



What's on in the Outer West

Spring 2025



Hello



Say Hello

We have locations all over the city. Anywhere you see our logo. You are always welcome.

Your Community Family Offer

Family hubs are friendly and welcoming places. There are lots of activities and support for you and your family.

Come along and find out more.

Contact Us:



Call us

0191 2777 800 (Monday to Friday, 8.30am to 4.30pm)



Email

OuterWestCFN@newcastle.gov.uk



Search Children and Families Newcastle Outer West or scan the QR code:

Scan here




Where we are


Outer West




We welcome families from across the city. Our Outer West Community hubs at the Galafield Family Hub and Charlton Street Hub are closest to:

- Callerton and Throckley
- Chapel
- Denton and Westerhope
- Kingston Park
- South and Newbiggin Hall
- Lemington

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under

0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
	9am to 12pm Galafield Family Hub, NE5 1LZ	 0800 278 7823	Citizens Advice Drop-in Session Information for families on things like; benefits, housing, the law and immigration. ●
	9am to 12pm Galafield Family Hub, NE5 1LZ	 0191 275 3019  info@nclwefb.org	Galafield Foodbank Our volunteers can help you with food and other support. Please bring, proof of ID and income, and your own bags. ●
	9:30am to 1:30pm Galafield Family Hub, NE5 1LZ	 0191 277 7800  OuterWestCFN@newcastle.gov.uk	Soft Play Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session. ●
 	9:30am to 11am Galafield Family Hub, NE5 1LZ	 0191 265 6158  admin@napi.org.uk	Galafield Parent and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
	9:30am to 11:30am Galafield Family Hub, NE5 1LZ	 0191 282 3319	Well Baby Clinic drop in Come along if you would like your baby weighed or have any questions. Please bring your child's red book. ●
	9:45am to 11:15am Galafield Family Hub, NE5 1LZ	 0191 277 7800  OuterWestCFN@newcastle.gov.uk	Baby Social A friendly group for carers and babies. There are lots of games to play and activities to help your baby develop (0-12 months). ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under



























0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details		
 	9:30am to 11:00am St Johns Church, NE5 1NN	 0191 265 6158  admin@napi.org.uk	St John's Parent and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.	
	10:30am to 11am Outer West Library NE5 2QZ	 0191 277 4100  library.childrens@necastle.gov.uk	Storytime Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends.	
	1pm to 2.30pm Galafield Family Hub, NE5 1LZ	 07961 734298  enquiries@hwn.org.uk	Baby Massage Baby massage is a lovely way to enjoy time with your baby and help you bond. It can help with colic, teething, and circulation.	
 	1pm to 2:45pm Westerhope Methodist Church, NE5 5HA	 0191 265 6158  admin@napi.org.uk	Little Treasures @ Westerhope Methodist Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.	
	3:30pm to 5pm Throckley Community Hall, NE15 9EL	 0191 264 1959  enquiries@inspireyouthtw.org.uk	Throckley Juniors Youth Group (age 5 to 8) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in.	
	3:45pm to 5:15pm Holy Spirit Church, NE5 2BE	 0191 264 1959  enquiries@inspireyouthtw.org.uk	Holy Spirit Juniors Youth Group (age 5 to 8) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in.	

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under
















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
 	4:30pm to 8pm Galafield Family Hub, NE5 1LZ	 07966 027545  chantal.mccartney@hotmail.com	CM Dance Academy Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.
	5:15pm to 6:45pm Throckley Community Hall, NE15 9EL	 0191 264 1959  enquiries@inspireyou.thtw.org.uk	Throckley Juniors Youth Group (age 8 to 11) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in.
	5:30pm to 7pm Holy Spirit Church, NE5 2BE	 0191 264 1959  enquiries@inspireyou.thtw.org.uk	Holy Spirit Juniors Youth Group (age 8 to 11) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in.
	7pm to 8:30pm Throckley Community Hall, NE15 9EL	 0191 264 1959  enquiries@inspireyou.thtw.org.uk	Throckley Inters Youth Group A safe space for young people aged between 11-16 years to come and socialise and learn about the world around them.
	7pm to 8:30pm Holy Spirit Church, NE5 2BE	 0191 264 1959  enquiries@inspireyou.thtw.org.uk	Charlton Street Inters Youth Group A safe space for young people aged between 11-16 years to come and socialise and learn about the world around them.

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under

0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
	9am to 4pm Galafield Family Hub, NE5 1LZ	 07918 627758	Learning Hive Get support to: look for work, complete job applications, practise interview skills, practise English, Maths and ICT. ●
 	9:15am to 10:45am Walbottle Village Primary, NE15 8JL	 0191 265 6158 @ admin@napi.org.uk	Walbottle Village Primary School Parent and Toddler group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
	9:30am to 1:30pm Galafield Family Hub, NE5 1LZ	 0191 277 7800 @ OuterWestCFN@newcastle.gov.uk	Soft Play Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session. ●
	9:30am to 11:30am Charlton Street Hub, NE15 8RN	 07899 896673	Lemington Food and Clothes Bank Drop in providing food parcels for families and children's clothing. Please bring, proof of ID and income. ●
 	9:30am to 11am Church Of The Holy Nativity, NE5 1DR	 0191 265 6158 @ admin@napi.org.uk	Little Fishes Parent and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
 	9:30am to 11am Galafield Family Hub, NE5 1LZ	 0191 265 6158 @ admin@napi.org.uk	Galafield Parent and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under


















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details		
 	9:30am to 11:30am St Johns Church, NE3 2HB	 0191 265 6158 @ admin@napi.org.uk	Tiny Tots A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack.	
	10am to 11am Charlton Street Hub, NE15 8RN	 0191 267 4315	Stay and play Lots of activities including messy play and free snacks and juice.	
	11am to 3pm Galafield Family Hub, NE5 1LZ	 0191 230 4777 @ reception@nelawcetre.co.uk	Family Law drop in Free family law advice on things like; domestic abuse, supporting children through separation or divorce and parents rights.	
	12:30pm to 2pm Galafield Family Hub, NE5 1LZ	 0191 277 7800 @ OuterWestCFN@newcastle.gov.uk	Cooking Made Easy Learn to cook tasty meals using simple ingredients.	
	1pm to 3pm Nunsmoor Centre, NE4 5AH	 0191 277 4400	Young Parent Group Come along while you are pregnant or once baby is here. Meet other young parents, let baby play and get support.	
	1pm to 2:30pm Galafield Family Hub, NE5 1LZ	 0191 264 1959 @ enquiries@hwn.org.uk	Messy Play Bring your child along for lots of fun activities. Things like; painting, playdough and pasta play!	

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under
























0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details		
	1pm to 2:30pm Lemington Centre, NE15 8RZ	 0191 264 1959  enquiries@hwn.org.uk	Messy Play Bring your child along for lots of fun activities. Things like; painting, playdough and pasta play!	
	1:30 to 4:30pm Charlton Street Hub, NE15 8RN	 0191 277 1944  careersteam@newcastle.gov.uk	Newcastle Careers Advice Session Are you aged 16 to 19 (or 25 with an EHCP). Unsure about your next steps? Book a chat with a Careers Advisers.	
	1:30 to 4:30pm Galafield Family Hub, NE5 1LZ	 0191 277 1944  careersteam@newcastle.gov.uk	Newcastle Career Advice drop-in Are you aged 16 to 19 (or 25 with an EHCP). Unsure about your next steps? Pop in a chat with a Careers Advisers.	
	3:30pm to 5pm Lemington Centre, NE15 8RZ	 0191 264 1959  enquiries@inspireyouthtw.org.uk	Lemington Juniors Youth Group (age 5 to 8) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in.	
	4:30pm to 5:30pm West Denton Leisure Centre, NE5 2QZ	 0191 2424892  keith.parsons@hattrickproject.org	Hat-Trick Multi-Sports Get active with Hat-Trick. Sessions include football, cricket, tennis and more.	  
	5pm to 7pm Lemington Football Centre, NE15 7LQ	 Layla.Nicholson@neyouth.org.uk	Lemington Youth Session Young people come and make friends and take part in activities. Things like; sport, arts and crafts and team building.	

 There's a small cost.


 Term time only.


 You'll need to book.

- 2 and under
- 0 - 5 year
- 5 - 11 year
- 11 - 16 year
- 16+
- Parents Carers

Info	Time and location	Contact details	
	5:15pm to 6:45pm Lemington Centre, NE15 8RZ	 0191 264 1959 @ enquiries@inspireyou thtw.org.uk	Lemington Juniors Youth Group (age 8 to 11) A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in. ●
	6pm to 9pm Galafield Family Hub, NE5 1LZ	 0191 286 4046	Bingo Come and join in the fun with a game of Bingo! ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under




















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
 	8:45am to 10:30am St. Georges Primary School, NE15 6XX	 0191 265 6158  admin@napi.org.uk	Little Dragons Baby and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
	9am to 4pm Galafield Family Hub, NE5 1LZ	 07918 627758  hthirkell@northernleaarningtrust.org.uk	Learning Hive Get support to: look for work, complete job applications, practise interview skills, practise English, Maths and ICT. ●
	9am to 12pm Galafield Family Hub, NE5 1LZ	 0191 275 3019  info@nclwefb.org	Galafield Foodbank Our volunteers can help you with food and other support. Please bring, proof of ID and income, and your own bags. ●
	9:30am to 1:30pm Galafield Family Hub, NE5 1LZ	 0191 277 7800  OuterWestCFN@newcastle.gov.uk	Soft Play Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session. ●
 	10am to 11:30am Charlton Street Hub, NE15 8RN	 07961 734298  enquiries@hwn.org.uk	Baby Massage Baby massage is a lovely way to enjoy time with your baby and help you bond. It can help with colic, teething, and circulation. ●
 	10am to 11:30am Parish Hall, NE15 8LS	 0191 265 6158  admin@napi.org.uk	Noah's Ark Baby and Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers




Info	Time and location	Contact details	
	12:30pm to 2:30pm Charlton Street Hub, NE15 8RN	 0191 282 3319	Well Baby Clinic Drop in Come along if you would like your baby weighed or have any questions. Please bring your child's red book. ●
	1pm to 2:30pm Charlton Street Hub, NE15 8RN	 07826 531575  enquiries@hwn.org.uk	Breastfeeding Social A relaxed and friendly group. A great way to meet other mums and get handy tips and information. ●
	1:30pm to 3pm Galafield Family Hub, NE5 1LZ	 0191 264 1959  enquiries@hwn.org.uk	Cook, Play and Learn Come and join in with healthy cooking activities. ●
 	4:30pm to 6:30pm Denton Youth Project, NE5 1DN	 0191 264 7566  info@dycp.org.uk	Denton Youth & Community Project - junior session A friendly group include things like; sports and games, cookery, arts and crafts and project work. ●
	4:30pm to 5:30pm Holy Spirit Church, NE5 2BE	 0191 2424892  keith.parsons@hattrickproject.org	Hat-Trick Multi-Sports Get active with Hat-Trick. Sessions include football, cricket, tennis and more. ● ● ●
 	4:30pm to 8pm Galafield Family Hub, NE5 1LZ	 07966 027545  chantal.mccartney@hotmail.com	CM Dance Academy Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook. ● ● ●

 There's a small cost.


 Term time only.


 You'll need to book.

2 and under 0 - 5 year 5 - 11 year 11 - 16 year 16+ Parents Carers

Info	Time and location	Contact details	
	5pm to 7pm Galafield Family Hub, NE5 1LZ	07946 314037 kelly@projects4change.org	Prism NE Projects for Change is a fun, weekly youth session for young people.
	6pm to 8pm Throckley Pavilion, NE15 9EU	0191 499 0571 @ haley@neyouth.org.uk	Throckley Youth Session Young people come and make friends and take part in activities. Things like; sport, arts and crafts and team building.
	6pm to 7:30pm Galafield Family Hub, NE5 1LZ	0191 264 1959 @ enquiries@inspireyouthtw.org.uk	Galafield Girls Youth Group A safe space for girls aged between 12-16 years to come and socialise, learn about the world around them.

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under
















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
 	9am to 11am West Denton Church, NE5 5AY	 0191 265 6158  admin@napi.org.uk	West Denton Church Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
	9am to 12pm Galafield Family Hub, NE5 1LZ	 07927 578376	Tobacco Dependency Treatment Service Drop-in Stopping smoking is one of the best things you can do for you and your baby. Quitting is most successful with the right support. ●
	9:30am to 1:30pm Galafield Family Hub, NE5 1LZ	 0191 277 7800  OuterWestCFN@newcastle.gov.uk	Soft Play Friendly soft play with two areas for different ages. There are 3 sessions. Maximum of 10 children per session. ●
	10am to 11am Galafield Family Hub, NE5 1LZ	 0191 278 8600  westend@newcastle.gov.uk	Housing service drop in Call in and chat about your application to Newcastle Homes. Things like banding or uploading documents to your application. ●
	10am to 11:30am Charlton Street Hub, NE15 8RN	 0191 264 1959  enquiries@hwn.org.uk	Messy Play Bring your child along for lots of fun activities. Things like; painting, playdough and pasta play! ●
	10:30am to 11am Outer West Library, NE5 2QZ	 0191 277 4100  library.childrens@newcastle.gov.uk	Storytime Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under

0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
	11:30am to 12:30pm Charlton Street Hub, NE15 8RN	 0191 282 3319	0-1 Years Infant Feeding Drop In Come along and chat to a Health Visitor. Ask any questions about bottle feeding , breast feeding and weaning. ●
	12:30pm to 2:30pm Galafield Family Hub, NE5 1LZ	 0191 282 3319  enquiries@hwn.org.uk	Antenatal Classes Classes to help you get ready for baby. Labour and birth, infant feeding, baby practical and getting to know your baby. ●
	1:30pm to 3pm Galafield Family Hub, NE5 1LZ	 0191 264 1959  enquiries@hwn.org.uk	Sensory Baby Engage your child's senses in this fun session. This session in for babies from birth to 12 months. ●
	4pm to 5:30pm Charlton Street Hub, NE15 8RN	 0191 264 1959  enquiries@inspireyouthtw.org.uk	Lemington Lads Group A safe space for young people aged between 11-16 years to come and socialise and learn about the world around them. ●
 	4:30pm to 6:30pm Denton Youth Project, NE5 1DN	 0191 264 7566  info@dycp.org.uk	Denton Youth & Community Project - junior session A friendly group include things like; sports and games, cookery, arts and crafts and project work. ●
 	4:30pm to 8pm Galafield Family Hub, NE5 1LZ	 07966 027545  chantal.mccartney@hotmail.com	CM Dance Academy Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under

0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers

Info	Time and location	Contact details	
	4:45pm to 7:15pm Charlton Street Hub, NE15 8RN	 0191 264 1959  enquiries@inspireyou thtw.org.uk	Charlton Street Girls Group A safe space for girls aged between 12-16 years to come and socialise, learn about the world around them. ●
	5pm to 6:30pm Charlton Street Hub, NE15 8RN	 07899 896673	Lemington Food Bank Drop in providing food parcels for families. Please bring, proof of ID and income. ●
	5pm to 7pm Holy Spirit Church, NE5 2BE	 0191 2305533  admin@streetwiseno rth.co.uk	Streetwise Outer West Outreach and Youth Hub For 13-19 year olds. A safe space to get support from Youth Workers. Activities include: sport, cooking and games. ●
	6pm to 8pm Throckley Pavilion, NE15 9EU	 0191 499 0571  haley@neyouth.org.uk	Throckley Youth Project - NE Youth Come and join us for a cup of tea and to make new friends. Young people get involved with a range of different activities. ●
	6:30pm to 8pm Lemington Centre, NE15 8RZ	 0191 264 1959  enquiries@inspireyou thtw.org.uk	Inspire Youth at Inspiring Allotments This project is for young people to create a safe, relaxing space to grow their own food and learn about the outdoors. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under

















0 - 5 year

5 - 11 year


11 - 16 year


16+

Parents Carers






Info	Time and location	Contact details	
	9:30am to 11.30am Galafield Family Hub, NE5 1LZ	 0191 277 7800  OuterWestCFN@newcastle.gov.uk	SEND Parent and Carer Support Group Does your child have a special educational need or disability? Come along and get advice, and chat to other parents. ●
	9:30am to 11am Throckley Surgery, NE15 9PA	 0191 282 3319	Well Baby Clinic drop in Come along if you would like your baby weighed or have any questions. Please bring your child's red book. ●
 	9:30am to 11am Chadca Shopping Centre, NE5 1EG	 0191 265 6158  admin@napi.org.uk	Chadca Parent & Toddler Group A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
 	10am to 11:30am Lemington Centre, NE15 8RZ	 0191 264 1959  enquiries@hwn.org.uk	Sensory Baby Engage your child's senses in this fun session. This session is for babies from birth to 12 months. ●
	10:30am to 11am Newburn Library, NE15 8LN	 0191 277 4100  library.childrens@newcastle.gov.uk	Storytime Drop in and enjoy stories in a relaxed atmosphere. Explore what the library has to offer and make friends. ●
	1pm to 2:30pm Galafield Family Hub, NE5 1LZ	 07826 531575  enquiries@hwn.org.uk	Pregnancy Social Our Pregnancy Social groups are relaxed, informal and friendly. A great way to meet others and get support. ●

 There's a small cost.


 Term time only.


 You'll need to book.

2 and under 0 - 5 year 5 - 11 year 11 - 16 year 16+ Parents Carers

Info	Time and location	Contact details	
 	1pm to 4pm West Denton Leisure Centre, NE5 2QZ	☎ 0191 265 6158 @ admin@napi.org.uk	Toddler's World @ West Denton Leisure Centre A friendly group for carers of young children. There is music, things to get young ones moving and often a healthy snack. ●
	3:30pm to 5pm Galafield Family Hub, NE5 1LZ	☎ 0191 264 1959 @ enquiries@inspireyou.thtw.org.uk	Galafield Juniors Youth Group A space for children to make friends, have fun and learn about the world. Children under 8 must be signed in. ●
 	6pm to 8pm Denton Youth Project, NE5 1DN	☎ 0191 264 7566 @ info@dycp.org.uk	Denton Youth & Community Project - senior session A friendly group include things like; sports and games, cookery, arts and crafts and project work. ●

 There's a small cost.

 Term time only.

 You'll need to book.

2 and under









0 - 5 year

5 - 11 year

11 - 16 year

16+

Parents Carers

Info	Time and location	Contact details	
 	9:30am to 4:30pm Galafield Family Hub, NE5 1LZ	 07966 027545 @ chantal.mccartney@hotmail.com	CM Dance Academy Dance classes. For all ages and abilities. For more information please contact via email, phone or Facebook.
	10.30am to 12.30pm Newburn Library, NE15 8LN	 0191 277 4100 @ library.childrens@newcastle.gov.uk	Lego Club Are you a creative builder? Come along with a parent or carer and join our free Lego Clubs.
	11am to 1pm Outer West Library, NE5 2QZ	 0191 277 4100 @ library.childrens@newcastle.gov.uk	Lego Club Are you a creative builder? Come along with a parent or carer and join our free Lego Clubs.
 	6pm to 9pm Galafield Family Hub, NE5 1LZ	 0191 286 4046	Bingo Come and join in the fun with a game of Bingo!

Groups and programmes in Outer West

For more information or to book:

Phone: 0191 277 7800

Email: OuterWestCFN@newcastle.gov.uk

Visit: Galafield Family Hub or Charlton Street Hub

Decider Skills

This course will help you:

- Recognise your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

How many sessions? 6 (one a week)

Who's it for?



Incredible Years home coaching

One-to-one support for you and your family.

- Learn with your child while playing and having fun.
- Help your child be ready for starting school.
- Learn how to talk and listen to your child better.
- Improve family routines at home.
- Learn to use rules, rewards and praise.

How many sessions? 12-14

Who's it for?



Women's Wellbeing

A relaxed and friendly group for women. Improve your mental health and wellbeing. Build confidence and self-esteem. Make new friends and have fun!

How many sessions? 6 (one a week)

Who's it for?



Solihull: Understanding your baby

A group for all parents and carers welcoming a new baby. Find out more about:

- How your baby's brain develops and how you can support this.
- How you and your baby might feel and what can support you both.
- Ways to react to crying.
- How to help with healthy sleep patterns and responsive feeding.
- How play can help your baby's development.

How many sessions? 6 (one a week)

Who's it for?



Solihull: Understanding your child

A group for parents and carers of children aged nine months to 19 years.

Find out more about:

- How our brains work at different times in our lives.
- What this means for how we think and express how we feel.
- Your child's development and behaviour.
- How your child communicates.
- Why sometimes things go well and sometimes they don't.

How many sessions? 6 (one a week)

Who's it for?



Citywide groups and programmes

These groups happen in different places across the city.

Incredible Years

Support and guidance about behaviour and routines. There are five different courses:

- Autism and speech delay course (for parents and carers of 2 to 5 year olds)
- Babies (for parents and carers of unborn babies 6 months old)
- Toddlers (for parents and carers of 1 to 3 year olds)
- Basic (for parents and carers of 3 to 6 year olds)
- School age (for parents and carers of 6 to 12 year olds)

Get in touch to find out more!

Each course lasts between 8 and 14 weeks.

Who's it for?



Strengthening Families

For families with children who are 7 to 17 years old. Learn to:

- Build life skills for young people.
- Build parenting skills.
- Make family relationships stronger.

The course runs for 12 weeks.

Who's it for?



For more information or to book:

Phone: 0191 2759636

Email: parentingprogrammes@bamardos.org.uk

Visit: Galafield Family Hub or Charlton Street Hub

Sleep Workshops

For parents and carers of children who are 1 to 19 years old. Support and guidance around sleep issues.

A 2-hour workshop.

Who's it for?



HENRY Programme

For parent and carers of children under 5 years old. HENRY stands for Health, Exercise and Nutrition for the Really Young.

HENRY could help you:

- Be a more confident parent.
- Reduce stress at meals.
- Help your child eat more fruit and vegetables.
- Be more active as a family.
- Help your child have less screentime.
- Get ideas to help with routines.

HENRY is an 8-week programme.

Who's it for?



Citywide groups and programmes

These groups happen in different places across the city.

For more information or to book:

Phone: 0191 2727824

Email: families.admin@children-ne.org.uk

Ways to Wellbeing

Workshops for parents and carers about children's mental health and wellbeing. Come for information and support.

Topics include:

- Brain Development
- Anxiety
- School Avoidance
- What is Mental Health
- Wellbeing & Self-care.

Our workshops are one hour. They are held across the city.

Find out more: <https://children-ne.org.uk/how-we-can-help/help-for-families/ways-to-wellbeing/>

Who's it for?



ROSES – Brighter Futures (Formerly DARE - Domestic Abuse Recovery and Education)

This is a whole family recovery programme. It helps parents and carers understand how abuse affects their children. It looks at support with behaviours and emotions. It runs once a week for eight weeks.

Who's it for? Survivors and their children (aged between 5 – 16 years) who have been exposed to domestic abuse.



ROSES (Recovery of Survivors Emotional Support) Group

ROSES is a peer support group that meets weekly. It is a place for survivors to share experiences. We talk about ways to help each other over a cup of tea or coffee. Some of the things we do are:

- Training
- Wellbeing sessions
- One to one support
- Information and signposting.

We also laugh together, talk about our families and things that make us smile.

Who is it for? Survivors of domestic abuse, recent or historic.





Scan QR code
to view our
website



We are here to support you and
your family. We support:

- Parents and carers, including grandparents
- New parents and parents to be
- Children and young people from birth to 19 (or 25 when they have a Special Educational Need and Disability)



children & families
NEWCASTLE



Funded by
UK Government