

What's on

April to August 2026



Seaham

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 Seaham
North Terrace, Seaham,
SR7 7EU.
03000 261 111





Best Start Family Hub Seaham

Staying Cool Adult*	Monday 9am - 4pm
Incredible Babies* (Seaview Centre SR7 8QE)	Monday 9.30am - 11.30am
Educational Psychologist Drop-in	Monday 9.30am - 11.30am
Infant Massage (Seaview Centre SR7 8QE) (online booking)	Monday 1pm - 2.30pm
SENDIASS Drop-in	Tuesday 9.30am - 11.30am
Stepping Stones*	Tuesday 9.30am - 11.30am
Safer Choices*	Tuesday 4pm - 5pm
Fussy Eating	Wednesday 1pm - 2.30pm
Let's Talk at Home* (Seaview Centre SR7 8QE)	Thursday 12.30pm - 2.30pm
Supporting Speech and Language Development (Wellcomm) (online booking)	Friday 1pm - 4pm

***Contact the Best Start Family Hub to book a place**

11 May 20 July	1 Day
11 May	9 weeks not running over half-term holidays
13 April 8 June 10 August	Drop-in
1 June	6 weeks
28 April 26 May 23 June 28 July 25 August	Drop-in
21 April	10 weeks
2 June	6 weeks
3 June	1.5 hours
4 June	6 weeks
24 April 29 May 26 June 31 July 28 August	45-minute appointment



Best Start Family Hub Seaham

0-12 Workshops Dealing with Disobedience (online booking)	Friday 1pm - 3pm
0-12 Workshops Managing Fighting and Aggression (online booking)	Friday 1pm - 3pm
0-12 Workshops Developing Good Bedtime Routines (online booking)	Friday 1pm - 3pm
0-12 Workshops Hassle-free Shopping with Children (online booking)	Friday 1pm - 3pm
0-12 Workshops Hassle-free Mealtimes with Children (online booking)	Friday 1pm - 3pm
CAMHS Drop-in	Friday 9.30am - 11.30am
Staying Cool Family*	Friday 9am - 4pm
Triple P Teen*	Friday 1pm - 4pm

***Contact the Best Start Family Hub to book a place**

29 May	2 hours
5 June	2 hours
12 June	2 hours
19 June	2 hours
26 June	2 hours
8 May 10 July	Drop-in
24 April 17 July	1 Day
5 May	10 weeks



Best Start Family Hub Seaham

Staying Cool Adult - For adults looking at anger management and ways to deal with these feelings.

Incredible Babies - For mams, dads and carers and their baby. You will learn about how your baby grows and ways to support their development. Recommended to start before baby is 6 months old.

To book a place visit <https://events.durham.gov.uk/familyhub>

Educational Psychologist - Talk to the Educational Psychology team about any concerns you may have about your child such as learning, communication and language, social and emotional-wellbeing, practical skills or being independent.

Infant Massage - For mams, dads and carers of babies from 8 weeks up to 6 months old. To book a place visit <https://events.durham.gov.uk/familyhub>

SENDIASS Drop-in - For mams, dads and carers of children with special educational needs and/or disabilities, drop in to ask SENDIASS for impartial information or advice.

Stepping Stones - For mums, dads and carers of children aged up to 12 years who have special educational needs and/or disabilities, giving strategies to promote their development and potential.

Fussy Eating - A 90-minute workshop for parents and carers where we explore the difficulties of coping with a child who eats a limited range of foods, looking at portion sizes and ways to create enjoyable family mealtimes.

Please email hdft.henrypractitioners@nhs.net

Safer Choices - For young people secondary school age to understand risky behaviours, peer pressure, consequences and how to make safer choices.

Let's Talk at Home - For mams, dads and carers of children aged 14months - 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.

Supporting Speech and Language Development (Wellcomm) - To identify children aged 2, 3 and 4 years old who are experiencing barriers to speech and language development and provide strategies and activities for you to use at home.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Dealing with Disobedience - You will understand why your child may have difficulty learning to follow instructions and learn strategies to help you develop a personal plan to prevent disobedience, teach your child limits, and manage disobedience when necessary.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Managing Fighting and Aggression - You will learn what skills your child needs to be able to cooperate and get along with others, and how to teach skills such as sharing, communicating and being gentle. You will also prepare a plan to manage times when fighting and aggression occurs.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Developing Good Bedtime Routines - We will look at common problems and why they happen and learn the skills to get into a good bedtime routine, strategies to help prevent problems, as well as looking at how to get your child to stay in their own bed throughout the night.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Hassle-free Shopping with Children - We will look at how you deal with difficult behaviour in public. You will learn step-by-step suggestions for preventing problems and teaching your child how to behave on shopping trips. You will develop plans to manage problem behaviour during shopping trips and situations.

To book a place visit <https://events.durham.gov.uk/familyhub>

0-12 Workshops Hassle-free Mealtimes with Children - We will explore things that influence children's mealtime behaviour, setting limits and teaching children good mealtime habits. You will look at ways to increase food variety, be introduced to some positive strategies to help manage mealtimes and de-escalate the situation.

To book a place visit <https://events.durham.gov.uk/familyhub>

CAMHS Drop-in - For parents 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.

Staying Cool Family - For parents and teenagers looking at anger management and ways to deal with these feelings.

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.

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



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