

# Your Newsletter

Winter 2023

Family Hubs

We launched our first Family Hub at Bishop Auckland in May 2023, but there was lots going on behind the scenes before that.

The hubs aim to make it easy for families of children aged 0-19 (or 25 if they have special educational needs and disabilities), to get information, help and support from the council, NHS and voluntary and community groups, all in one place.

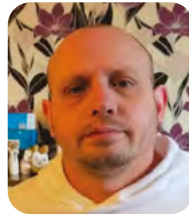
To make sure our services meet the needs of families in County Durham, we worked with local parents, who helped us decide how Family Hubs should look and feel.

They wanted something friendly, welcoming and supportive – that feeling you get from a good cup of tea! We included that cosy cuppa in our final design, and we love it!



[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies)



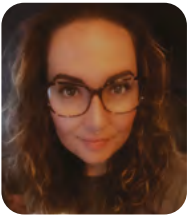


## Getting parents involved



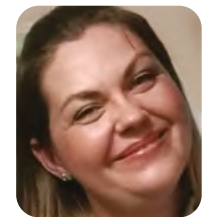
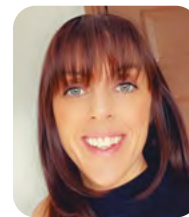
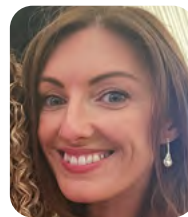
We have set up a Parent and Carer Panel of 18 parents and carers from County Durham, who make sure we continue to offer what families want and need. So far they have helped us:

- Launch all 15 of our Family Hubs
- Create our Start for Life and Activity and Programme Guide
- Recruit staff for our Family Hubs
- With our Ofsted/CQC visit
- Presented at events for our partners



Ashley was involved in development of the logo, and later became a member the Parent and Carer Panel. She said:

“ It was an honour to be part of designing the family hubs logo. All suggestions were treated as valid and the designer came up with some great designs to choose from based on all of our ideas. I felt truly involved from start to finish. The first time I saw the logo on a family hub was amazing - I felt so proud to have been involved in it! ”



### Did you know all Family Hubs have a rail for children's pre-loved clothes and shoes?

They are usually in the main entrance, and you can come along and help yourself to whatever you need.

We are running short in some of our hubs! If you have any clothes and shoes that no longer fit your little ones, please bring them along. The only things we don't accept are used underwear or swimwear.



### Need help with your money?

Visit [www.durham.gov.uk/HelpWithYourMoney](http://www.durham.gov.uk/HelpWithYourMoney)

# What's happening in the hubs

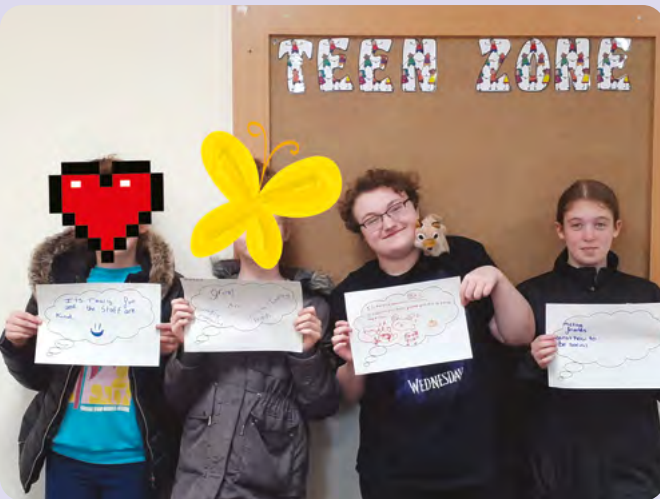
## Baby and Me / Toddler and Me

Baby and Me groups run in our Family Hubs across the county. They are a great way for parents and carers of babies under the age of one to get together, have a cuppa and a chat.

Kayleigh and Francesca go to our Stanley group. Kayleigh said:

“When I started my baby was shy and didn't like people, but the baby group has helped bring on her social skills, she can do things here that she doesn't at home. I've made friends here, and it's good to get advice and talk to others. Maternity leave can be isolating, and this helps.”

And it doesn't stop there – our Toddler and Me groups are for babies from one, right through to them starting nursery! Find out more at [www.durham.gov.uk/BabyAndMe](http://www.durham.gov.uk/BabyAndMe) and [www.durham.gov.uk/ToddlerAndMe](http://www.durham.gov.uk/ToddlerAndMe)



## Teen Zone

Becoming a teenager isn't easy. You notice lots of changes, such as how you look, how you feel and how you act. Teen Zone helps teenagers look at self-esteem, building confidence and managing emotions. The group recently ran at Horden Family Hub:

“The most important thing for me has been making friends – I didn't know anyone here but now we are friends and we talk on Roblox too now. We are all friends here.”

“I've learnt to use my powers – I would've got angry before but now I have learnt ways to help me manage it.”

“We've loved everything and can't think of anything we would change....maybe to have more time and more weeks to come.”



## Holiday activities

Our activities during October half-term had something for everyone, from crazy creatures to spooky arts and crafts, pumpkin carving, circorama, cookery and an indoor cinema, all with food provided!



## SENDIASS drop-ins

Durham special educational needs and/or disabilities information advice and support service (SENDIASS) are running monthly drop-in sessions for parents who:



- have questions about their child's needs
- would like more information or support about SEND
- need help with choosing or applying for their child's school place

“It has been really helpful to have a face-to-face meeting with SENDIASS. I was able to talk about my son's needs and get some advice about what I can do next so I can work together with school.”

Find out more at [www.durham.gov.uk/30159](http://www.durham.gov.uk/30159)

# What's coming up...

<b>Durham Family Hub</b>	Wed 20 December	10.30am – 1.30pm	Christmas party games, crafts, lunch with Santa goody bag to take home
<b>Newton Aycliffe Family Hub</b>	Wed 20 December	3.30pm – 5pm	Christmas festivities including Christmas crafts
<b>Seaview Centre</b>	Wed 20 December	10am – 12 noon	Christmas Party time with Nikki Noonoo
<b>Stanley Family Hub</b>	Wed 20 December	10am – 12 noon	Breakfast and crafts with Santa
<b>Wheatley Hill Family Hub</b>	Wed 20 December	2pm – 3.30pm	Afternoon Tea with Santa
<b>Chester-le-Street Family Hub</b>	Thurs 21 December	12 noon – 2.30pm	Christmas arts and crafts, Santa, small gift for each child and face painter
<b>Consett Family Hub</b>	Thurs 21 December	10am – 12 noon	Breakfast and crafts with Santa
<b>Willington Family Hub</b>	Thurs 21 December	10am – 12 noon	Christmas crafts
<b>Bishop Auckland Family Hub</b>	Fri 22 December	10am – 12 noon	Christmas crafts
<b>Ferryhill Family Hub</b>	Fri 22 December	10am – 12 noon	Christmas festivities and movie
<b>Horden Centennial Centre, Seventh Street, Horden, SR8 4LX</b>	Fri 22 December	1pm – 3pm	Circurama Christmas show and circus skills workshop

## Tell us what you think




We would love to know what you think of our newsletter, and what you would like to see in future editions.

Visit <https://forms.office.com/e/2id6BJWtA0> or scan here to let us know your thoughts!



[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies)

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