

# What's on

April to August 2025



Willington

**We offer support for families from pregnancy up until your child turns 19, or 25 if they have special educational needs and/or disabilities (SEND). This includes help with all aspects of being a parent or carer, helping your child learn and develop and support for mental and physical health concerns.**

**Why not take part in one of our free, friendly groups, or drop in and ask us a question. There's no such thing as a daft question, so please feel free to ask.**

Willington Family Hub  
Chapel Street, Willington, Crook, DL15 0EQ.  
03000 261 111





Willington

<b>Durham Dads Together Drop-in</b>	Monday 10am-11.30am
<b>Staying Cool Teen</b> (booking required)	Monday 12.30pm-3pm
<b>Teen Zone</b> (booking required)	Tuesday 4pm-5pm
<b>Triple P Baby</b> (booking required)	Tuesday 10am-12noon
<b>Managing Big Emotion</b> (online booking required)	Tuesday 1pm-2.30pm
<b>Supporting speech and language development (WellComm)</b> (online booking required)	Tuesday 1pm-4pm
<b>SENDIASS Drop-in</b>	Tuesday 1pm-3pm
<b>Educational Psychology Drop-in</b>	Tuesday 9.30am-11.30am
<b>Infant Massage</b> (online booking required)	Wednesday 10am-11.30am

12 May 2025 23 June 2025	Runs for 1 session
30 June and 7 July 2025	Runs for 2 weeks
Starts 29 April 2025	Runs for 6 weeks
Starts 13 May 2025	Runs for 8 weeks
6 May 2025	Runs for 1 session
20 May 2025 17 June 2025 15 July 2025 19 August 2025	Every month
13 May 2025 10 June 2025 8 July 2025 12 August 2025	Every month
13 May 2025 8 July 2025	Runs for 1 session
Starts 4 June 2025	Runs for 6 weeks



Willington

<b>Durham Learn Supporting Your Autistic Child</b> (booking required)	Wednesday 12noon-2pm
<b>North East Autism Society Supporting Your Autistic Child Workshop</b> (booking required)	Thursday 10am-12noon
<b>North East Autism Society One-to-One Appointments</b> (booking required)	Thursday 9am-10am Thursday 1pm-3pm
<b>Chill Kids</b> (booking required)	Thursday 3.45pm-5pm
<b>HENRY Starting Solids</b>	Thursday 10am-11.30am
<b>HENRY Healthy Teeth</b>	Thursday 10am-11.30am
<b>EPEC Being a Parent</b>	Friday 10am-12noon
<b>Antenatal Parent Education Sessions</b> (booking required)	Friday 3pm-5pm

Starts 30 April 2025	Runs for 10 weeks
10 April 2025 8 May 2025 12 June 2025 10 July 2025	Runs for 1 session
10 April 2025 8 May 2025 12 June 2025 10 July 2025	Runs for 1 session
Starts 5 June 2025	Runs for 6 weeks
10 July 2025	Runs for 1 session
31 July 2025	Runs for 1 session
Starts 9 May 2025	Runs for 9 weeks
2 and 9 May 2025 6 and 13 June 2025 3 and 10 July 2025 1 and 8 August 2025	Runs for 2 weeks



**Durham Dads Together Drop-in** - Whether you are a dad-to-be, just had your baby or are heading for the toddler stage, these drop-ins are for you. You can get advice, tips and support on all things baby and toddler, from other dads who have been through the same experiences. The drop-in sessions will cover different topics.

**Staying Cool Teen** - For teenagers looking at anger management and ways to deal with these feelings. To book a place please call 03000 261 111.

**Teen Zone** - For young people secondary school age who are struggling with confidence and self-esteem. To book a place please call 03000 261 111.

**Triple P Baby** - Is for mams and dads who may feel they are struggling with their new role as a parent, with their confidence, their infants' behaviours or looking after themselves as a couple. To book a place please call 03000 261 111.

**Managing Big Emotion** - This course is for families of children aged 3-11. Educational psychologists will provide information on emotions, identify possible triggers and explore ways of supporting your children to regulate their 'big feelings'. To book go to <https://events.durham.gov.uk/familyhub>

**Supporting speech and language development (WellComm)** - To identify children aged 2 to 4 years who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home. To book go to <https://events.durham.gov.uk/familyhub>

**SENDIASS Drop-in** - For mams, dads and carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

**Educational Psychology Drop-in** - Talk to the Educational Psychology team about any concerns you may have about your child's needs such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

**Infant Massage** - For mams, dads and carers of babies 6 to 8 weeks up to 6 months old. To book <https://events.durham.gov.uk/familyhub>



**DurhamLearn Supporting Your Autistic Child** - Delivered by Durham Learn this programme aims to help you have a better understanding of autism and how to meet the needs of your child. To book a place contact 03000 266 115 or email [durhamlearn@durham.gov.uk](mailto:durhamlearn@durham.gov.uk)

**North East Autism Society - Supporting Your Autistic Child Workshop** - A 2 hour workshop looking at worries and action planning, common misconceptions, differences in autistic children and practical strategies to use in everyday life. Contact 0191 410 9974 or [Rebecca.weatherstone@ne-as.org.uk](mailto:Rebecca.weatherstone@ne-as.org.uk) to book.

**North East Autism Society - One-to-One appointments** - These appointments are for families that have questions or would like to discuss any issues in confidence. Contact 0191 410 9974 or [Rebecca.weatherstone@ne-as.org.uk](mailto:Rebecca.weatherstone@ne-as.org.uk) or for an appointment.

**Chill Kids** - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them. To book a place call 03000 261 111.

**HENRY starting solids** - This workshop 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 and how to make mealtimes a more enjoyable experience for you both. To get more information or to book a place please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**HENRY Healthy Teeth** - This session will give you practical tips for looking after your child's first teeth. To get more information or to book a place, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**EPEC Being a Parent** - For mams, dads and carers of children aged 2-11 years, run by parents, to help you understand your child's behaviour. To book a place please call 03000 261 111.

**Antenatal Parent Education Sessions** - For parents-to-be to learn about what to expect in labour, after giving birth, and feeding your baby. Speak to your midwife to book a place.

To register with your Family Hub visit  
[www.durham.gov.uk/FamilyHubsRegistration](http://www.durham.gov.uk/FamilyHubsRegistration)  
or scan



Information is correct at time of printing but is subject to change and new sessions being added.

Please check the website for the up-to-date timetable [www.durham.gov.uk/FamilyHubs](http://www.durham.gov.uk/FamilyHubs)



Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm  
[www.durham.gov.uk/HelpForFamilies](http://www.durham.gov.uk/HelpForFamilies) [www.facebook.com/CountyDurhamFamilyHubs](https://www.facebook.com/CountyDurhamFamilyHubs)