

# What's on

April 2026 – August 2026



Stanley

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 Stanley  
Clifford Road, Stanley,  
DH9 0AB.  
03000 261 111





Stanley

<b>Infant Massage</b> (Online booking required)	Monday 9.30am - 11.00am
<b>Chill Kids</b>	Monday 4.00pm - 5.15pm
<b>Incredible Babies</b>	Tuesday 9.30am - 11.30am
<b>Supporting Speech and Language development (WellComm)</b> (Online booking required)	Tuesday 9.00am - 12noon
<b>DurhamWorks Drop-in</b>	Tuesday 1.00pm - 4.00pm
<b>Chill Kids</b>	Tuesday 4.00pm - 5.15pm
<b>0 - 12 Workshop, Dealing with Disobedience</b> (Venue: Burnside Primary School, DH9 6QP)	Wednesday 9.15am - 11.15am
<b>0 - 12 Workshop, Managing Fighting and Aggression</b> (Venue: Burnside Primary School, DH9 6QP)	Wednesday 9.15am - 11.15am
<b>0 - 12 Workshop, Developing Good Bedtime Routines</b> (Venue: Burnside Primary School, DH9 6QP)	Wednesday 9.15am - 11.15am
<b>0 - 12 Workshop, Hassle-free Shopping with Children</b> (Venue: Burnside Primary School, DH9 6QP)	Wednesday 9.15am - 11.15am
<b>0 - 12 Workshop, Hassle-free Mealtimes with Children</b> (Venue: Burnside Primary School, DH9 6QP)	Wednesday 9.15am - 11.15am
<b>Educational Psychologist Drop-in</b>	Wednesday 12.30pm - 2.30pm
<b>CAMHS Drop-in</b>	Wednesday 12.30pm - 2.30pm

1 June 2026	Runs for 6 sessions
11 May 2026	Runs for 8 sessions
5 May 2026	Runs for 10 sessions
21 April 2026 19 May 2026 16 June 2026 14 July 2026	Monthly
14 April 2026 12 May 2026 9 June 2026 14 July 2026 11 August 2026	Drop-in
28 April 2026	Runs for 8 sessions
3 June 2026	Runs for 1 session
10 June 2026	Runs for 1 session
17 June 2026	Runs for 1 session
24 June 2026	Runs for 1 session
1 July 2026	Runs for 1 session
13 May 2026 8 July 2026	Drop-in
8 April 2026 10 June 2026 12 August 2026	Drop-in

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



Stanley

<b>Staying Cool</b>	Wednesday 12.00noon - 3.00pm
<b>Henry - Fussy Eating Workshop</b> (booking required)	Wednesday 1.00pm - 2.30pm
<b>SENDIASS Drop-in</b>	Wednesday 1.00pm - 3.00pm
<b>Incredible Years</b>	Thursday 9.30am - 11.30am
<b>DurhamLearn - Supporting Your Child's Mental Health - Art Therapy</b> (booking required)	Thursday 9.30am - 12noon
<b>Henry - Starting Solids Workshop</b>	Thursday 10.00am - 11.30am
<b>Henry - Healthy Teeth Workshop</b>	Thursday 10.00am - 11.30am
<b>Triple P Teen Group</b>	Thursday 1.00pm - 3.00pm
<b>Teen Zone</b>	Thursday 4.00pm - 5.00pm
<b>Infant Massage</b> (online booking required)	Friday 9.30am - 11.00am
<b>Staying Cool Adult</b>	Friday 9.00am - 3.00pm

17 June 2026 1 July 2026	Both sessions must be attended.
29 April 2026	Runs for 1 session
22 April 2026 27 May 2026 24 June 2026 22 July 2026 26 August 2026	Drop-in
23 April 2026	Runs for 10 sessions (will not run on 28 May, 4 June and 2 July 2026)
4 June 2026	Runs for 1 session
14 May 2026	Runs for 1 session
21 May 2026	Runs for 1 session
7 May 2026	Runs for 10 sessions
4 June 2026	Runs for 6 sessions
1 May 2026	Runs for 6 sessions
5 June 2026	Runs for 1 session

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>

**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.

**Incredible Babies** - For mams, dads and carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.  
For more information or to book a place please call 03000 261 111.

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

**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>

**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 Family Hub team will also be available to give you more information about what we offer for parents, carers, children and young people.

**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.

**Staying Cool Teen** - For teenagers looking at anger management and ways to deal with these feelings. For more information or to book a place please call 03000 261 111.

**Incredible Years** - For parents/carers of children aged 3-10 years, giving you the knowledge and skills to understand your child's behaviour. For more information or to book a place please call 03000 261 111.

**DurhamLearn, Supporting Your Child's Mental Health - Art Therapy** - The aim of the session is to use art as a tool for connection and healing in this engaging, hands-on art therapy course designed specifically for parents.

To book a place call 03000 266 115 or email [durhamlearn@durham.gov.uk](mailto:durhamlearn@durham.gov.uk)

**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)

**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)

**Triple P Teen** - For mams, dads and carers of young people aged 12-16 years, giving simple practical skills and strategies to raise confident, healthy, and happy teenagers, and to improve family relationships. For more information or to book a place please call 03000 261 111.

**Teen Zone** - For young people secondary school age who are struggling with confidence and self-esteem. For more information or to book a place please call 03000 261 111.

**Staying Cool Adult** - For adults looking at anger management and ways to deal with these feelings. For more information or to book a place please call 03000 261 111.

**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)