

Educational Psychology drop-in sessions for parents and carers

Educational psychologists (EPs) help children and young people with a wide range of different needs, such as, learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

We can help if, for example:

- you are worried your child is not talking enough
- you struggle to know what is best to do when your child has a 'tantrum'
- you've noticed your child does not play with other children much
- your child is always on the go and does not sit still for any activity
- your child really struggles to be apart from you
- your child is feeling anxious about school
- you want to discuss preparing your child for adulthood

If you have concerns about your child, come to our drop-in sessions where our friendly team can provide advice, discuss your concerns, and help you plan your next steps. These drop-ins are informal and focus on providing advice. If you believe your child requires more help, assessment, or direct support, please speak to their school's SENDCo about involving our Specialist Inclusion Support team as part of a graduated approach. The Specialist Inclusion Support team is the term used to describe our EP team, our advisory teaching teams, Portage etc. See [Special educational needs support](#).

Our drop-in sessions can get busy, so the EP may not have time to speak to everyone. We will let you know how many people are waiting. The EP will do their best to see everyone, but if they can not, they will discuss other drop-ins to reschedule your visit.

The graduated approach is the term used to describe the stages of support learners with Special Educational Needs (SEN) move through. It usually begins with an early Short Note, followed by a SEN Support Plan. If learners require lots of additional support,

SEN Support Plans can have additional funding or children have Educational, Health and Care Plans (EHCPs). See [SEN support and the graduated approach](#).

Drop-ins are running at:

Venue	Date and time
Bishop Auckland Family Hub	From 1.00pm to 3.00pm on: <ul style="list-style-type: none">• 24 March 2025• 28 April 2025• 16 June 2025• 18 August 2025• 21 October 2025• 15 December 2025
Brandon Family Hub	From 12.30pm to 2.30pm on: <ul style="list-style-type: none">• 27 March 2025• 22 May 2025• 24 July 2025• 25 September 2025• 27 November 2025

Venue	Date and time
Chester-le-Street Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 17 February 2025 • 28 April 2025 • 16 June 2025 • 18 August 2025 • 20 October 2025 • 15 December 2025
Consett Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 1 April 2025 • 3 June 2025 • 5 August 2025 • 7 October 2025 • 2 December 2025
Durham Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 21 February 2025

Venue	Date and time
	<ul style="list-style-type: none"> • 25 April 2025 • 20 June 2025 • 15 August 2025 • 17 October 2025 • 19 December 2025
Easington Family Hub	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> • 20 March 2025 • 15 May 2025 • 17 July 2025 • 18 September 2025 • 20 November 2025
Ferryhill Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 14 February 2025 • 11 April 2025 • 13 June 2025

Venue	Date and time
	<ul style="list-style-type: none"> • 15 August 2025 • 10 October 2025 • 12 December 2025
Horden Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 13 March 2025 • 8 May 2025 • 10 July 2025 • 11 September 2025 • 13 November 2025
Newton Aycliffe Family Hub	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> • 25 March 2025 • 20 May 2025 • 22 July 2025 • 23 September 2025 • 25 November 2025

Venue	Date and time
Peterlee Family Hub	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> • 2 April 2025 • 4 June 2025 • 6 August 2025 • 1 October 2025 • 3 December 2025
Seaham Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 10 February 2025 • 14 April 2025 • 9 June 2025 • 11 August 2025 • 13 October 2025 • 8 December 2025
Stanley Family Hub	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> • 12 March 2025

Venue	Date and time
	<ul style="list-style-type: none"> • 14 May 2025 • 9 July 2025 • 10 September 2025 • 12 November 2025
Tudhoe Family Hub	<p>From 12.30pm to 2.30pm on:</p> <ul style="list-style-type: none"> • 6 March 2025 • 1 May 2025 • 3 July 2025 • 4 September 2025 • 6 November 2025
Wheatley Hill Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 7 April 2025 • 2 June 2025 • 4th August 2025 • 6 October 2025

Venue	Date and time
	<ul style="list-style-type: none"> • 1 December 2025
Willington Family Hub	<p>From 9.30am to 11.30am on:</p> <ul style="list-style-type: none"> • 11 March 2025 • 13 May 2025 • 8 July 2025 • 9 September 2025 • 11 November 2025