

## Activities 2024

### Monday

#### Rossmere Family Hub

**Baby Massage**  
9:15am – 10:15am  
&  
10:45am – 11:45am

Suitable for babies up to 6 months please bring a towel  
**BOOKING ESSENTIAL**  
Contact Family Hubs Admin for dates/times

**Story Time**  
1:30pm – 2:45pm  
**Drop-in group**

Fun reading activities for all children under 5 with their parents/carers

#### Miers Avenue Family Hub

**Health Visitor Advice Drop-In**  
9:30am – 11:00am  
**Baby Weigh Clinic**

**All Things Baby and Feeding**  
1:00pm – 2:30pm  
**Drop-in group**  
Support and advice around all methods of feeding – ran by infant feeding team

#### Community Hub Central

**Stories & Rhymes**  
10:00am – 11:00am  
&  
1:00pm – 2:00pm

### Tuesday

#### Community Hub South

**Parent & Toddler**  
10:00am – 11:30am  
(Term Time Only)

#### Community Hub Central

**Stories & Rhymes**  
10:00am – 11:00am



Virtual

**Breastfeeding Support Video Call via WhatsApp**  
Tuesdays 11:00am – 12:00pm  
Ask your health visitor to join or contact your Family Hub

#### Rossmere Family Hub

**Free Play Session**  
1:00pm – 2:30pm  
**Drop-in group**

Come and join us for a fun session for all children under 5 years

**FREE MONTHLY SESSIONS**  
Once a month on a Tuesday, contact Family Hub Admin for dates/times.

**Introducing Solids**  
Introduce your baby to a range of solid foods and get tips, advice and guidance.

**Pregnancy, Birth and Beyond**  
Once a month on a Tuesday 5:00pm – 7:00pm  
3 weekly sessions for Pregnant Mothers and their Partners, bookable through Family Hubs

#### Seaton Library

**Stories & Rhymes**  
1:30pm – 2:30pm  
(Includes Stories & Sign)

#### Miers Avenue Family Hub

**FREE MONTHLY SESSION**  
**Introducing Solids**  
Contact Family Hub Admin for dates/times  
Introduce your baby to a range of solid foods and get tips, advice and guidance

### Wednesday

#### Rossmere Family Hub

**Baby Yoga**  
9:30 am – 10:30 am  
📍Rossmere Family Hub  
For information and to book please call Mill House Leisure Centre

**Pilates**  
11:00 am – 12:00pm  
📍Rossmere Family Hub  
For information and to book please call Mill House Leisure Centre

**Sing and Sign:**  
(Payable session of £5 CASH only on entry to session)  
12:45pm – 1:30pm  
Suitable for babies under 15 months &  
1:45pm – 2:30pm  
Suitable for all children under 5

**Health Visitor Advice Drop-In**  
1:30pm – 3:00pm

**Breast Feeding Workshop for Pregnant Mothers**  
5:00pm – 7:00pm  
Bookable through Family Hubs

#### Throston Library

**Stories & Rhymes**  
10:00am – 11:00am

#### Community Hub Central

**Baby Babble**  
10:30am – 11:30am  
&  
1:30pm – 2:30pm

#### Hindpool Family Hub

**Latch-On**  
1:00pm – 2:30pm  
**Drop-in group**  
for breastfeeding support  
Ran by the Infant Feeding Team

### Thursday

#### Miers Avenue Family Hub

**Free Play Session**  
9:30am – 11:00am  
**Drop-in group**  
Come and join us for a fun session for all children under 5 years

#### Rossmere Family Hub

**Latch-On**  
9:30am – 11:00am  
**Drop-in group**  
for breastfeeding support  
Ran by the infant feeding team

#### Community Hub Central

**Stories & Rhymes**  
10:00am – 11:00am

#### Miers Avenue Family Hub

**REFERRAL ONLY**  
**Play and Learn**  
1:30pm – 3:00pm  
Fun activities for children under 5 to enhance learning

### Friday

#### Rossmere Family Hub

**Health Visitor Advice Drop-In**  
9:30am – 11:00am  
with **Baby Time**  
9:30am – 11:00am  
**Drop-in group**  
Play opportunity for non-walkers

#### Headland Library

**Stories & Rhymes**  
10:00am – 11:00am

### Get in touch:



01429 292444

Follow us on Facebook to keep updated!

@Hartlepool Family Hubs

Some services may be subject to change, please contact us on either our Facebook page or Family Hubs number to check.



For Baby Yoga & Pilates  
Please call Millhouse Leisure Centre on  
01429 523338

