

# What's on

April to August 2025



Bishop Auckland

**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.**

Bishop Auckland Family Hub  
Walker Drive, Bishop Auckland, DL14 6QL.  
03000 261 111



<b>Chill Kids</b> (booking required)	Monday 3.45pm-5pm
<b>Infant Massage</b> (online booking required)	Monday 10am-11.30am
<b>Neonatal Baby Group</b>	Monday 1pm-2.30pm
<b>Educational Psychology Drop-in</b>	Monday 12.30pm-2.30pm
<b>Stepping Stones</b> (booking required)	Tuesday 9.30am-11.30am
<b>Birth Registrations</b> (Appointments only)	Tuesdays by appointment
<b>Antenatal Breastfeeding Workshop</b> (booking required)	Tuesday 1pm-3pm
<b>Antenatal Parent Education</b> (booking required)	Tuesday 5pm-7pm
<b>Support sessions for parents of children with Special Educational Needs and/or Disabilities (SEND)</b>	Tuesday 12noon-3pm
<b>DurhamLearn Paediatric First Aid</b> (booking required)	Tuesday 9.30am-12.30am
<b>Incredible Years</b> (booking required)	Wednesday 9.30am-11.30am

Starts 12 May 2025	Runs for 6 weeks
Starts 12 May 2025 Starts 7 July 2025	Runs for 6 weeks
12 May 2025 9 June 2025 14 July 2025 11 August 2025	Every month
28 April 2025 16 June 2025 18 August 2025	Runs for 1 session
Starts 29 April 2025	Runs for 10 weeks
29 April 2025 27 May 2025 24 June 2025 29 July 2025 26 August 2025	
6 May 2025 3 June 2025 1 July 2025 5 August 2025	Runs for 1 session
6 May 2025 3 June 2025 1 July 2025 5 August 2025	Runs for 1 session
3 June 2025	Runs for 1 session
24 June 2025	
Starts 30 April 2025	Runs for 10 weeks

<b>Safer Choices</b> (booking required)	Wednesday 4pm-5pm
<b>Triple P Teen</b> (booking required)	Thursday 9am-11am
<b>SENDIASS Drop-in</b>	Thursday 9.30am-11.30am
<b>Supporting speech and language development (WellComm)</b> (booking required)	Thursday 1pm-4pm
<b>North East Young Dads and Lads Stay and Play</b>	Thursday 11am-12.30pm
<b>Men's Pie Club</b>	Thursday 1pm-3pm
<b>HENRY Fussy Eating Workshop</b> (booking required)	Thursday 1.15pm-2.45pm
<b>Triple P Fearless</b> (booking required)	Thursday 12.30pm-2.30pm
<b>Managing Big Emotion</b> (online booking required)	Thursday 9.30am-11am
<b>HENRY Starting Solids</b>	Friday 9am-10.30am  Friday 11am-12.30pm
<b>HENRY Healthy Teeth</b>	Friday 9am-10.30am
<b>Staying Cool Family Learn</b> (booking required)	Friday 9am-3pm
<b>Staying Cool Adult</b> (booking required)	Friday 9am-3pm

Starts 13 May 2025	Runs for 6 weeks
Starts 8 May 2025	Runs for 10 weeks
8 May 2025 12 June 2025 10 July 2025 14 August 2025	Every month
1 May 2025 5 June 2025 3 July 2025 7 August 2025	Every month
1, 15 and 29 May 2025 12 and 26 June 2025 10 and 24 July 2025 7 and 21 August 2025	
8 and 22 May 2025 5 and 19 June 2025 3, 17 and 31 July 2025	Runs fortnightly
10 July 2025	Runs for 1 session
Starts 5 June	Runs for 6 weeks
12 June 2025	Runs for 1 session
20 June 2025  4 July 2025	Runs for 1 session
11 July 2025	Runs for 1 session
16 May 2025	Runs for 1 day
14 July 2025	Runs for 1 day



Bishop Auckland

**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 621 111.

**Infant Massage** - For mums, dads and carers of babies from 6 weeks up to 6 months.

**Neonatal Baby Group** - This friendly group is for mams, dads and carers who have had babies on the neonatal unit (post discharge). Come along and meet other families, make new friends or catch up with friends from the unit. Groups are run by neonatal nurses.

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

**Stepping Stones** - For mams, dads and carers of children aged 0-12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential. To book a place call 03000 621 111.

**Birth Registrations** - Register the birth of your baby within 42 days from birth. Call 03000 266000 to book.

**Antenatal Breastfeeding Workshop** - For parents-to-be and people who support them to learn about breastfeeding their baby. Book with your midwife.

**Antenatal Parent Education** - For parents-to-be and people who support them. Speak to your midwife to book a place.

**Support sessions for parents of children with Special Educational Needs and/or Disabilities (SEND)** – For mams, dads and carers of SEND children who would like information and advice about what is available to support their needs. Come along to speak to a Delivering Better Value SEND Case Worker. No Diagnosis needed to attend.

**DurhamLearn First Aid** - For mams, dads and carers to learn the basics to help keep your family safe. To book email [durhamlearn@durham.gov.uk](mailto:durhamlearn@durham.gov.uk) or contact 03000 266 115.

**Incredible Years** - For mums, dads and carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour. To book a place call 03000 621 111.



**Safer Choices** - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices. To book a place call 03000 621 111.

**Triple P Teen** - For parents/carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy and happy teenagers, and to improve family relationships. To book a place call 03000 621 111.

**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>

**North East Young Dads and Lads Stay and Play** - For young dads under the age of 25, their partners and children.

**Men's Pie Club** - If you're a dad/male carer who feels alone, or just needs an excuse to get out more why not come along. There's no stress and no pressure. Just a bit of cooking. it's all about meeting other dads from your local area, having a laugh, and getting stuck into some tasty pies.

**HENRY Fussy Eating Workshop** - For mams, dads and carers to get support and new ideas to help encourage your child to try new foods and have happier meal times. To get more information or to sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**Triple P FEARless** - For mams, dads and carers of children aged 6-14 years, to help you understand your child's anxious feelings. To book a place call 03000 621 111.

**Managing Big Emotion** - This session is for mams, dads and carers 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>

**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 sign up, 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 sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**Staying Cool Family Learn** - For parents and teenagers looking at anger management and ways to deal with these feelings. To book a place call 03000 621 111.

**Staying Cool Adult** – For adults looking at anger management and ways to deal with these feelings. To book a place call 03000 621 111.

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)