

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Thorney Close Family Hub</b>  Sunderland,  SR3 4JQ  0191 561 4127</p>	<p><b>Baby Messy Play</b>  (0- 1 year)  10 - 11am  Bookable</p> <p><b>Outdoor Play Space</b>  10 - 11.30am  Bookable</p> <p><b>Sensory Room</b>  12.30 - 4.30pm  Bookable</p>	<p><b>Halloween Time for Rhyme</b>  (0 - crawling)  9.30 - 10.15am  Bookable</p> <p><b>Breast Feeding Support Drop In</b>  10am - 12noon</p> <p><b>Social Prescribers</b>  9am - 5pm  (Referral only)</p> <p><b>Halloween Busy Bodies</b>  1.30 - 2.30pm - bookable</p> <p><b>Sensory Room</b>  12.30 - 4.30pm – bookable</p> <p><b>Introduction to Solid Food and Tiny Tummy</b>  To book call 03000031552</p> <p><b>Ante Natal Programme</b>  3.45 - 5.45pm  To book call 0300 0031552</p>	<p><b>Spooktacular Event Barnes Park</b>  11am - 2pm  Bookable</p> <p><b>The Wise Group</b>  9am - 1pm - referral  (Community Relationship mentors)</p> <p><b>Growing Healthy Drop In</b>  10 - 11.30am</p> <p><b>Sensory Room</b>  12.30 - 4.30pm  Bookable</p> <p><b>Welfare Rights</b>  1 - 5pm  Referral</p> <p><b>Stop Smoking Support Drop In</b>  2 - 4pm</p>	<p><b>Social Prescribers</b>  9am - 5pm - referral</p> <p><b>Review &amp; Development</b>  1 - 3pm  (Please book via Health Visitor)</p> <p><b>Tobacco Dependency Service</b>  Referral</p> <p><b>Halloween Stay &amp; Play</b>  (1 - 8 years)  1.30 - 3pm  Bookable - tickets available from the hub</p> <p><b>Sensory Room</b>  9am – 12noon  Bookable</p>	<p><b>Sensory Room</b>  9am - 12noon  Bookable</p> <p><b>Halloween Story Time</b>  (1 - 3 years)  10 - 11am  Bookable</p> <p><b>Young Mams 'n' Dads</b>  1.30pm - 2.30pm  Drop In</p>

**Social media**

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





# Thorney Close Best Start Family Hub

## October Half Term Timetable

Monday 27th October - Friday 31st October 2025

[Family.hubwest@togetherforchildren.org.uk](mailto:Family.hubwest@togetherforchildren.org.uk)



**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.

**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.

**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.

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

**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](mailto:sunderlandfamilysupport@daisychainproject.co.uk). No diagnosis is needed. Agencies attending drop in may include\* Sendiass, CAMHS, Mental Health in School Team, Parent Carer Forum.

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

**Spooktacular Event** - Join the Family Hub Team on a ghoulishly good Halloween trail around Barnes Park. Come along to boogie with bats, take broomstick selfies and search for spooks! Meet at the Family Hub registration point beside the café. Halloween costumes optional - adults included! Booking via Eventbrite

**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.

**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.

**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.

### 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!

