



Newcastle Family Hub Timetable

Summer 2026

Newcastle Family Hub

Cemetery Road
Knutton
Newcastle-under-Lyme
ST5 6DH
01782 296100

Maryhill Family Hub

Gloucester Road
Kidsgrove
Stoke-On-Trent
ST7 4DJ
01782 296100

FPC = Free Pass Card Accepted up to a value of £5 per participating session

session

TT = Term Time Only



Sign up to get our latest news.



Right help.
Right time.
Right place.

MONDAY

Well Baby Clinic

Maryhill Family Hub

Health Visitor Clinics to have your baby weighed and to get advice

9:30 to 11:30am

FREE Drop-in Session

Tel: 0808 178 0611

Thrive & Mothers Mind

Infant Feeding Café TT

Newcastle Family Hub

These nurturing sessions bring together a wealth of support for both you and your baby, including: Infant feeding support, lactation advice, professional tongue-tied consultancy, emotional support & maternal wellbeing.

9:30 to 10:30am

FREE Drop-in Session

Stay & Play Breakfast Club TT

Newcastle Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play

Birth to 4 years

9:45 to 11:00am

FREE Drop-in Session

Tel: 01782 296100

Maryhill Explorers

Stay & Play TT

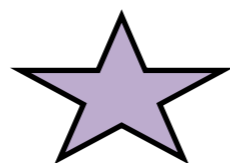
Maryhill Family Hub

These sessions are friendly, fun stay & play groups that are free. The groups are open to parents/carers and their children 0-4 yrs in the Newcastle District.

9:45 to 11:00am

FREE Booking Required

<https://bookwhen.com/maryhillexplorers>



MONDAY cont.

Little Treasures

SEND Stay & Play TT

Newcastle Family Hub

These relaxed & friendly sessions offer a safe, accessible space where your child is free to be themselves, led by Volunteer SEN Parent where you can share with others, be listened to and supported.

5-11 years

2:30 to 4:30pm

FREE Drop-in Session &

Pop-up sessions during Holidays

TUESDAY

Jump Into Parenting FPC

Newcastle Family Hub

Contact for course dates

Booking Required

<https://bookwhen.com/jumpintoparenting>

Tel: 07341 482 582

Messy Play Lots of messy play for your little one to explore. From paint to spaghetti, they can develop their senses through play
Suitable from 3 months to Preschool

9:30 to 11:00am

£7.00 per child, £4.50 sibling

Baby Massage

A 5 week Baby Massage course helps to reduce colic, constipation & wind, improve sleep patterns, strengthen muscles & increase blood flow

Suitable from birth to beginning to crawl

12:00 to 1:00pm

£30.00 per course



TUESDAY cont.

Baby Yoga & Music FPC

Newcastle Family Hub

A 5 week course combines singing & movement— also includes a make & take activity.

Booking Required

Suitable from 8 weeks to crawling

1:30 to 2:30pm

£40.00 per course

WiGiggles FPC TT

Wiggle it to Music

Maryhill Family Hub

Action Packed, fun music & movement classes to develop bright little minds and grow confidence whilst stimulating the senses.

Toddlers: Confident walkers to 5 years

9:30 to 10:30am

Babies: 12 weeks to confident walkers

11:00 to 12:00pm

Booking Required

£6.50 per child, or class pass £27.50 (5 sessions)

Tel: Kerry Holland 07729 192 880

<https://bookwhen.com/wiggles>



Find us on Facebook for updates and information for Newcastle and Maryhill Family Hub



Newcastle Family Hub Sensory Room

- £2.00 per booking
- CASH ONLY
- 1 Hour Slots
- Up to 4 people—adults & children

Monday to Friday
Call 01782 296100
to book



TUESDAY cont.

Everyone Health Smoking Cessation Clinic Newcastle Family Hub

A **FREE** drop in clinic for anyone aged 18+ who would like help & support to stop smoking.
[Stop Smoking - Everyone Health Staffordshire](#)

School Nurses Drop-In TT Newcastle Family Hub

Parents & carers of children 5-19 are invited to attend. You can speak to your child's school nurse about your child's health. Open access, no appointment needed
Young people not attending school, employment or training can also attend.

1:00 to 4:30pm
[Drop in schedule \(5-19\) - Staffordshire :: Midlands Partnership University NHS Foundation Trust](#)

WEDNESDAY

Everyone Health Clinic Adult Weight Management Maryhill Family Hub

A **FREE** drop in clinic for Adult Weight Management, NHS Health Checks and Stopping Smoking
9:00 to 12:00pm
FREE Drop-in no booking required

Peter Pan Stay & Play FPC Newcastle Family Hub

Led by Peter Pan Centre's experienced Family Support Worker, relaxed & friendly sessions for families with young children aged under 5yrs who may need extra support.
Sessions run bi-weekly
Contact 01782 296100 for dates 10:00 to 12:00pm
Booking Required £5 per session
To book your place email:
familysupport@thepeterpancentre.co.uk



WEDNESDAY cont.

WiGiggles - Wiggle It To Music TT FPC Booking Required

Tel: Kerry Holland 07729 192 880
<https://bookwhen.com/wigiggles>

Newcastle Family Hub

Action packed, fun music & movement classes to develop little bright minds and grow confidence whilst stimulating the senses

Toddlers: Confident walkers to 5 years

9:30 to 10:30am
Babies: 12 weeks to confident walkers

11:00 to 12:00pm
£6.50 per child
£27.50 - 5 Class Pass

WiGiggles Nurture Group TT FPC

Newcastle Family Hub

A social group offering you & your little one an opportunity to meet new friends in a warm & friendly environment. Different activities each week, including keepsakes, photo shoots, sensory & music sessions. Includes refreshments
Birth to confident walkers

£6.50 per child
12:30 to 2:00pm

Gather's SEND Youth Hub 7-12 year olds

Newcastle Family Hub

Offering children a safe space, whilst helping to make new friends. Fitness, Artz & Craftz, Snacks & Games.

FREE
5:30 to 6:30pm



THURSDAY

Well Baby Clinic Newcastle Family Hub

Health Visitor Clinics to have your baby weighed and to get advice.

9:30 to 11:30am

Drop-in Session

Tel: 0808 178 0611

Stay & Play Breakfast Club TT Maryhill Family Hub

Come along to meet the team, have a chat and enjoy some tea and toast while the children play. 0 to 4 years

10:00 to 11:30am

FREE Drop-in Session

Tel: 01782 296100

Jump into Parenting Classes FPC

Newcastle Family Hub

Booking Required

<https://bookwhen.com/jumpintoparenting>

Tel: 07341 482 582

Sensory Play Sensory Toddlers from active crawling to preschool

A follow on class from Sensory-Babies. Different stations each week for your little ones to explore, from colour mats, physical area, fidget boards and much more.

9:30 to 10:30am

£5.50 per child, £3.00 sibling

Sensory Babies from birth to active crawling

From bubbles to lights, fabric to music, all your baby's senses will be given the opportunity to develop and learn through play with Mums' & Dads'.

11:00 to 12:00pm

£5.50 per child, £3.00 sibling



THURSDAY cont.

Home-Start Together Lunch & Play TT

Maryhill Family Hub

Join us for stay & play activities for your little ones; including make and take crafts, messy play, and a closing song for all to join in. Our stimulating bonding and early development sessions start off with a **FREE** children's lunch while parents have tea and toast.

0 to 4 years

12:00 to 1:30pm

FREE—Advance Booking

Email info@hsnb.org.uk or call us at

Tel: 01782 938912.

Computer Xplorers Minecraft Social TT

Newcastle Family Hub

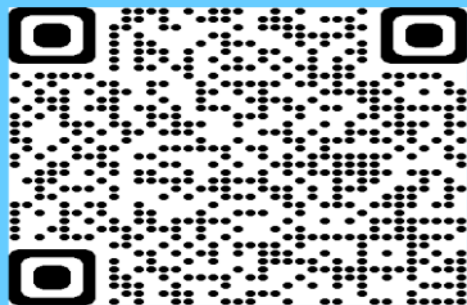
Join us weekly for an exciting Minecraft adventure.

5:45 to 6:45pm

To book

[Book a class | ComputerXplorers Stoke-On-Trent](#)

Newcastle District has a wealth of support for you and your family please visit [Staffordshire Connects](#) for more details.



FRIDAY

Alice Charity Big Cup TT

Newcastle Family Hub

Big Cup—join us for a cuppa, a chat and quality time with your little one.

9:30 to 11:30am

FREE Drop-in

Email: info@alicecharity.org

Tel: 01782 614 838

Rhythm Time FPC TT

Newcastle Family Hub

It's never too early to introduce your little baby to the wonders of music. Sessions can help with language development, eye tracking/balance, muscle development, bonding and relaxation, hand/eye co-ordination and speech development.

£20.91 per month

Toddlers 10:45 to 11:15am

Babies 11:30 to 12:00pm

Booking Required

Tel: Joanne Downes 07947 525791

<http://www.rhythmtime.net/jd7>

Baby Moon Mum & Baby Yoga FPC TT

Maryhill Family Hub

A gentle flowing weekly class combining postnatal yoga, baby yoga, rhythm, rhyme, story & sensory experiences to aid baby's development. Learn about easing infant ailments, adapting to your postnatal body.

8 weeks - crawling

1:20 to 2:20pm

£38 for a 6 week course

Booking Required

Tel: Emma 07825 302 481

<https://bookwhen.com/babymoonyoga>



FRIDAY Cont.

Gather's Youth Hub 11–16 year olds

Newcastle Family Hub

Offering young people a safe space, whilst helping to make positive choices.

Fitness activities, Kickboxing, Boxing, Artz & Craftz, Snacks & Games.

FREE

5:30 to 7:30pm

Saturday

Computer Xplorers Explorers Academy 7-13 year olds

Newcastle Family Hub

Join us weekly for a Tech Club.

Explore and learn about the exciting world of technology.

Equipment provided

10:00 to 11:00am

To book

[Book a class | ComputerXplorers Stoke-On-Trent](#)

SEND Parent/Carers Group Newcastle Family Hub

These relaxed & friendly sessions offer a safe, accessible space led by Volunteer SEN Parents where you can share with others, be listened to and supported.

Children & young people able to attend but must be supervised by parent/carer.

10:00 to 12:00pm

alternate Saturdays from

10th January 2026



Feeding your baby's hungry little mind is easy...

Staffordshire
County Council



Sign up to get emails packed with activities, support and reminders when your baby's health checks are due.

For parents of 0 to 2 year olds.

Scan the code to sign up and start feeding your baby's hungry little mind!



Hungry Little Minds Staffordshire and Stoke-on-Trent

Childcare Choices

Keep your childcare support – check your details every 3 months:
gov.uk/childcareaccount



HM Government

Find out about childcare support at childcarechoices.gov.uk

THINK 2

Funded Early Learning Childcare Sessions

Funded sessions for 2 year olds.

Is your child eligible?

Staffordshire
County Council



SCAN HERE



Family Hub Courses

Staffordshire Family Hubs offer a variety of courses designed to support families in learning about parenting and child development. Here are some of the courses available
 To book a place email: Groupwork@staffordshire.gov.uk

Free HENRY Support from your Family Hub



Click to complete a Family Hub Referral Form

Preparation for Parenthood Programme

A supportive course covering pregnancy, birth and early parenting to help you feel more confident, informed and prepared for the journey ahead.

[click to learn more](#)

Healthy Families: Right from the Start Programme

For families with children aged 0-5 years, designed to help you feel more confident in your parenting journey, and build healthier lifestyles, routines and boundaries.

[click to learn more](#)

Healthy Families: Growing Up

For families with children aged 5-12 years, designed to help you strengthen family relationships, manage challenging behaviour and set family routines.

[click to learn more](#)

To learn more visit www.henry.org.uk

Booking required through Family Hub Referral form



Search Family Hubs Staffordshire to get the support you deserve

Free Healthy Families: Growing Up Programme



Click to complete a Family Hub Referral Form

A free 6-week HENRY course for families with children aged 5-12 years, designed to help you strengthen family relationships and set family routines.

- Support your child's emotional wellbeing and help them manage big emotions
- Encourage physical activity and limit screen time in a positive way
- Create healthy mealtime habits to reduce stress
- Manage challenging behaviour and set healthy family routines.



Booking required through Family Hub Referral form



Search Family Hubs Staffordshire to get the support you deserve

Free Healthy Families: Right From The Start Programme



Click to complete a Family Hub Referral Form

A free 6-week HENRY course for families with children aged 0-5 years, to help you parent confidently and build healthy lifestyles.

- Discover fun ways to be active as a family together
- Understand the connection between emotional health and family life
- Learn about mealtime routines and nutritious meals
- Reduce meal time stress, screen time battles and bedtime struggles.



Booking required through Family Hub Referral form



Search Family Hubs Staffordshire to get the support you deserve

Free Preparation for Parenthood Programme



Click to complete a Family Hub Referral Form

A supportive free 6-week HENRY course designed to support expectant parents during pregnancy to help you feel more confident, informed and ready for the journey ahead.

- Learn more about pregnancy, birth and early parenting
- Understand your baby's development in the womb
- Discover ways to look after yourself during pregnancy
- Feel more confident about caring for your newborn
- Meet other local expectant parents and share experiences.



Booking required through Family Hub Referral form



Search Family Hubs Staffordshire to get the support you deserve



If you need to speak to a Health Visitor please call the Hub on 0808 178 0611

Healthy Start Vouchers

Are you pregnant or have children under four? You may qualify for the Healthy Start voucher scheme to help you buy food, milk and vitamins.



MPFT Virtual Group Programme

FAMILIES HEALTH & WELLBEING SERVICE 0-19

Topics covered:-

- Baby brain development
- Getting ready to breastfeed
- Safer sleep
- Supporting speech & language development
- Moving onto solids
- Toilet training



To find out more or to book a place, scan the QR code or visit our bookings page via this link <https://mpft.live/cde>



All sessions are FREE & delivered by your 0-19 Community Development Team



VOLUNTEER PROGRAMME



Session Lead

Session Support

Community Champion

Admin Volunteer

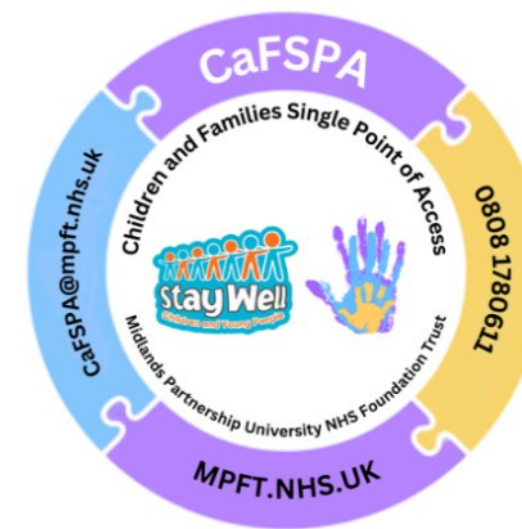
Do you have a few hours to spare each week?
 Would you like to come and volunteer in your local Family Hub?
 We have opportunities for volunteers to come and support our delivery across the Staffordshire county.
 If you would like to find out more please contact Debbie Burgess or scan the QR code above to apply now

Call 07704 798133

Email debbie.burgess@staffordshire.gov.uk



Aiming High is a programme of activities & short breaks for children & young people aged 0-18 years old with a special educational need/disability (SEND) who live in Staffordshire. An Education Health and Care Plan (EHCP) is not needed to take part in these activities.



Children and Families Single Point of Access (CaFSPA) – Staffordshire

CaFSPA aims to simplify the way children, young people, their families or carers in Staffordshire seek care, support, and guidance, while also streamlining how health and care professionals, alongside others can make a referral. Information provided is triaged to understand the needs of the child, young person, and their families, and the team will make further contact if further information is required to identify a service best placed to offer appropriate support. [CAMHS South Staffordshire](#), [Health Visiting and School Nursing](#) and [Stay Well](#) are the first services to be part of CaFSPA, with further teams set to be included.

- Telephone: [0808 178 0611](tel:08081780611)
- Email: CaFSPA@mpft.nhs.uk

