

What's on

Regular Activities



Ferryhill

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 Ferryhill
Beaumont Street, Dean Bank,
Ferryhill, DL17 8PH
03000 261 111





Antenatal Clinic (appointment required)	Monday 8.30am - 5.00pm Friday 8.30am - 12noon	Weekly
Play Together Jubilee Fields Community Centre, Shildon, DL4 2AL	Monday 9.30am - 11.00am	Weekly Starting 5 January 2026
Early Latch Clinic (appointment required)	Tuesday 9.30am - 12.30pm	Weekly
Toddler and Me	Tuesday 9.30am - 11.00am	Weekly
Early Bird Clinic (appointment required)	Wednesday 8.30am - 12noon	Weekly
Breastfeeding Support Group	Wednesday 1.00pm - 2.30pm	Weekly
Growing Healthy Drop-in	Thursday 9.00am - 11.00am	Every first and third Thursday of the month
Baby and Me	Thursday 9.30am - 11.00am	Weekly
Play Together Chilton Academy, DL17 0PT	Thursday 1.30pm - 3.00pm	Weekly

Midwife Clinic - Did you know you may be able to have your midwifery appointments in the Best Start Family Hub? Speak to your midwife if this would be easier for you to attend

Play Together - For mams, dads and carers of babies and toddlers to come along for song and rhyme, sensory play and messy play.

Early Latch Support - For babies aged between 10 days and 6 weeks, it will give you hints and tips to help you breastfeed successfully. Appointments can be booked by your health visitor.

Toddler and Me - For mams, dads and carers and their child aged 1 and 2 years old. An informal group, each week focuses on a different aspect of your child's development.

Midwife Early Bird Clinic - For newly pregnant mams to receive information about staying healthy in pregnancy. Your midwife can book you an appointment.

Breastfeeding Support Group - Support for mams, dads and carers around feeding their baby or child.

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

Baby and Me - For families with babies from birth to 12 months, to enjoy time with your baby and meet new parents. Sessions include activities to help your baby to learn, their brain and body to develop and get advice and support on issues like bonding and safe sleeping.

Sensory room – provides children with an environment that uses their senses and stimulates their brain. They can also be a great place for children to escape and unwind in a calm space. Suitable for all ages.
The room is free to book for one hour time slots.
Please contact us to book a space on 03000 261 111.

**Register with your Best Start Family Hub at
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