to fall asleep and what to do when they wake in the night
- Tips for children with additional needs

To book a place you can use Health Chat (on the NHS Growing Healthy Children's Services app) or ring on 03000 263 538.

Supporting you with your child's health

Toileting and Bed Wetting Workshops

This workshop provides information to help support your child's toileting issues including constipation, daytime wetting and night-time wetting (enuresis). Workshops are for parents and carers of children aged 6 to 16 years old. These are not aimed at parents and carers of children with SEND. See page 33 for suitable support.

The workshop will cover:

- Parents and carers to understand what is required for a child to achieve dryness or normal bowel movements
- What factors affect a child's ability to achieve this
- What parents and carers can do to help and support their child
- Find out about useful resources to support you and your child

To book a place, please contact the Growing Healthy Team on 03000 263 538.

DurhamLearn

DurhamLearn offer a huge range of courses - whether you want to boost your job prospects, learn first aid, help the kids with their homework or turn a hobby into something more, they have a course for you.

You can meet new people and make friends with their classroom-based courses, or if you want to fit something in around your busy lifestyle then their online or blended learning courses are perfect for.

With locations across the county and courses starting throughout the year, there is sure to be something to suit you.

For more information about what DurhamLearn offer please go to **www.durham.gov.uk/durhamlearn**

Family Hubs in County Durham

You can contact our Family Hubs on 03000 261 111

Bishop Auckland Family Hub

Walker Drive
Bishop Auckland
DL14 6QL

Brandon Family Hub

Carr Avenue
Brandon
DH7 8NL

Consett Family Hub

Moorside Primary School
Chester Road
Moorside
DH8 8EQ

Chester-le-Street Family Hub

Gray Avenue
Chester-le-Street
DH2 2EL

Durham Family Hub

The Woodlands
Gilesgate
DH1 2EY

Ferryhill Family Hub

Beaumont Street
Dean Bank
Ferryhill
DL17 8PH

Easington Family Hub

Whickham Street
Easington Colliery
SR8 3DJ

Horden Family Hub

Ocean View
Horden
SR8 4EQ

Newton Aycliffe Family Hub

Stephenson Way
Newton Aycliffe
DL5 7DD

Peterlee Family Hub

Ellison Road
Peterlee
SR8 5NJ

Seaham Family Hub

North Terrace
Seaham
SR7 7EU

Stanley Family Hub

Clifford Road
Stanley
County Durham
DH9 0AB

Tudhoe Family Hub

Tudhoe Moor Nursery
School
Tudhoe
Spennymoor
DL16 6EX

Wheatley Hill Family Hub


Jack Lawson Terrace
Wheatley Hill
DH6 3RT


Willington Family Hub


Chapel Street
Willington
Crook
DL15 0EQ



Chat to us

 **/CountyDurhamFamilyHubs** – follow our page to keep up to date and you can send us a direct message on there too

 Call us on **03000 261 111**

 Pop into your local Family Hub. There are 15 across the county:

- Bishop Auckland
- Brandon
- Chester-le-Street
- Consett
- Durham
- Easington
- Ferryhill
- Horden
- Newton Aycliffe
- Peterlee
- Seaham
- Stanley
- Tudhoe
- Wheatley Hill
- Willington

Get full details and addresses at
www.durham.gov.uk/familyhubs

Please ask us if you would like this document summarised in another language or format:



Braille,



Audio,



Large print.

Email: altformat.familyhubs@durham.gov.uk