

**SEPTEMBER
2024**

Newcastle Family Hub Activities Timetable



Newcastle Family Hub
Cemetery Road
Knutton
Newcastle-under-Lyme
ST5 6DH
01782 296100

Maryhill Family Hub
Gloucester Road
Kidsgrove
Stoke-On-Trent
ST7 4DJ
01782 296830

Follow us on Facebook



FPC = Family Hub Free Pass Card Accepted
TT = Term Time Only



**Family Hub
Staffordshire**

MONDAY

Little Humans TT
Newcastle Family Hub
A Stay & Play group for babies & toddlers where children, parents & caregivers can come together to explore, create, learn & grow.
09:30–11:30
FREE Drop in Session—no booking required

Health Visitors Well Baby Clinic
Maryhill Family Hub
Health Visitor Clinics to have your baby weighed and to get advice.
09:30–11:00
FREE Drop in Session—no booking required
Tel: 0808 178 0611

Infant Feeding Sessions TT
Newcastle Family Hub
Once your baby is born, they are ready and programmed to start their feeding journey. Some may need a little help to get off to a good start—come along to the session where you will receive free professional support.
09:30–11:30
FREE Drop-in Session
no booking required

Maryhill Explorers Stay & Play TT
Maryhill Family Hub
These sessions are friendly, fun stay & play groups that are free. The groups are open to parents/carers and their children 0-4 yrs in the Newcastle District.
09:45–11:00
FREE Booking required
Contact / booking information
Tel: 01782 296830
<https://bookwhen.com/maryhillexplorers>

Self Employment Drop-in Sessions
Newcastle Family Hub
Looking for some information, advice or support about working for yourself or gaining some extra money from a side hustle? Then pop along!
Every 3rd Monday of the month
10:00–12:00
FREE Drop in Session
no booking required

MONDAY CONT

SAVVY Schooling TT
Newcastle Family Hub
A **FREE** course for adult learners who want to improve their numeracy skills to enable them to better support school-age young people
13:00–15:00
Scan QR code for more details



TUESDAY

Jump into Parenting
Mixed Age Messy Play FPC
Newcastle Family Hub
Lots of messy play for your little one to explore, from paints to spaghetti, to develop their senses. Parent / carer refreshments included.
3 months–preschool
£7 per child, £4.50 per sibling
09:30–11:00
Booking required

Baby Massage FPC
Newcastle Family Hub
5 week combined Baby Massage & Yoga course including 1 week pamper session to finish. Help reduce colic, constipation & wind, improve sleep patterns, strengthen muscles & increase blood flow.
Birth to beginning to crawl.
£30.00 per course
12:30–13:30
Booking required

Baby Music & Yoga FPC
Newcastle Family Hub
Singing is a fun way of interacting with your baby. This 5 week course combines singing, movement & includes a make & take activity.
3 months to first steps
£40.00 per course
14:00–15:00
Booking required

Contact/booking details for all of the Jump into Parenting Sessions:
Tel: Jo or Shirley 07341 482582
<https://bookwhen.com/jumpintoparenting>

TUESDAY CONT

WiGiggles—Wiggle it to Music TT FPC
Maryhill Family Hub
Action Packed, fun music & movement classes to develop bright little minds and grow confidence whilst stimulating the senses.
Toddlers: Confident walkers to 5 years
09:30–10:30
Booking required
Babies: 12 weeks to confident walkers
11:00–12:00
Booking required
£6.00 per child, or class pass £25 (5 sessions)
Contact / booking details:
Tel: Kerry Holland 07729 192880
<https://bookwhen.com/wigiggles>

Home Start Together—Rhyme & Craft TT
Newcastle Family Hub
Join us for stay and play activities for your little ones, including make and take crafts and a closing song for all to join in.
0-4 years
11:30–12:15
FREE Drop in Session

School Nurse—Community Drop in Sessions TT
Newcastle Family Hub
Confidential health advice for children/young people/parents/carers. Home educated or attending education.
5-19 years
13:00-16:00
FREE Drop in Session—Booking not required

WEDNESDAY

Maryhill Mini Movers TT FPC
Maryhill Family Hub
A fun, energetic creative dance class to get your toddlers moving and shaking to their favourite songs
Walking to-4 years
£20 for 5 weeks
9:30am-10:30am
Booking required
Tel: Georgina Clare 07399 501671



WEDNESDAY

WiGiggles - Wiggle It To Music TT FPC

Newcastle Family Hub

Action packed, fun music & movement classes to develop little bright minds and grow confidence whilst stimulating the senses.

Toddlers: Confident walkers to 5 years

09:30–10:30

Booking required

£6.00 Per child

Babies: 12 weeks to confident walkers

11:00–12:00

Booking Required

£6.00 per child

Tel: Kerry Holland 07729 192880

<https://bookwhen.com/wigiggles>

WiGiggles Nurture Group TT FPC

Newcastle Family Hub

Social group that offers you & your little one an opportunity to meet new friends in a warm & friendly environment. A different activity will be provided each week, including keepsakes, photo shoots, sensory & music sessions. Refreshments included.

Birth to confident walkers

£6.00 per child

12:30–14:00

Booking required

Tel: Kerry Holland 07729 192880

<https://bookwhen.com/wigiggles>

Peter Pan Stay & Play FPC Newcastle Family Hub

Lead by the Peter Pan Centre's experienced Family support Worker, these relaxed and friendly sessions are for families with young children aged under 5yrs who may need extra support.

Play with your child in a safe and stimulating environment, share ideas and activities to try at home, make friends with other parents/carers, get advice and support from an Early Years SEND expert.

Sessions are bi-weekly starting on the 11th September

£5 per session

10:00–12:00

Booking required

To book your place email:

familysuport@thepeterpancentre.co.uk

WEDNESDAY CONT

Everyone Health Clinic Maryhill Family Hub

A **FREE** drop in clinic for Adult Weight Management, NHS Health Checks and Stopping Smoking. To see if you're eligible, please scan the QR code



09:00-12:00

Drop-in—no booking required

Parent Group for Families of Deaf Children

Newcastle Family Hub

Monthly - Wednesday's 1-2.30pm

We welcome children with all types and degrees of deafness.

- An opportunity to meet local parents/ grandparents/ care givers of deaf children.
- Activities, toys, art and craft, sing and sign rhymes, baby beats, music etc.
- Teacher of the Deaf available to answer any queries.
- Refreshments will be available.

This group is by invite only via the families Teacher of the Deaf.

Contact: 01785 356830 – Michelle Lane (Teacher of the Deaf)

THURSDAY

Back to Basics TT

Newcastle and Maryhill Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play

Birth to 4 years

FREE

09:30–11:00—Maryhill

10:00-12:00—Newcastle

Drop-in—no booking required

Tel: 01782 296830

Home-Start Together—Lunch & Play TT

Maryhill Family Hub

Join us for stay & play activities for your little ones; including make and take crafts, messy play, and a closing song for all to join in. Our stimulating bonding and early development sessions start off with a **FREE** children's lunch while parents have tea and toast. **0 to 4 years**

12:00–13:30

FREE—Advance booking

Email info@hsnb.org.uk or call us at

THURSDAY

Jump into Parenting Sensory Play FPC

Newcastle Family Hub

This session gives babies the opportunity to explore their senses in a safe and stimulating environment.

From bubbles to lights, fabric to music, all of your babies senses will be given the opportunity to develop and learn through fun play with you.

Toddler Sensory—from active crawling to preschool

09:30–10:30

Booking required

Baby Sensory

11:00–12:00

Booking required

Please see Tuesday Jump Into Parenting for how to book

FRIDAY

Alice Charity Big Cup TT Newcastle Family Hub

Big Cup offers parents the opportunity to meet up with other local families. It offers the chance to discuss common concerns, to talk about the demands of a toddler and offers the space to smile and relax in friendly surroundings.

FREE

Drop-in—no booking required

09:30–11:30

Email: info@alicecharity.org

Tel: 01782 614 838

Rhythm Time TT FPC Newcastle Family Hub

It's never too early to introduce your little baby to the wonders of music. Sessions can help with language development, eye tracking/balance, muscle development, bonding and relaxation, hand/eye co-ordination and speech development.

£20.91 per month

Toddlers 10:45–11:15

Babies 11:30–12:00

Booking Required

Tel: Joanne Downes 07947 525791

<http://www.rhythmtime.net/jd7>

FRIDAY

Baby Moon

Baby Massage & Yoga FPC Maryhill Family Hub

A weekly postnatal class for you to learn how to use baby massage and movement to aid calming, soothing and connection with your baby. For easing infant ailments, aiding their development,

adapting to your postnatal body and easing in to your new role.

6 weeks - 6 months

£36 for a 6 week course

13:00–14:00

Booking Required

Tel: Emma 07825 302481

<https://bookwhen.com/babymoonyoga>

Tel: 01782 296830

Stop Smoking Service TT Newcastle Family Hub

If you are aged 18+, live in Staffordshire, and want to stop smoking tobacco for good, we can help with 12-weeks **FREE** behavioural support and **FREE** stop smoking medication to those who are pregnant or 6 months post pregnancy, as well as partners or household members with children under 3 years old.

FREE

Drop-in—no booking required

09:00-17:00

Tel: 0333 055 0095

Text: QUIT to 60777



The Sensory Room

Venue: Newcastle Family Hub
ST5 6DH

Lovely sensory room for you to enjoy with your child 0-5years.
Available to hire £5.50 per hour*
Room maximum of 8 (4 adults and 4 babies).

For more information or to book a time please call
Tel: 01782 296100

Newcastle-under-Lyme District Community



Our Family Hubs

Here at Newcastle and Maryhill Family Hubs, we aim to provide support for families to keep them happy, healthy, and safe providing the right help at the right time in the right place.

We are here to answer any questions that you may have, help you find the right support, as well as provide a range of fantastic services for you to access, all in one hub.

On this timetable, you will see all of the amazing activities that we provide for 0-19 year olds in the local area, as well as information for the local support that is offered.

If you have any questions or ideas, please contact us via our phone number or Facebook page

Follow us on Facebook



If you need to speak to a Health Visitor please call the Hub on 0808 178 0611



Financial Wellbeing Support

Are you struggling with the cost of living and would benefit from some support, advice and signposting to relevant services? If so, our Family hub-money guides are here to support you.

Email financialwellbeing@staffordshire.gov.uk with your name, the area you live in and a contact phone number and one of our team will be in touch to arrange a free appointment to discuss how we can help.



HUNGRY LITTLE MINDS

Sign up to Hungry Little Minds Staffordshire and Stoke on Trent for free and you will get 2 emails a month showing you how you can help your baby's brain develop, support with activities and check to see when your baby's health checks are due.



<https://www.staffordshire.gov.uk/Hungry-Little-Minds>



Family Action

Staffordshire Family Support and Outreach Service

Providing support for children and young people from 0-19 years and up to 25 years for those with Special Educational Needs and Disabilities

Website: www.family-action.org.uk

Tel: 01782 228963

Email: Staffordshire@family-action.org.uk

Do you know about our free pass card?

You may be eligible to attend some of our sessions for free!!

If you live in the Newcastle Under Lyme District with a child 0-4yrs and meet our criteria you could receive a Free pass card. This card entitles you to attend a wide range of sessions delivered within the Children's Centre for FREE (£5 maximum per session)

For more information please ask the provider, a member of staff or call 01782 296830



for sessions over £5 you would need to pay the additional cost

Healthy Start Vouchers

Are you pregnant or have children under four? You may qualify for the Healthy Start voucher scheme to help you buy food, milk and vitamins.



Newcastle District has a wealth of support for you and your family please visit Staffordshire Connects for more details.



VOLUNTEER PROGRAMME

Session Lead

Session Support

Community Champion

Admin Volunteer



Do you have a few hours to spare each week? Would you like to come and volunteer in your local Family Hub? We have opportunities for volunteers to come and support our delivery across the Staffordshire county. If you would like to find out more please contact Debbie Burgess or scan the QR code above to apply now

Call 07704 798133

Email debbie.burgess@staffordshire.gov.uk

THINK 2

Funded Early Learning Childcare Sessions

Funded sessions for 2 year olds. Is your child eligible?



Staffordshire County Council



Visit the new Staffordshire SEND Local Offer (Special Educational Needs and Disability) www.staffordshireconnects.info

For children and young people aged 0-25 years

The best place to go to find information about SEND support in Staffordshire.

- Early years and childcare
- Education
- Social Care
- Health and Wellness
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money Matters
- Extra Help available to children, families and settings
- Information and support including support groups and organisations
- Policy information, referral mechanisms, forms and templates

Email: localoffer@staffordshire.gov.uk

