

What's on

Regular Activities



Willington

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 Willington
Chapel Street, Willington,
Crook, DL15 0EQ
03000 261 111





Midwife Early Bird Clinic (appointment required)	Monday 8.30am - 11.45am	Weekly
Midwife Clinic (appointment required)	Tuesday 8.30am - 1.00pm Thursday 8.30am - 5.00pm	Weekly
Pre-school Group for Children with Complex Needs (Portage) (referral required)	Tuesday 10.00am - 12noon	Weekly (Term time)
Nurturing Little Minds	Tuesday 1.00pm - 2.30pm	Weekly
Growing Healthy Drop-in	Wednesday 9.30am - 11.00am	First Wednesday of month
Baby and Me	Thursday 10.00am - 11.30am	Weekly
Toddler and Me	Thursday 1.30pm - 3.00pm	Weekly
DurhamWorks Drop-in	Friday 10.00am – 12noon	Every second and fourth Friday of the month

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

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.

Pre-school Group for Children with Complex Needs (Portage) - For mums, dads and carers of children aged 2 to 3 years, who are experiencing challenges interacting and communicating with others. It allows parents and carers to meet other families in a supportive group. Families must be working with the Portage Service to attend the group.

Nurturing Little Minds - A weekly peer support group for those who have given birth within the last 12 months, who may be feeling alone, isolated, or worried about their emotional wellbeing or mental health. This does not need to be diagnosed. If you think you would benefit from this group, please contact your health visitor. You can contact your health visitor on 03000 263 538.

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.

Toddler and Me - For mums, 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.

DurhamWorks Drop-in - Support to help 16–24-year-olds into education, employment or training.

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