

What's on

September to December 2025



Durham

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.

Durham Family Hub
The Woodlands, Gilesgate, DH1 2EY.
03000 261 111





Durham Family Hub

Infant Massage (online booking)	Monday 10am - 11.30am
Chill Kids*	Monday 4pm - 5.15pm
Teen Zone*	Monday 4pm - 5pm
Supporting speech and language development (Wellcomm) (online booking)	Tuesday 9am - 12noon
Stepping Stones*	Tuesday 5pm - 7pm
Parenting Together Workshops	Tuesday 9.30am - 12.30pm
Incredible Years Baby (online booking)	Wednesday 9.30am - 11.30am
First Aid Awareness – Dealing with a Sick or Injured Baby / Child	Wednesday 9.30am - 12.30pm
Safer Choices*	Thursday 4pm - 5pm
0-12 workshops Dealing with disobedience (online booking)	Thursday 12.30pm - 2.30pm
0-12 workshops Managing fighting and aggression (online booking)	Thursday 12.30pm - 2.30pm

***Contact the Family Hub to book a place**

8 September 10 November	6 weeks
8 September	8 weeks
10 November	6 weeks
30 September 28 October 25 November 16 December	Monthly
9 September	10 weeks
4 November	3 hours
10 September	9 weeks
15 October	3 hours
11 September	6 weeks
16 October	2 hours
23 October	2 hours



Durham Family Hub

0-12 workshops Developing good bedtime routines (online booking)	Thursday 12.30pm - 2.30pm
0-12 workshops Hassle-free shopping with children (online booking)	Thursday 12.30pm - 2.30pm
0-12 workshops Hassle-free mealtimes with children (online booking)	Thursday 12.30pm - 2.30pm
Chill Kids*	Thursday 4pm - 5.15pm
SENDIASS (drop-in)	Thursday 1pm - 3pm
Durham Young Dads Project	Thursday 6pm - 8pm
Let's Talk at Home*	Friday 1pm - 2.30pm
Durham Young Dads Stay and Play	Friday 10am - 11.30am
DurhamWorks (drop-in)	Friday 11am - 2pm
Educational Psychologist (drop-in)	Friday 9.30am - 11.30am

***Contact the Family Hub to book a place**

30 October	2 hours
6 November	2 hours
13 November	2 hours
13 November	8 weeks
25 September 23 October 27 November	Monthly
	Weekly
7 November	6 weeks
12 September	Fortnightly
5 September 26 September 3 October 17 October 7 November 28 November 19 December	
17 October 19 December	2 hours



Durham Family Hub

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

Chill Kids - For children aged 7-11 years old, helping them to understand their big feelings and find positive ways to manage them. Sessions will not run over school half term.

Teen Zone - For young people secondary school age who are struggling with confidence and self-esteem.

Supporting speech and language development (Wellcomm) - To identify children aged 2-4 years who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home.

To book a place visit <https://events.durham.gov.uk/familyhub>

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.

Parenting Together Workshop - Bickering and disagreements are all part of a healthy normal relationship, it is when disagreements are happening frequently, they are quite intense and are never resolved or sorted out that you might need some support. It might be yourself and your partner are disagreeing over the children, chores, money etc. This workshop will help you in lots of different ways!

Incredible Years Baby - For mams, dads and carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.

To book a place visit <https://events.durham.gov.uk/familyhub>

First Aid Awareness - Dealing with a Sick or Injured Baby / Child - For mams, dads and carers to learn the basics to help keep your family safe.

To book email durhamlearn@durham.gov.uk or contact 03000 266 115.

Safer Choices - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices.

0-12 workshops Dealing with disobedience - You will understand why your child may have difficulty learning to follow instructions and learn strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and also to manage disobedience when necessary. <https://events.durham.gov.uk/familyhub>

0-12 workshops Managing fighting and aggression - You will learn what skills your child needs to be able to cooperate and get along with others, and how to teach skills such as sharing, communicating and being gentle. You will also prepare a plan to manage times when fighting and aggression occurs. <https://events.durham.gov.uk/familyhub>

0-12 workshops Developing good bedtime routines - We will look at common problems and why they happen and learn the skills to get into a good bedtime routine, strategies to help prevent problems, as well as looking at how to get your child to stay in their own bed throughout the night. <https://events.durham.gov.uk/familyhub>

0-12 workshops Hassle-free shopping with children - We will look at how you deal with difficult behaviour in public. You will learn step-by-step suggestions for preventing problems and teaching your child how to behave on shopping trips. You will develop plans to manage problem behaviour during shopping trips and situations. <https://events.durham.gov.uk/familyhub>

0-12 workshops Hassle-free mealtimes with children - We will explore things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. You will look at ways to increase food variety, be introduced to some positive strategies to help manage mealtimes and de-escalate situation. <https://events.durham.gov.uk/familyhub>

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

Durham Young Dads Project - Support young dads to grow, as well as helping them to develop their parenting skills this is done through mentorship, educational resources, and community engagement, to create an environment where young dads can thrive as well as monthly stay and play session for dad and their children.

Let's Talk at Home - For mams, dads and carers of children aged 3-4 years. These play-based sessions are fun, practical and filled with talking tips to help develop your child's speech, language and communication skills, at home using their favourite activities.

DurhamWorks drop-in - Support to help 16-24-year-olds into education, employment or training.

Educational Psychologist 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.

COMING SOON Time Out for Parents: Dads - If you are a dad, or a dad to be, this course is for you! The five workshops focus on the importance of dads and helping you to build an even better relationship with your children The course usually runs over five weeks, 2 hours a week, and covers: What dads are, Dad the manager, Dad the coach, Dad the trainer, Dad the team player.

For more information email dads@durham.gov.uk

To register with your Family Hub visit
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



Family Hubs are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs