



Family Hubs provide support to families from pregnancy to the age of 19, or 25 if your child has special educational needs and/or disability (SEND).

Our Start for Life offer covers everything you need during pregnancy, right up until your child turns two. This includes support and groups to help you:

- During pregnancy and after your baby is born (antenatal and postnatal)
- With feeding your baby – from support with breastfeeding, to weaning and eating healthily as a family
- Understand your child's wants and needs and how to support their development
- Get your child ready to start school or nursery

We don't stop at the age of two, we offer support as your child grows, through puberty and into adulthood. This includes information, online programmes and groups to help with:

- Understanding your child/teenager's behaviour
- Your child's wellbeing, both for you and your child
- Supporting your child with additional needs
- Your relationship and your family relationship
- Your child's health



We can also provide advice and support around:

- Domestic abuse
- Debt and access to financial support
- Housing
- Stopping smoking
- Help with childcare costs
- Emotional wellbeing
- Healthy eating
- Drug and alcohol support
- Employment and training

Ask us
about our
sensory
rooms

Everyone is welcome, why not drop in and see what's on offer?

There are 15 family hubs right across the county:

Bishop Auckland

📍 Walker Drive
Bishop Auckland
DL14 6QL
☎ 03000 266 390

Brandon

📍 Carr Avenue
Brandon
DH7 8NL
☎ 03000 269 820

Chester-le-Street

📍 Gray Avenue
Chester-le-Street
DH2 2EL
☎ 03000 268 643

Consett

📍 Chester Road
Moorside
DH8 8EQ
☎ 03000 268 634

Durham

📍 The Woodlands
Gilesgate
DH1 2EY
☎ 03000 269 833

Easington

📍 Whickham Street
Easington Colliery
SR8 3DJ
☎ 03000 268 486

Ferryhill

📍 Beaumont Street
Ferryhill
DL17 8PH
☎ 03000 269 021

Horden

📍 Ocean View
Horden
SR8 4EQ
☎ 03000 264 973

Newton Aycliffe

📍 Stephenson Way
Newton Aycliffe
DL5 7DD
☎ 03000 263 666

Peterlee

📍 Ellison Road
Peterlee
SR8 5NJ
☎ 03000 266 391

Seaham

📍 North Terrace
Seaham
SR7 7EU
☎ 03000 267 470

Stanley

📍 Clifford Road
Stanley
DH9 0AB
☎ 03000 266 150

Tudhoe

📍 Tudhoe Moor
Spennymoor
DL16 6EX
☎ 03000 267 488

Wheatley Hill

📍 Jack Lawson Terrace
Wheatley Hill
DH6 3RT
☎ 03000 269 850

Willington

📍 Chapel Street
Willington
DL15 0EQ
☎ 03000 268 445