



Alnwick Market Place event brings local organisations and services together in Family Hub

Alnwick Family Hub hosted a Market Place event on 22nd November to bring together local organisations and services. Representatives from our health partners attended, along with delegates from NDAS, Toby Henderson Trust, Northumberland Libraries, Citizens Advice, The Alnwick Garden, GamCare, Be You, Mind, Kalmer Counselling, Thriving Together and others. Staff from The Duchess's High School, Seahouses Primary, Swansfield Primary and St Michael's also joined us. It was lovely to see everyone networking in person. There was plenty of coffee, cake and goodwill going around! Thanks to everyone who helped make this event a success.



A warm welcome from Lesley Grieve, Family Help Locality Manager



Hello and welcome to the North Family Hub Newsletter.

As a Member of the North Family Hubs I hope this newsletter provides you with some details of the services we have on offer to children and young people in our communities.

Please check out our Family Hub Website for more information or contact one of our Hubs to find out more.

I hope you have good Christmas with family and friends and I look forward to welcoming you into the Family Hubs in the North in 2024.

Family Hub Practitioners

New faces in FHP team

We're delighted that Keighley Walton has accepted the role of Senior Family Hub Practitioner. Keighley will be working with the FHPs across the North locality to help develop the service. Zoe Farish has also joined the FHPs in Berwick Family Hub on a full time basis, and Caz Gibbons has taken a part time role in the same team. Welcome everyone!



PEEP Learning Together

We are pleased to announce that we will shortly begin delivery of the PEEP Learning Together programme - supporting parents and children to learn together. The FHPs are completing their PEEP training and will be incorporating it into our offer in 2024. This will ensure our offer remains fresh and up-to-date, in line with our transformation to Family Hubs.

Learning Together Through (Messy) Play!



LTP sessions at Alnwick Family Hub have been well-attended this term, with several new faces joining us this term. Children have been given the opportunity to enjoy sensory play activities throughout the sessions, including sand and water play, gloop and shredded paper. Little Maisie loved it!

Our Impact

A lovely very welcoming setting. Course leaders are so knowledgeable and up to date with their advice. Very non-judgmental. A pleasure to attend. Thank you!

[The staff] are skilled and knowledgeable with the ability to offer advice in a kind, compassionate way. They are a credit to the service. Thanks

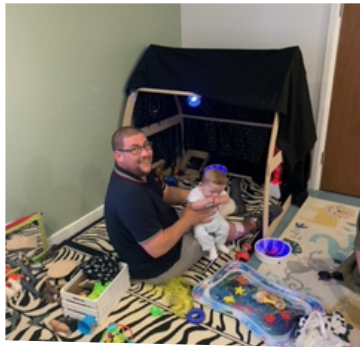
I always receive a warm welcome and I don't feel judged!

The ladies who run the group are SO friendly and make us feel very welcome

Family Help Workers

Summer Fun Days a scorching Success

The Family Help Team organised three summer family events in Hadston, Alnwick and Berwick Family Hubs, reaching over 300 people across the North locality. It was the essence of true collaboration between Family Help and Family Hub colleagues as we have moved towards the 0-19 (25 SEND) offer.



Our Impact

Mine and mum's relationship has improved, and I feel like she is my best friend again. School is better, I am happier in myself, and I feel more listened to.

For me you have given me stability and confidence and a voice and with F, you have given him trust in other adults friendship and made him feel heard

Other News

Erin has successfully completed her training as Lead Facilitator for Healthy Parent Carers in the North.

We are delighted to have Nikki Dick, our CWP, on board with the North Team, she has been a welcome addition to our offer.

Kerrie Hutchins has returned from maternity leave. Welcome back Kerrie!

Our Upcoming Programmes

- Claire is working with our health partners to facilitate Charge Up and Relax Kids - 2 new programmes supporting young people's mental health
- Claire, Rosie, Amelia and Lauren will be delivering Virtual Healthy Relationships programmes in collaboration with the Project Team and the other localities
- Amelia, Rosie and Lauren are now trained in Henry+, with courses planned for January and April 2024
- The Family Help Team are now all trained in C-Card and plan to start a Family Hub drop-in offer at Berwick Family Hub

For more information, visit:

<https://www.familyhubsnorthumberland.co.uk/>

Cubs & Kits



Picking Up Gourd Vibrations!

Berwick and Hadston Cubs & Kits have both had a lot of fun with pumpkins this autumn.

Berwick have seen some fantastic results from their recent experiment. After planting the seeds earlier in the year, they wrote down predictions about what would happen to the fruit. Would it turn blue? Would it glow in the dark? Would it explode? Fortunately for the Cubs & Kits staff the pumpkins turned out perfectly (and did not explode!).

Meanwhile in Hadston the Cubs & Kits have been exploring the textures of the insides of pumpkins, and painting the skins. Well done everyone!



Hadston Cubs & Kits experience Family Hub Sensory Room

Cubs & Kits have been enjoying the sights and sounds of the Sensory Room at Hadston Family Hub. The weekly visits have proven to be a big hit with the children.



Outdoor Construction Area builds confidence

The new outdoor construction area at Berwick Family Hub has been put through its paces. These boys were all wrapped up to enjoy it.



Our Impact

We want to pay our biggest thanks to you all. Our child has thrived since being with you and has absolutely loved attending Cubs & Kits

Thank you so much for the years of care you have given to all our children. It has been a lovely place for them all to grow

About Cubs & Kits

Cubs & Kits is a childcare setting based at Berwick and Hadston Family Hubs. Fee paying and 2 year funding places are offered.

Berwick Cubs & Kits is open 51 weeks of the year, 8am-5pm, for children aged from 6 months to 4 years.

Hadston Cubs & Kits is open Mon-Fri (term time only), 9:15am-12:15pm, for children up to the age of 2.

Community Development

DadPad launches at Alnwick Family Hub

Alnwick Family Hub Dad, Tom, was involved with the official launch of DadPad on 30th October. DadPad is a book and app designed for new fathers. It offers advice on holding, feeding, changing and putting Baby to sleep. For a full description of the launch see the Family Hubs newsletter at <https://nland.cc/J2FH>



‘Swap or Not Shops’ are coming in December

‘Swap or Not Shop’ stalls will be set up in Alnwick, Berwick and Hadston Family Hubs this December. These will give families an opportunity to donate or collect essential items such as clothes for 0-19s (25 SEND), toys and games, toiletries and unopened baby supplies. Families are welcome to browse the stalls any time during normal Hub opening hours, and donations of any of the abovementioned items are very welcome. For more information on the Swap or Not Shop, please contact the individual Family Hubs or ring Hannah Brydon on 07720103994.

Family Panels Launched

North Northumberland Family Panels are now up and running! The Family Panels offer a safe, welcoming, secure, and non-judgemental environment for parents and carers to come together to feedback about their experiences of the Family Hubs and family life in general. Now that our service runs from 0-19 years old (25 years old for additional needs), we want to be here for you throughout your whole journey, and need your feedback to do this! Running every month in Alnwick, Berwick, Hadston and Wooler, parents and carers can meet to collaborate on ideas and help develop and create community services with the support of the Community Development Worker.

The panels are open to all (children are welcome to come to panel meetings too – snacks and activities will be provided for them), and we would really love to hear your feedback. If this is something you may be interested in or have any questions, please get in touch with our Family Hub admin staff, or scan the QR code below!



Dates for the Diary



Christmas events

Alnwick Family Hub

LTP Christmas Parties - Thursday 14th December (0-1 years, 10:30 - 12 noon; 1-5 years, 1:30 - 3:00pm)

Berwick Family Hub

Christmas Crafts - Wednesday 20th December, 10:00 - 11:00am & 1:00 - 2:00pm

Christmas Songs & Play - Thursday 21st December, 10:00 - 11:00am & 1:00 - 2:00pm

Christmas Crafts @ Wooler Fire Station - Friday 15th December, 1:00 - 2:00pm

Hadston Family Hub

LTP Christmas Party - Tuesday 12th December - 1:30 - 3:00pm

Christmas Crafts and Activities - Tuesdays 1:30 - 3:00pm @ Widdrington Community Centre and Wednesdays 1:30 - 3:00pm @ Amble Links School

Infant First Aid courses announced for 2024

Dates for the Infant First Aid course have just been announced. They will take place on the following days:

Alnwick Family Hub - Thursday 8th February 2024 - 09:30 - 11:30am

Berwick Family Hub - Tuesday 13th February 2024 - 09:30 - 11:30am

Hadston Family Hub - Thursday 15th February 2024 - 09:30 - 11:30am



Get in touch with us



Alnwick Family Hub:
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Berwick Family Hub:
01670 620 641

Hadston Family Hub:
01670 624 500

nland.cc/family_hubs

@northfamilyhubs