

# What's on

April to August 2026



Bishop Auckland

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 Bishop Auckland  
Walker Drive, Bishop Auckland,  
DL14 6QL  
03000 261 111





Bishop Auckland

<b>Advice and Guidance for Parents Drop-in</b>	Monday 1pm-3pm
<b>Chill Kids</b> (booking required)	Monday 4pm-5.15pm
<b>Infant Massage</b> (booking required)	Monday 10am-11.30am
<b>Let's Talk at Home</b> (booking required)	Monday 1pm-2.30pm
<b>Neonatal Baby Group</b>	Monday 1pm-2.30pm
<b>Educational Psychology Drop-in</b>	Monday 12.30pm-2.30pm
<b>HENRY Fussy Eating</b> (booking required)	Monday 1pm-2.30pm
<b>Supporting Speech and Language Development (WellComm)</b> (online booking required)	Monday 1pm-4pm
<b>Understanding Pregnancy, Labour, Birth and your Baby</b> (booking required)	Monday 5pm-7pm
<b>Staying Cool Adult</b> (booking required)	Monday 9am-3pm  Tuesday 9am-3pm
<b>Incredible Years Preschool</b> (booking required)	Tuesday 9.30am-1pm
<b>Antenatal Breastfeeding Workshop</b> (booking required)	Tuesday 1pm-2.30pm
<b>Antenatal Parent Education</b> (booking Required)	Tuesday 5pm-7pm
<b>CAMHS Drop-in</b>	Tuesday 1pm-3pm

20 April 2026 18 May 2026 15 June 2026 20 July 2026 17 August 2026	Runs fortnightly
Starts 1 June 2026	Runs for 8 weeks
Starts 15 June 2026	Runs for 6 weeks
Starts 20 April 2026	Runs for 6 weeks
11 May 2026 8 June 2026 13 July 2026 10 August 2026	Runs every month
20 April 2026 15 June 2026 17 August 2026	Runs for 1 session
18 May 2026	Runs for 1 session
4 May 2026 1 June 2026 6 July 2026 3 August 2026	Runs every month
Starts 3 August 2026	Runs for 5 weeks
13 July 2026  28 April 2026	Runs for 1 session
Starts 21 April 2026	Runs for 9 weeks
5 May 2026 2 June 2026 7 July 2026 4 August 2026	Runs for 1 session
5 May 2026 2 June 2026 7 July 2026 4 August 2026	Runs for 1 session
2 June 2026 4 August 2026	Runs every month



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<b>Growing Healthy Drop-in</b>	Tuesday 9.15am-11.15am
<b>Harbour Family and Friends Drop-in</b>	Tuesday 10am-12noon
<b>Birth Registrations</b> (appointments only)	Tuesday by appointment
<b>DurhamLearn Dealing with a Sick or Injured Child</b> (booking required)	Tuesday 9.30am- 12.30am
<b>Staying Cool Teen</b> (booking required)	Wednesday 12.30pm-3pm
<b>Triple P FEARless</b> (booking required)	Wednesday 9.30am-11.30am
<b>HENRY Preparation for Parenthood</b> (booking required)	Wednesday 1pm-3pm
<b>Teen Zone</b> (booking required)	Thursday 4pm-5pm
<b>SENDIASS Drop-in</b>	Thursday 9.30am-11.30am
<b>Men's Pie Club</b>	Thursday 1pm-3pm
<b>Triple P Teen</b> (booking required)	Thursday 9am-11am
<b>HENRY Starting Solids</b> (booking required)	Friday 9am-10.30am
<b>Staying Cool Family Learn</b> (booking required)	Friday 9am-3pm

21 April 2026 5 and 19 May 2026 2, 16 and 30 June 2026 14 and 28 July 2026 11 and 25 August 2026	Runs fortnightly
12 May 2026 9 June 2026 14 July 2026 11 August 2026	Runs every month
28 April 2026 26 May 2026 30 June 2026 28 July 2026 25 August 2026	Runs every month
12 May 2026	Runs for 1 session
6 and 13 May 2026	Runs for 2 sessions (Both sessions must be attended)
Starts 29 April 2026	Runs for 6 weeks
Starts 3 June 2026	Runs for 6 weeks
Starts 30 April 2026	Runs for 6 sessions
14 May 2026 11 June 2026 9 July 2026 13 August 2026	Runs every month
23 April 2026 7 and 21 May 2026 4 and 18 June 2026 2 and 16 and 30 July 2026 13 and 27 August 2026	Runs fortnightly
Starts 7 May 2026	Runs for 10 weeks
21 August 2026	Runs for 1 session
15 May 2026	Runs for 1 session



Bishop Auckland

**Advice and Guidance for Parents Drop-in** - For mams, dads and carers to come along and ask questions about raising their child.

**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. To book a place call 03000 261 111.

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

**Let's Talk at Home** - For parents 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. To book a place contact 03000 261 111.

**Neonatal Baby Group** - This friendly group is for mams, dads and carers who have had babies on the neonatal unit (post discharge). Come along and meet other families, make new friends or catch up with friends from the unit. Groups are run by neonatal nurses.

**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.

**HENRY Fussy Eating** - For mams, dads and carers to get support and new ideas to help encourage your child to try new foods and have happier meal times. To get more information or to sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**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>

**Understanding Pregnancy, Labour, Birth and your Baby** - A course delivered by the Midwife, Health Visitor and Early Help Practitioner for mams and dads-to-be. We cover topics including antenatal brain development, relationships, preparation for parenthood labour and birth, pain relief, infant feeding and beyond into the postnatal period. To book go to <https://events.durham.gov.uk>.

**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.

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

**Antenatal Breastfeeding Workshop** - For parents-to-be and people who support them to learn about breastfeeding their baby. Book with your midwife.

**Antenatal Parent Education** - For parents-to-be and people who support them. Speak to your midwife to book a place.

**CAMHS Drop-in** - For mams, dads 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.

**Growing Healthy Drop-in** - Drop in to ask the Health Visiting Team any questions about your child's health and development.

**Harbour Family and Friends Drop-in** - If you've got a loved one who is experiencing domestic abuse and need some support or want to talk to someone.

**Birth Registrations** - Register the birth of your baby within 42 days from birth. Call 03000 266000 to book.

**DurhamLearn First Aid Awareness – Dealing with a Sick or Injured Child** - For mams, dads and carers to learn basics to help keep your family safe. To book email [durhamlearn@durham.gov.uk](mailto:durhamlearn@durham.gov.uk) or contact 03000 266 115

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

**FEARless** - For parents/carers of children aged 6-14 years, to help you understand your child's anxious feelings. To book a place contact 03000 261 111.

**Preparation for Parenthood** - For parent-to-be and their support looking at how to after yourselves before and after the birth, exploring family lifestyles and responding to your newborn's needs. To get more information or to sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**Teen Zone** - For young people secondary school age who are struggling with confidence and self-esteem. To book a place contact 03000 261 111.

**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.

**Men's Pie Club** - If you're a dad/male carer who feels alone, or just needs an excuse to get out more why not come along. There's no stress and no pressure. Just a bit of cooking. It's all about meeting other dads from your local area, having a laugh, and getting stuck into some tasty pies.

**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. To book a place 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 a more enjoyable experience for you both. To get more information or to sign up, please email [hdft.henrypractitioners@nhs.net](mailto:hdft.henrypractitioners@nhs.net)

**Staying Cool Family Learn** - For parents and teenagers looking at anger management and ways to deal with these feelings. To book a place call 03000 261 111.

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!

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 have a child under the age of 2.
- A family member/live in the same house as someone who is pregnant or have a child under the age of 2.

With expert help, you are four times more likely to quit than those who try to quit without support.

Visit [www.durham.gov.uk/quitsmoking](http://www.durham.gov.uk/quitsmoking) or email [stopsmoking@durham.gov.uk](mailto:stopsmoking@durham.gov.uk) or 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)



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)