



## Newcastle Family Hub Timetable

Spring 2025

### Newcastle Family Hub

Cemetery Road  
Knutton  
Newcastle-under-Lyme  
ST5 6DH  
**01782 296100**

### Maryhill Family Hub

Gloucester Road  
Kidsgrove  
Stoke-On-Trent  
ST7 4DJ  
**01782 296100**

**FPC** = Free Pass Card Accepted up to a value of £5 per participating session

**TT** = Term Time Only



Sign up to get our latest news.



Right help.  
Right time.  
Right place.

## MONDAY

### Health Visitors Well Baby Clinic

#### Maryhill Family Hub

Health Visitor Clinics to have your baby weighed and to get advice.

**9:30—11:30**

**FREE Drop in Session**

**Tel: 0808 178 0611**

### Thrive - Infant Feeding Sessions TT

#### Newcastle Family Hub

Once your baby is born, they are ready and programmed to start their feeding journey. Some may need a little help to get off to a good start. Come along to the session where you will receive free professional support.

**9:30—10:30**

**FREE Drop-in Session**

### Maryhill Explorers Stay & Play TT

#### Maryhill Family Hub

These sessions are friendly, fun stay & play groups that are free. The groups are open to parents/carers and their children 0-4 yrs in the Newcastle District.

**9:45—11:00**

**FREE - Booking required**

**Booking information**

<https://bookwhen.com/maryhillexplorers>

### Stay & Play Breakfast Club TT

#### Newcastle Family Hub

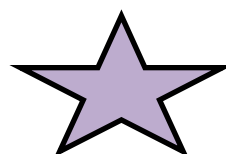
Come along to meet the team, have a chat and enjoy some tea and toast while the children play

Birth to 4 years

**9.30—11:00**

**FREE Drop-in Session**

**Tel: 01782 296100**



## MONDAY cont.

### Little Treasures—SEND Stay & Play

#### Newcastle Family Hub

These relaxed & friendly sessions offer a safe, accessible space where your child is free to be themselves, led by Volunteer SEN Parent, where you can share with others, be listened to and supported.

**5-11 years**

**2:30—4:30**

**FREE Drop in Session**

## TUESDAY

### Jump Into Parenting

#### Newcastle Family Hub

### Messy Play FPC

Lots of messy play for your little one to explore. From paint to spaghetti, they can develop their senses through play.

**Suitable from 3 months to Preschool**

**9:30—11:00**

**£7.00 per child, £4.50 sibling**

### Baby Massage FPC

A 5 week Baby Massage course helps to reduce colic, constipation & wind, improve sleep patterns, strengthen muscles & increase blood flow.

**Suitable from birth to beginning to crawl**

**12:00—1:00**

**£30.00 per course**

**Contact for course dates**

**Booking required**

<https://bookwhen.com/jumpintoparenting>

**Tel: 07341 482 582**



## TUESDAY cont.

### Baby Yoga & Music FPC

#### Newcastle Family Hub

A 5 week course combines singing, movement and includes a make & take activity. **Booking required.**

**Suitable from 8 weeks to crawling**

**1.30-2.30**

**£40.00 per course**

**Contact for course dates**

### WiGiggles—Wiggle it to Music TT FPC

#### Maryhill Family Hub

Action Packed, fun music & movement classes to develop bright little minds and grow confidence whilst stimulating the senses.

**Toddlers:** Confident walkers to 5 years

**09:30—10:30**

**Babies:** 12 weeks to confident walkers

**11:00—12:00**

**Booking required**

**£6.50 per child, or class pass**

**£27.50 (5 sessions)**

**Tel: Kerry Holland 07729 192 880**

<https://bookwhen.com/wigiggles>



**Find us on Facebook for updates and information for Newcastle and Maryhill Family Hub**



## TUESDAY cont.

### School Nurse—Community Drop in Sessions TT

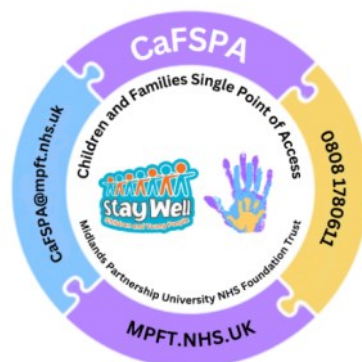
#### Newcastle Family Hub

Confidential health advice for children/young people/parents/carers. Home educated or attending an Education setting.

**5-19 years**

**1:00—4:00**

**FREE Drop in Session**



Children and Families Single Point of Access (CaFSPA) –  
Staffordshire

CaFSPA aims to simplify the way children, young people, their families or carers in Staffordshire seek care, support, and guidance, while also streamlining how health and care professionals, alongside others can make a referral. Information provided is triaged to understand the needs of the child, young person, and their families, and the team will make further contact if further information is required to identify a service best placed to offer appropriate support. [CAMHS South Staffordshire](#), [Health Visiting and School Nursing](#) and [Stay Well](#) are the first services to be part of CaFSPA, with further teams set to be included.

• Telephone: [0808 178 0611](tel:08081780611)

• Email: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)



## WEDNESDAY

### Everyone Health Clinic

#### Maryhill Family Hub

A **FREE** drop in clinic for Adult Weight Management, NHS Health Checks and Stopping Smoking.

**9:00—12:00**

**FREE Drop-in—no booking required**

### WiGiggles -

#### Wiggle It To Music TT FPC

#### Newcastle Family Hub

Action packed, fun music & movement classes to develop little bright minds and grow confidence whilst stimulating the senses.

**Toddlers:** Confident walkers to 5 years

**9:30—10:30 Booking required**

**Babies:** 12 weeks to confident walkers

**11:00—12:00 Booking Required**

**£6.50 per child**

**£27.50 - 5 Class Pass**

Tel: Kerry Holland 07729 192 880

<https://bookwhen.com/wigiggles>

### WiGiggles Nurture Group TT FPC

#### Newcastle Family Hub

Aa social group offering you & your little one an opportunity to meet new friends in a warm & friendly environment. Different activities each week, including keepsakes, photo shoots, sensory & music sessions. Includes refreshments.

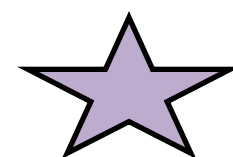
**Birth to confident walkers**

**£6.50 per child**

**12:30—2:00 Booking required**

Tel: Kerry Holland 07729 192 880

<https://bookwhen.com/wigiggles>



## WEDNESDAY cont.

### Peter Pan Stay & Play FPC

#### Newcastle Family Hub

Led by Peter Pan Centre's experienced Family support Worker, these relaxed and friendly sessions are for families with young children aged under 5yrs who may need extra support. **Sessions run bi-weekly contact 01782 296100 for dates.**

**10:00—12:00 Booking required**

**£5 per session**

To book your place email:

[familysupport@thepeterpancentre.co.uk](mailto:familysupport@thepeterpancentre.co.uk)

## THURSDAY

### Health Visitors Well Baby Clinic

#### Newcastle Family Hub

Health Visitor Clinics to have your baby weighed and to get advice.

**9:30—11:30**

**Drop in Session**

Tel: 0808 178 0611

### Stay & Play Breakfast Club TT

#### Maryhill Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play

Birth to 4 years

**9:30—11:00 FREE**

**Drop-in Session**

Tel: 01782 296100

### Pram to Primary Course

Would you like to feel more confident in your parenting? Would you like to learn more about your child's behaviours & emotional Development?

A free 6 week course for parents of 0 -11yr olds.

To book a place, email:

[Groupwork@staffordshire.gov.uk](mailto:Groupwork@staffordshire.gov.uk)



## THURSDAY cont.

### Home-Start Together—Lunch & Play TT

#### Maryhill Family Hub

Join us for stay & play activities for your little ones; including make and take crafts, messy play, and a closing song for all to join in. Our stimulating bonding and early development sessions start off with a **FREE** children's lunch while parents have tea and toast.

**0 to 4 years**

**12:00—1:30**

**FREE—Advance booking**

Email [info@hsnb.org.uk](mailto:info@hsnb.org.uk) or call us at

Tel: 01782 938912.

### Jump into Parenting

#### Sensory Play FPC

#### Newcastle Family Hub

### Sensory Toddlers —from active crawling to preschool

A follow on class from Sensory-Babies. Different stations each week for your little ones to explore, from colour mats, physical area, fidget boards and much more.

**9:30—10:30 Booking required**

**£5.50 per child, £3.00 sibling**

### Sensory Babies— from birth to active crawling

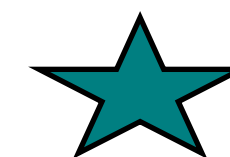
From bubbles to lights, fabric to music, all your baby's senses will be given the opportunity to develop and learn through play with Mums' & Dads'.

**11.00—12.00 Booking required**

**£5.50 per child, £3.00 sibling**

<https://bookwhen.com/jumpintoparenting>

Tel: 07341 482 582





## THURSDAY Cont.

### Simply Play TT

#### Newcastle Family Hub

Free 10 week course for parents and children. Delivered in a Stay & Play format so you can enjoy quality time with your little one whilst learning about their development.

To book a place, email:  
Groupwork@staffordshire.gov.uk  
**1.00– 3.00**

## FRIDAY

### Alice Charity Big Cup TT

#### Newcastle Family Hub

Big Cup offers parents the opportunity to meet up with other local families. It offers the chance to discuss common concerns, to talk about the demands of a toddler and offers the space to smile and relax in friendly surroundings.

**09:30–11:30**

**FREE—Drop-in**

**Email:** info@alicecharity.org

**Tel:** 01782 614 838

### Rhythm Time TT FPC

#### Newcastle Family Hub

It's never too early to introduce your little baby to the wonders of music. Sessions can help with language development, eye tracking/balance, muscle development, bonding and relaxation, hand/eye co-ordination and speech development.

£20.91 per month

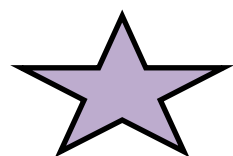
**Toddlers 10:45–11:15**

**Babies 11:30–12:00**

**Booking Required**

**Tel:** Joanne Downes 07947 525 791

<http://www.rhythmtime.net/jd7>



## FRIDAY Cont.

### Simply Play TT

#### Maryhill Family Hub

Free 10 week course for parents and children. Delivered in a Stay & Play format so you can enjoy quality time with your little one whilst learning about their development.

To book a place email:  
Groupwork@staffordshire.gov.uk  
**10:00–11:30**

### Baby Moon Mum & Baby Yoga

#### FPC

#### Maryhill Family Hub

A gentle flowing weekly class combining postnatal yoga, baby yoga, rhythm, rhyme, story and (baby) sensory experiences to aid your baby's development, your connection and have fun together! You will learn about easing infant ailments, aiding their development, adapting to your postnatal body and easing in to your new role. A chance to meet other new parents.

8 weeks - crawling

**1:20 –2:20**

**£38 for a 6 week course**

**Booking Required**

**Tel:** Emma 07825 302 481

<https://bookwhen.com/babymoonyoga>



**Family Hub**  
Staffordshire



Family Hub  
Staffordshire



Staffordshire  
County Council

## Free Pass Card

- Do you live in Newcastle-under-Lyme?
- Do you have a child/children aged 0-4?

You may be eligible to attend some of our sessions for free!

**Free Pass Card Scheme for eligible families to support with the financial barrier of attending sessions.**

**Contact your local Family Hub or ask the practitioner working with you for more details.**

♥ Right help. 🕒 Right time. 📍 Right place.

**Find us on Facebook for updates and information for Newcastle and Maryhill Family Hub**



## HOUSEHOLD SUPPORT FUND

FINANCIAL WELLBEING  
WORKSHOPS  
"BUILDING FIRMER  
FOUNDATIONS"



**Funded by  
UK Government**

Are you struggling with  
your personal finances  
or concerned about the  
cost of living?

If so, would you like ...

- To identify and overcome your barriers?
- To receive some tips that will help you make your money go further, reduce costs, and leave you feeling more hopeful?
- To talk about how financial difficulties can impact our wellbeing.

If so, we are running weekly workshops in your local district.



IF YOU WOULD LIKE TO JOIN US, PLEASE SCAN THE QR CODE, OR FOLLOW THIS LINK WHICH WILL TAKE YOU TO OUR WORKSHOP SIGN UP FORM  
<https://forms.office.com/E/ZAKFUY7XPP?ORIGIN=LPLINK>

For any additional support please contact -  
[financialwellbeing@staffordshire.gov.uk](mailto:financialwellbeing@staffordshire.gov.uk)







## Community Activities Timetable in partnership with Newcastle Family Hub

### Our Family Hubs

Here at Newcastle and Maryhill Family Hubs, we aim to provide support for families to keep them happy, healthy, and safe providing the right help at the right time in the right place.

We are here to answer any questions that you may have, help you find the right support, as well as provide a range of fantastic services for you to access, all in one hub.

On this timetable, you will see all of the amazing activities that we provide for 0-19 year olds in the local area, as well as information for the local support that is offered.

If you have any questions or ideas, please contact us via our phone number or Facebook page.



## Feeding your baby's hungry little mind is easy...

Staffordshire  
County Council



Sign up to get emails packed with activities, support and reminders when your baby's health checks are due.

For parents of 0 to 2 year olds.

Scan the code to sign up and start feeding your baby's hungry little mind!



Hungry Little Minds Staffordshire and Stoke-on-Trent

## Childcare Choices

Keep your childcare  
support – check your  
details every 3 months:  
[gov.uk/childcareaccount](http://gov.uk/childcareaccount)



HM Government

Find out about childcare support  
at [childcarechoices.gov.uk](http://childcarechoices.gov.uk)



## THINK 2

Funded Early Learning Childcare Sessions

Funded sessions  
for 2 year olds.  
Is your child  
eligible?

Staffordshire  
County Council



## Bump to Toddler Pathway

A website full of advice and  
support from conception till  
your child turns 2 years old!



Family Hub  
Staffordshire

Sign up  
to get our  
latest news.



- Right help.
- Right time.
- Right place.



## Newcastle Family Hub Sensory Room

- £5.50 per booking
- Cash only
- 1 Hour Slots
- Up to 8 people—adults & children

Monday to Friday

Call 01782 296100

to book







**If you need to speak to a Health Visitor please call the Hub on**  
**0808 178 0611**

**Healthy Start Vouchers**  
Are you pregnant or have children under four? You may qualify for the Healthy Start voucher scheme to help you buy food, milk and vitamins.



Check if you're eligible at [healthystart.nhs.uk](https://healthystart.nhs.uk)

## MPFT Virtual Group Programme

### FAMILIES HEALTH & WELLBEING SERVICE 0-19

#### Topics covered:-

- Baby brain development
- Getting ready to breastfeed
- Safer sleep
- Supporting speech & language development
- Moving onto solids
- Toilet training



To find out more or to book a place, scan the QR code or visit our bookings page via this link <https://mpft.live/cde>



**All sessions are FREE & delivered by your 0-19 Community Development Team**



## VOLUNTEER PROGRAMME



Session Lead

Session Support

Community Champion

Admin Volunteer



Do you have a few hours to spare each week? Would you like to come and volunteer in your local Family Hub? We have opportunities for volunteers to come and support our delivery across the Staffordshire county. If you would like to find out more please contact Debbie Burgess or scan the QR code above to apply now

Call  
07704 798133

Email  
[debbie.burgess@staffordshire.gov.uk](mailto:debbie.burgess@staffordshire.gov.uk)



## VOLUNTEER PROGRAMME

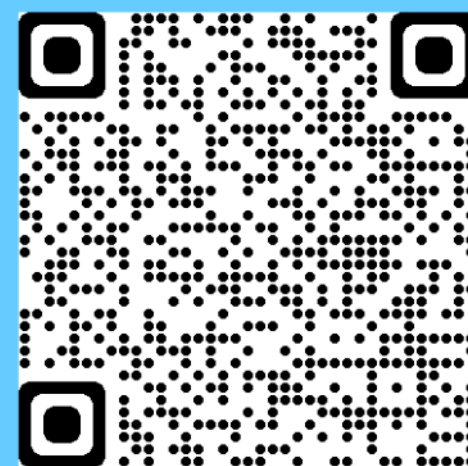
### ROLES AVAILABLE AT YOUR LOCAL FAMILY HUB

COMMUNITY CHAMPION	SESSION LEAD/SUPPORT	CENTRE VOLUNTEER	ADMIN SUPPORT	MAINTENANCE VOLUNTEER
<ul style="list-style-type: none"> <li>To help promote the services / activities</li> <li>Help to share information on social media to local community pages</li> <li>Distribute leaflets to the local community</li> <li>Update display boards at community venues</li> <li>Parent consultation / questionnaires</li> <li>Volunteer representative at district progress meetings (PAM)</li> </ul>	<ul style="list-style-type: none"> <li>Supporting or taking the lead in an activity session</li> <li>Setting up and cleaning away activities</li> <li>Welcoming families</li> <li>Completing the attendance register</li> <li>Supporting the parents/carers and children during the session</li> <li>Sign-posting families looking for support</li> </ul>	<ul style="list-style-type: none"> <li>Organising/tidying toy cupboards</li> <li>Checking toys are clean and safe to use</li> <li>Help with updating display boards</li> <li>Collect food donations from local supermarkets</li> <li>Manage any food donations in the centre</li> <li>Help to ensure delivery rooms are ready for use</li> </ul>	<ul style="list-style-type: none"> <li>Welcoming Families &amp; visitors to the Hub</li> <li>Signing visitors in/out</li> <li>Helping to complete registration forms</li> <li>Directing visitors to their session/room</li> <li>Supporting the Business Support Team with tasks</li> <li>Updating display boards</li> <li>Letting families know about services available</li> </ul>	<ul style="list-style-type: none"> <li>Helping to keep outside areas clean and tidy</li> <li>Gardening</li> <li>Painting</li> <li>Reporting broken equipment to the site supervisor/reception</li> <li>Small repairs</li> <li>Setting up rooms for meetings</li> </ul>

Newcastle District has a wealth of support for you and your family please visit [Staffordshire Connects](https://www.staffordshireconnects.info) for more details.



Connecting you with help and support in your community



Connecting you with help and support in your community.



Visit the new **Staffordshire SEND Local Offer**  
(Special Educational Needs and Disability)  
[www.staffordshireconnects.info](https://www.staffordshireconnects.info)

For children and young people aged 0-25 years

The best place to go to find information about SEND support in Staffordshire.

- Early years and childcare
- Education
- Social Care
- Health and Wellness
- Travel and transport
- Places to go, things to do
- Preparing for adulthood
- Money Matters
- Extra Help available to children, families and settings
- Information and support including support groups and organisations
- Policy information, referral mechanisms, forms and templates

Email: [localoffer@staffordshire.gov.uk](mailto:localoffer@staffordshire.gov.uk)



**Little Heroes Assemble**

**HERE EVERY DAY READY ON TIME**



## Helpful Heroes



Every hero has worries, but together we can manage them.

