

# What's on

January to April 2026



Ferryhill

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.

Ferryhill Family Hub, Beaumont Street,  
Dean Bank, Ferryhill, DL17 8PH.  
03000 261 111





<b>Staying Cool Adult</b> (booking required) (CYPS Ferryhill, DL17 8AN)	Monday 9am-3pm
<b>Incredible Years Pre-school</b> (booking required)	Monday 9.30am-1pm
<b>Safer Choices</b> (booking required)	Monday 3.45pm-4.45pm
<b>Dad's Stay and Play</b>	Monday 3.30pm-5pm
<b>Triple P 0-12yrs Workshop: Dealing with Disobedience</b> (booking required)	Tuesday 12.30pm-2.30pm
<b>Triple P 0-12yrs Workshop: Managing Fighting and Aggression</b> (booking required)	Tuesday 12.30pm-2.30pm
<b>Triple P 0-12yrs Workshop: Developing Good Bedtime Routines</b> (booking required)	Tuesday 12.30pm-2.30pm
<b>Triple P 0-12yrs Workshop: Hassle-free Shopping with Children</b> (booking required)	Tuesday 12.30pm-2.30pm
<b>Triple P 0-12yrs Workshop: Hassle-free Mealtimes with Children</b> (booking required)	Tuesday 12.30pm-2.30pm

19 January 2026	Runs for 1 session
Starts 26 January 2026	Runs for 9 weeks
Starts 9 February 2026	Runs for 6 weeks
5 and 19 January 2026 2 and 16 February 2026 2, 16 and 30 March 2026 13 April 2026	Runs fortnightly
3 March 2026	Runs for 1 session
10 March 2026	Runs for 1 session
17 March 2026	Runs for 1 session
24 March 2026	Runs for 1 session
31 March 2026	Runs for 1 session



<b>DurhamWorks Drop-in</b>	Wednesday 1pm-4pm
<b>Infant Massage</b> (booking required)	Wednesday 10am-11.30am
<b>SENDASS Drop-in</b>	Thursday 9.30am-11.30am
<b>HENRY Starting Solids Workshop</b>	Thursday 9.30am-11am
<b>HENRY Healthy Teeth Workshop</b>	Thursday 9.30am-11am
<b>Chill Kids</b> (booking required)	Thursday 3.45pm-5pm
<b>Supporting Speech and Language Development (WellComm)</b> (booking required)	Friday 1pm-4pm
<b>Educational Psychology Drop-in</b>	Friday 9.30am-11.30am
<b>Infant Massage</b> (booking required)	Friday 1pm-2.30pm
<b>CAMHS Drop-in</b>	Friday 9.30am-11.30am

14 and 28 January 2026 11 and 25 February 2026 11 and 25 March 2026 8 and 22 April 2026	Runs fortnightly
Starts 7 January 2026	Runs for 6 weeks
5 February 2026 5 March 2026 2 April 2026	Runs monthly
2 April 2026	Runs for 1 session
15 January 2026 9 April 2026	Runs for 1 session
Starts 29 January 2026	Runs for 8 weeks
23 January 2026 27 February 2026 27 March 2026	Runs monthly
13 February 2026 17 April 2026	Runs for 1 session
Starts 20 February 2026	Runs for 6 weeks
20 February 2026 17 April 2026	Runs for 1 session



**Staying Cool Adult** – For adults looking at anger management and ways to deal with these feelings. To book a place call 03000 261 111.

**Incredible Years Pre-school** - This course is aimed at parents of children aged three to six years. It looks at how you interact with your child, and helps you to promote your child's social, emotional and language development to get them ready for school. To book a place contact us on 03000 261 111.

**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 contact 03000 261 111.

**Dad's Stay and Play** - Drop-in session runs once a fortnight and are for dads, male carers, uncles and grandads and their children up to reception age. Mams and partners can also attend if they are accompanying a dad.

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

**Triple P 0-12yrs Workshop, 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. To book go to <https://events.durham.gov.uk/familyhub>

**Triple P 0-12yrs 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. To book go to <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. To book go to <https://events.durham.gov.uk/familyhub>

**Triple P 0-12 Workshop: Hassle-free Mealtimes with your 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 situations. To book go to <https://events.durham.gov.uk/familyhub>

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

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

**SENDIASS Drop-in** - For parents/carers of families with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

**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 and enjoyable experience for you both.

**HENRY Healthy Teeth** - This session will give you practical tips for looking after your child's first teeth.

**Chill Kids** - For children in school years 3 to 6 (KS2), helping them to understand their big feelings and find positive ways to manage them. To book a place contact 03000 261 111.

**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/familyhub>

**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.

**CAMHS Drop-in** – For parents and carers of children aged 5-19 years old. You can drop in and speak to a CAMHS worker about your child's need. One of the Family Hub team will also be available to give you more information about what we offer.

We know stopping smoking can be hard, so we have lots of ways that you, and those close to you, can get help and support to quit! If you are less than 36 weeks pregnant your midwife will offer you support to stop smoking.

We can offer you help and support to stop smoking if you are

- over 36 weeks pregnant
- the partner of someone who is pregnant or has a child under the age of 2
- a family member/live in the same household as someone who is pregnant or has a child under the age of 2

To find out more and get support email [stopsmoking@durham.gov.uk](mailto:stopsmoking@durham.gov.uk) or call 03000 261 111 and ask for a callback from the stop smoking service.

If you would like help to stop smoking, but aren't pregnant or have young children, please visit Get help to quit smoking - Durham County Council website

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](http://www.facebook.com/CountyDurhamFamilyHubs)