

# What's on

April 2026 – August 2026



Consett

**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.**

Best Start Family Hub Consett  
Moorside Primary School, Chester Road,  
Moorside, DH8 8EQ.  
03000 261 111





<b>Infant Massage</b> (online booking required)	Monday 10.00am - 11.30am
<b>0-12 Workshop, Dealing with Disobedience</b>	Monday 12.30pm - 2.30pm
<b>0-12 Workshop, Managing Fighting and Aggression</b>	Monday 12.30pm - 2.30pm
<b>0-12 Workshop, Developing Good Bedtime Routines</b>	Monday 12.30pm - 2.30pm
<b>0-12 Workshop, Hassle-free Shopping with Children</b>	Monday 12.30pm - 2.30pm
<b>0-12 Workshop, Hassle-free Mealtimes with Children</b>	Monday 12.30pm - 2.30pm
<b>Educational Psychologist Drop-in</b>	Tuesday 9.30am - 11.30am
<b>CAMHS Drop-in</b>	Tuesday 9.30am - 11.30am
<b>FEARless</b>	Tuesday 10.00am - 12noon
<b>Henry - Starting Solids Workshop</b>	Tuesday 1.00pm - 2.30pm
<b>SENDIASS – Drop-in</b>	Tuesday 1.00pm - 3.00pm

20 April 2026	Runs for 6 sessions
27 April 2026	Runs for 1 session
11 May 2026	Runs for 1 session
18 May 2026	Runs for 1 session
1 June 2026	Runs for 1 session
8 June 2026	Runs for 1 session
7 April 2026 2 June 2026	Drop-in
12 May 2026 14 July 2026	Drop-in
9 June 2026	Runs for 6 sessions
18 August 2026	Runs for 1 session
5 May 2026 2 June 2026 7 July 2026 4 August 2026	Drop-in

For more information or to book a place please  
contact Best Start Family Hubs - 03000 261 111

<b>Henry - Healthy Teeth</b>	Tuesday 1.00pm - 2.30pm
<b>Supporting Speech and Language Development - WellComm</b> (online booking required)	Wednesday 9.00am - 12noon
<b>Contenance Advice for Children with SEND</b> (booking required)	Wednesday 10.00am - 11.00am
<b>Chill Kids</b>	Wednesday 4.00pm - 5.15pm
<b>Infant Massage</b> (online booking required)	Thursday 12.30pm - 2.00pm
<b>Safer Choices</b>	Thursday 4.00pm - 5.00pm
<b>Stepping Stones</b>	Friday 9.30am - 11.30am
<b>Let's Talk at Home</b>	Friday 12.30pm - 2.00pm
<b>Durham Works drop-in</b> Support to help 16 to 24 year olds into education, employment or training.	Friday 12noon - 3.00pm

1 September 2026	Runs for 1 session
29 April 2026 27 May 2026 24 June 2026 22 July 2026	Runs for 1 session
17 June 2026	Appointments required
22 April 2026	Runs for 8 sessions (not running in half term)
4 June 2026	Runs of 6 sessions
30 April 2026	Runs for 6 sessions
24 April 2026	Runs for 9 sessions
24 April 2026	Runs of 6 sessions
<ul style="list-style-type: none"> <li>• 17 April 2026</li> <li>• 15 May 2026</li> <li>• 19 June 2026</li> <li>• 17 July 2026</li> <li>• 21 August 2026</li> </ul>	Drop-in

For more information or to book a place please contact Best Start Family Hubs - 03000 261 111



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

**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 manage disobedience when necessary.  
To book a place visit <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. To book a place visit <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. To book a place visit <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 a place visit <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.  
To book a place visit <https://events.durham.gov.uk/familyhub>

**Educational Psychologist Drop-in** - Talk to the Educational Psychologist 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 needs. One of the Best Start Family Hub team will also be available to give you more information about what we offer for parents, carers, children and young people.

**FEARless** - For mams, dads and carers of children aged 6-14 years, to help you understand your child's anxious feelings.  
For more information or to book a place please call 03000 261 111.

**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 an enjoyable experience for you both.

To find out more email [hdfh.henrypractitioners@nhs.net](mailto:hdfh.henrypractitioners@nhs.net)

**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.

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

To find out more email [hdfh.henrypractitioners@nhs.net](mailto:hdfh.henrypractitioners@nhs.net)

**Supporting Speech and Language Development (WellComm)** - To identify children aged 2, 3 and 4 years old 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>

**Continence Advice for Children with SEND** - Mams, dads and carers of children with SEND are welcome to attend these sessions to help with any issues with toilet training and continence.

To book please email [hdfh.0-25senddurham@nhs.net](mailto:hdfh.0-25senddurham@nhs.net)

**Chill Kids** - For children in key stage 2 (school years 3 to 6), helping them to understand their big feelings and find positive ways to manage them.

For more information or to book a place please call 03000 261 111.

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

For more information or to book a place please call 03000 261 111.

**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.

For more information or to book a place please call 03000 261 111.

**Let's Talk at Home** - For mams, dads and carers of children aged 14 months to 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.

For more information or to book a place please call 03000 261 111.

**Durham Works drop-in**

Support to help 16 to 24 year olds into education, employment or training.

**Register with your Best Start Family Hub at**  
**[www.durham.gov.uk/FamilyHubsRegistration](http://www.durham.gov.uk/FamilyHubsRegistration)**



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)



We 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](https://www.facebook.com/CountyDurhamFamilyHubs)