



Alnwick Family Hub  
01670 620430

northfamilyhubs@northumberland.gov.uk

## Monday

**PEEP Babies 0-6 months**  
Starting 12th January  
**10.00-11.00am**

Booking is required please call to book a space

**PEEP Babies 6-12 months**  
Starting 12th January  
**1:30-2.30pm**

Booking is required please call to book a space

**HENRY Preparation for Parenthood**  
**11:30 - 13:00**

Booking is required please call to book a space

**Come Along!  
Baby & Me**  
**10:00-11:00am**  
**5<sup>th</sup> January**

Meet new parents and learn all that the Family Hub has to offer.

**Family Hubs**  
Here for everyone

# Alnwick Family Hub Jan/Feb 2026

## Tuesday

**Baby Weigh & Feeding Friends**  
**10.00-11.30am**

To book a weigh-in appointment, please call the Health Visitors on:  
**0300 3732488**

Feeding Friends is a drop-in session for support on all Infant Feeding matters

**Stay & Play - 0-12 months**  
**10.00-11.30am**

Term Time only

**Stay & Play - 1-5 years**  
**1.30-3.00pm**

Term Time Only

## Wednesday

**Calm Stay & Play**  
**13:30-15.00pm**

A quieter and more relaxed Stay & Play session for children with disabilities and/or additional needs.

Term time only

**Healthy Families from the start (HENRY 0-5) Virtual**  
Starting 14<sup>th</sup> January

**1:00 -2:00pm**

booking required  
please call to book

**Preparing for parenthood (HENRY)**  
Starting 14<sup>th</sup> January

**3:30 - 5:30pm**

booking required  
please call to book

**Registrar**

Last Wednesday of every month

To register your baby at the Hub, book an appointment via the NCC website

## Thursday

**Stay & Play 0-5 years**  
Rothbury Fire Station

**1.30-3.00pm**

2nd Thursday of each month  
Term Time only

**SEND Connect**  
**4.00-5.00pm**

3rd Thursday of each month

## Friday

**Stay & Play @ The Beacon**  
RAF Boulmer  
**0-5 years**  
**10:00-11:30**

Term Time Only

**NEW!**  
**Muddy Minis**  
Starting 16<sup>th</sup> January  
**10:00-11:30am**  
Outdoor Play

**PEEP Early Communicators**  
15 months - 30 months  
Starting 9th January  
**1:30 - 2:30pm**

Booking is required  
please call to book a place



Find us on Facebook  
@North Northumberland Family Hubs



**To access our services:**  
Scan the QR code below then complete the membership form or get in touch



# Alnwick Family Hub

**Take a look at our “what’s on” Padlet**



Scan the QR Code or visit  
<https://nland.cc/NorthPadlet>  
to see what's on  
in the North online!

## Healthy Relationships



Virtual healthy relationship workshops To find out more information or book on to the virtual workshop please scan the QR code

## Parenting When Separated

Families going through separation can experience increased isolation and conflict. With our Parenting When Separated Programme, we can help parents to personally cope, and to co-parent effectively, to ensure their children cope and thrive.

## Getting On Better Workshop

This is for any adult who cares for children aged 0-18years. The workshops aim to help adults manage their stress and communicate in better ways.



## Henry Workshops

HENRY are passionate about babies and children getting the best possible start in life. This means supporting the whole family to make positive lifestyle changes, creating healthier and happier home environments, and building healthier communities.

- Preparation For Parenting
- Starting Solids
- Understanding childrens behaviour
- Fussy eaters
- Eating well for less
- Healthy teeth
- Looking after ourselves



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A range of groups supporting parents and children to learn together

## PEEP Programmes

Our PEEP programmes are tailored to the individual needs of babies/toddlers and their families. Delivered through a range of fun activities and relevant information

- PEEP Babies 0-6 month
- PEEP Babies 6-12 month
- PEEP Toddlers 1-2years
- PEEP Early Communicators

Please call for more information on course start dates  
01670 620461



**To access our services:**  
Scan the QR code below then complete the **membership form** or get in touch