

Thorney Close Family Hub Half Term Timetable

Tuesday 27th May - Friday 30th May 2025

Family.hubwest@togetherforchildren.org.uk

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children
SUNDERLAND

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HUB

	Monday	Tuesday	Wednesday	Thursday	Friday
Thorney Close Family Hub Sunderland, SR3 4JQ 0191 561 4127	Bank Holiday Closed	Stop Smoking Drop In 9.30 - 11.30am Breast Feeding Support Drop In 10am - 12.00noon Specialist feeding Clinic (Book via health team) Sensory Room 12.30 - 4.30pm - Bookable Introduction to Solids & Tiny Tummys To book th above call 03000031552 Social Prescribers Referral	Thorney Close Family Hub Open Day (0-11years) 11am - 2pm Colour Fun 11am - 3pm (Field next to Thorney Close Family Hub SR3 4JQ) Welfare Rights 1 - 5pm Referral	Sensory Room 9.00am - 12noon Bookable Social Prescribers 9am - 5pm - Referral Little Treasures (Neo natal) 2nd & 4th week of the month 1 - 3pm Referral Review & Development 1 - 3pm (Please book via Health Visitor)	Outdoor PlaySpace 10.00 - 11.30am Bookable Sensory Room 9.00 - 12.00noon Bookable

Social media

Please check 'My Best Life website', www.mybestlife.org.uk
Sunderland Family Hubs Facebook and Instagram pages for more information,
and booking details for some of our sessions.



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Review and Development Clinic - please book through your Health Visitor. Call 03000 031552.

Baby Massage (birth - 6 months) a 5-week course and an opportunity to have special time with your baby through nurturing touch and massage.

Young Mams n Dads is a dedicated friendly group for parents aged between 14 & 22 years old, to have fun and socialise. Includes sensory, messy play, crafts, cooking and much more for the children. Contact Angela 07917535234, or Anna 0743575336.

Midwife Booking In Appointments. As soon as you find out you are pregnant, contact a GP or Midwife and they will help you book your first appointment. Your first Midwife appointment (also called the booking appointment) should happen before you are 10 weeks pregnant. This is because you'll be offered some tests that should be done before 10 weeks.

Sensory Room (from birth) sensory lights and equipment to help develop your child's senses. Also for children and young people with SEND aged 0-25 years. 30 minute exclusive slots are available.

Birth Registrations - Please book via Sunderland City Council website. Register a birth, a new born baby must be registered within 42 days of the date of birth. The baby should be registered in the district where it was born.

Daisy Chain Drop In/Multi Agency Drop In Do you have concerns that your child, who is 0-18 years old, has autism, sensory processing, ADHD or FASD? These are group sessions. To access 1:1 support, please contact sunderlandfamilysupport@daisychainproject.co.uk. No diagnosis is needed.

Agencies attending drop in may include* Sendiass, CAMHS, Mental Health in School Team, Parent Carer Forum.

Super Communicator Stay & Play - This is a dedicated group to help develop speech and language skills from age 18months - 3 years. Please speak with your Health Visitor or contact your Family Hub email address for more information.

Childminder Network Are you a registered childminder and would like to attend the childminder network with your childminded children? Please contact the Early Years team on this email early.years@togetherforchildren.org.uk

Play Space (0-5 years) a parent led session, where parents are encouraged to play and interact with your child/ren in a friendly environment.

Stay and Play (0-5 years) have fun with your little one whilst socialising with parents. Each week we will have a themed activity such as books, messy play and everyday opportunities.

Breastfeeding drop in to share experiences and advice about your breastfeeding journey with other parents. There is no need to book simply drop into any of the sessions.

Getting Ready for Nursery Drop In - Is your child aged 3 years and starting nursery soon? Are they toilet trained? Can they fasten their own coat? Are you worried how they will settle in? Why not come along to one of our drop in sessions at our Family Hubs to help you and your child prepare. The sessions include support and advice from the Speech & Language team, 0-19 service, CAMHS, and more. All whilst your child plays and has fun

Messy Play Messy/sensory play is a session that allows children to explore different materials encouraging creativity using their hands and feet. Often involving messy ingredients such as paint, sand, water, cereal or pasta, it is geared toward exploring feelings and imagination through textures and colours.

Move to Rhyme (from moving) an interactive session for babies and their parents/ carers to share nursery rhymes, action songs, musical instruments and books.

Introduction to Solids - two sessions covering how to wean your baby on to solid food, understanding baby's cues, healthy key messages and food tasting. Your baby should be around 6 months old to attend the class. To book please call 03000 031552

Pregnancy Yoga stay active and healthy while pregnant. Improve your energy levels, strength, balance, posture, circulation, flexibility and breathing. For beginners also.

Makaton Support your little ones early language skills - 6 week programme for parents. Carers with babies over 6 months old. Please contact Rainbow Family Hub to discuss booking on.

Stop Smoking Support - The first step to quitting smoking, come along to the drop in clinic for support and tips.

Time for Rhyme (birth - crawling) is an interactive session for babies and their parents / carers. Sessions are based around sharing nursery rhymes, action songs, musical instruments and books.

Antenatal Parent Programme - a 5 week course book from 26 weeks gestation by calling 03000 031 552.

Thorney's Crafty Crafts - a group for children aged 6-11 to come and meet new friends. Carry out activities such as moving around, messy play, crafts and mindfulness.

Breast Pump Loan Scheme

Can be loaned on a 4 weekly basis. Each pack comes with information on how to use and a guide on how to clean.
Call 03000 031552 to find out more.

Registering

Please complete a 'Registration form' using this QR code, on My Best Life or at one of our Hubs to register at Sunderland Family Hubs then sign in each time you come to any hub. Everything is FREE!



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