

What's on

September to December 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



Chill Kids (booking required)	Monday 3.45pm-5pm
Infant Massage (online booking required)	Monday 10am-11.30am
Neonatal Baby Group	Monday 1pm-2.30pm
HENRY Fussy Eating (booking required)	Monday 9.30am-11am
Supporting Speech and Language Development (WellComm) (online booking required)	Monday 1pm-4pm
Staying Cool Family Learn (booking required)	Monday 9am-3pm
Let's Talk at Home (booking required)	Tuesday 9.30am-11am
Antenatal Breastfeeding Workshop (booking required)	Tuesday 1pm-2.30pm
Antenatal Parent Education (booking Required)	Tuesday 5pm-7pm
CAMHS Drop-in	Tuesday 1pm-3pm
Growing Healthy Drop-in	Tuesday 9.15am-11.15am
DurhamLearn Basic First Aid (booking required)	Tuesday 9.30am-12.30pm
DurhamLearn Supporting Your Child's Mental Health – Art Therapy (booking required)	Tuesday 9.30am-12.30am

Starts 7 September 2026	Runs for 8 weeks
Starts 28 September 2026	Runs for 6 weeks
14 September 2026 12 October 2026 9 November 2026 14 December 2026	Runs every month
16 November 2026	Runs for 1 session
7 September 2026 5 October 2026 2 November 2026 7 December 2026	Runs every month
30 November 2026	Runs for 1 session
Starts 8 September 2026 Starts 3 November 2026	Runs for 6 weeks
1 September 2026 6 October 2026 3 November 2026 1 December 2026	Runs for 1 session
1 September 2026 6 October 2026 3 November 2026 1 December 2026	Runs for 1 session
6 October 2026 1 December 2026	Runs every month
8 and 22 September 2026 6 and 20 October 2026 3 and 17 November 2026 1 and 15 December 2026	Runs fortnightly
20 October 2026	Runs for 1 session
22 September 2026	Runs for 1 session



Bishop Auckland

Birth Registrations (appointments only)	Tuesday by appointment
SEND Continence Workshop (booking required)	Tuesday 1pm-3pm
Parenting Together Workshop (booking required)	Wednesday 9.30am-12.30pm
DurhamLearn Understanding ADHD (booking required)	Wednesday 9.15am-12.30pm
Triple P 0-12yrs Workshops: -Dealing with Disobedience -Managing Fighting and Aggression -Developing Good Bedtime Routines -Hassle-free Shopping with Children -Hassle-free Mealtimes with Children (online booking required)	Wednesday 9.30am-11.30am
Sleep Workshop (online booking required)	Wednesday 10am-12noon
Safer Choices (booking required)	Thursday 4pm-5pm
SENDIASS Drop-in	Thursday 9.30am-11.30am
Men's Pie Club	Thursday 1pm-3pm
Dads Drop-in	Thursday 1pm-2.30pm
Triple P Teen (booking required)	Thursday 9am-11am
HENRY Healthy Teeth (booking required)	Friday 9am-10.30am
Staying Cool Adult (booking required)	Friday 9am-3pm

22 September 2026 27 October 2026 24 November 2026 22 December 2026	Runs every month
8 September 2026	Runs for 1 session
14 October 2026 25 November 2026	Runs for 1 session
Starts 23 September 2026	Runs for
4 November 2026 11 November 2026 18 November 2026 25 November 2026 2 December 2026	Runs for 1 session
23 September 2026	Runs for 1 session
Starts 10 September 2026	Runs for 6 sessions
10 September 2026 8 October 2026 12 November 2026 10 December 2026	Runs every month
3 September 2026 1 October 2026 5 November 2026 3 December 2026	Runs fortnightly
10 September 2026	
Starts 24 September 2026	Runs for 10 weeks
4 September 2026	Runs for 1 session
2 October 2026	Runs for 1 session

Did you know we have groups and activities for dads? See www.durham.gov.uk/dads



Bishop Auckland

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>

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.

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 hdfh.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>

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.

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.

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.

DurhamLearn Basic First Aid - Our first aid course is perfect for Mams, dads, carers and parents-to-be. The course teaches you first aid basics like dealing with choking, seizures and burns to help keep children in your family safe. To book email durhamlearn@durham.gov.uk or contact 03000 266 115.

SEND Continence Workshop - For mams, dads and carers of children with SEND are welcome to attend these sessions to help with any issues with toilet training and continence. To book please email hdfh.0-25senddurham@nhs.net or call 03000 263 538.

DurhamLearn Supporting your Child's Mental Health with Art Therapy - An engaging, hands-on art therapy course designed for mams, dads and carers. You'll learn art therapy techniques and practical skills to help your child express emotions, build resilience, and navigate challenges. You'll leave with a deeper understanding of how to use art to strengthen your relationship and support your child's emotional well-being at home. For more information and to book a place contact 03000 266 115 or email durhamlearn@durham.gov.uk

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

Parenting Together Workshop - Bickering and disagreements are all part of a healthy normal relationship. When disagreements are happening frequently, they are intense and are not resolved you might need some support. It might be disagreements over the children, chores, money etc. To book a place contact 03000 261 111.

Triple P 0-12yrs Workshops - This is a series of workshops. You do not need to attend all five sessions. Call 03000 261 111 to book a place and confirm which sessions you want to attend:

Dealing with disobedience - Understand why your child may not follow instructions and learn how to prevent disobedience, teach your child limits, and manage disobedience.

Managing fighting and aggression - Learn what skills your child needs to be able to get along with others, such as sharing, communicating and being gentle, and how you can manage times when fighting/aggression occurs.

Developing good bedtime routines - Understand common problems, why they happen and how to get into a good bedtime routine. Learn how to prevent problems and getting your child to stay in their own bed all night.

Hassle-free shopping with children - Learn how to deal with difficult behaviour in public, how to prevent problems, teach your child how to behave on shopping trips and how to manage problem behaviour.

Hassle-free mealtimes with your children - Understand what influences children's mealtime behaviour, setting limits and teaching good mealtime habits. Learn how to increase food variety and manage behaviour at mealtimes.

Sleep Workshop - For mams, dads and carers of children aged 18 months to 19 years including children with SEND/additional needs. To book please go to <https://events.durham.gov.uk/familyhub>

Safer Choices - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices. 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 Healthy Teeth Workshop - This session will give you practical tips for looking after your child's first teeth. To get more information or to sign up, please email hdft.henrypractitioners@nhs.net

Staying Cool Adult - For adults looking at anger management and ways to deal with these feelings. To book a place contact 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!

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

We can offer you help and support to stop smoking if you:

- Are over 36 weeks pregnant
- Have a child under the age of 2
- Are the partner of someone who is pregnant or has a child under the age of 2
- Are a family member/live in the same house as someone who is pregnant or has a child under the age of 2.

Visit www.durham.gov.uk/quitsmoking or email stopsmoking@durham.gov.uk

Register with us:

[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



We are open Monday to Thursday 8.30am - 5.00pm and Friday 8.30am - 4.30pm
www.durham.gov.uk/HelpForFamilies www.facebook.com/CountyDurhamFamilyHubs