

# What's on

April to August 2026



Durham

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 Durham  
The Woodlands,  
Gilesgate, DH1 2EY.  
03000 261 111





## Best Start Family Hub Durham

<b>0-12 Workshops</b> <b>Dealing with Disobedience</b> (online booking)	Monday 9.30am - 11.30am
<b>0-12 Workshops</b> <b>Managing Fighting and Aggression</b> (online booking)	Monday 9.30am - 11.30am
<b>0-12 Workshops</b> <b>Developing Good Bedtime Routines</b> (online booking)	Monday 9.30am - 11.30am
<b>0-12 Workshops</b> <b>Hassle-free Shopping with Children</b> (online booking)	Monday 9.30am - 11.30am
<b>0-12 Workshops</b> <b>Hassle-free Mealtimes with Children</b> (online booking)	Monday 9.30am - 11.30am
<b>Fussy Eating</b>	Tuesday 9.30am - 11am
<b>Educational Psychologist Drop-in</b>	Tuesday 9.30am - 11.30am

**\*Contact the Best Start Family Hub to book a place**

20 April	2 hours
27 April	2 hours
11 May	2 hours
18 May	2 hours
1 June	2 hours
16 June	1.5 hours
14 April 16 June 18 August	Drop in



## Best Start Family Hub Durham

<b>Supporting Speech and Language Development (Wellcomm)</b> (online booking)	Tuesday 9am - 12noon
<b>CAMHS Drop-in</b>	Tuesday 9.30am - 11.30am
<b>Infant Massage</b> (online booking)	Wednesday 9.30am - 11.30am
<b>Chill Kids*</b>	Wednesday 4pm - 5.15pm
<b>SENDIASS Drop-in</b>	Thursday 1pm - 3pm
<b>FEARless*</b>	Thursday 1pm - 3pm
<b>Teen Zone*</b>	Thursday 4pm - 5pm
<b>Supporting your Child's Mental Health Art Therapy</b>	Thursday 9am - 1pm
<b>Let's Talk at Home*</b>	Friday 1pm - 2.30pm

**\*Contact the Best Start Family Hub to book a place**

21 April 19 May 16 June 21 July 18 August	45-minute appointment
12 May 7 July	Drop-in
22 April  10 June	6 weeks
29 April Not running over half term	8 weeks
23 April 28 May 25 June 23 July 27 Aug	Drop-in
4 June	6 weeks
11 June	6 weeks
9 July	3 hours
24 April	6 weeks



## Best Start Family Hub Durham

**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 the situation. To book a place visit <https://events.durham.gov.uk/familyhub>

**Fussy Eating** - A 90-minute workshop for parents and carers where we explore the difficulties of coping with a child who eats a limited range of foods, looking at portion sizes and ways to create enjoyable family mealtimes.

Please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**FEARless** - For mams, dads and carers of children aged 6-14 years, to help you understand your child's anxious feelings.

**Educational Psychologist 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.

**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>

**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 for parents, carers and children.

**Infant Massage** - For mams, dads and carers of babies from 8 weeks 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.

**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.

**Teen Zone** - For young people secondary school age who are struggling with confidence and self-esteem.

**Supporting your Child's Mental Health Art Therapy** - Discover the power of creativity as a tool for connection and healing in this engaging, hands-on art therapy course designed specifically for parents. No artistic experience needed. Through guided activities, reflective exercises, and supportive discussion, you'll leave with a deeper understanding of how to use art to strengthen your relationship and support your child's emotional wellbeing at home.

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

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

**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)



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