

# Amazing Start

part of Community Family Hub West

## Virtual Programme

From Monday 6 July



To find out more information about services and activities for you and your family, either telephone 0191 2774400 or email:

[surestart@newcastle.gov.uk](mailto:surestart@newcastle.gov.uk)

We have a Facebook group.

Search for '**Sure Start West Newcastle**' and request to join.



Find us on  
**Facebook**



Accredited as  
Baby Friendly by  
**unicef**  
UNITED KINGDOM

**Newcastle**  
City Council 

## Virtual Activities

**Baby Massage:** Learn about baby massage and relaxation for you and your baby. A five week course.

**Boogie Bairns:** Disco fun for children.

**Breastfeeding Social:** For pregnant and breastfeeding mums with babies of all ages. Meet, socialise and share experiences with support from trained Breastfeeding Peer Support Workers.

**Messy Mondays:** play session for under 5's.

**Music Making:** Singing and rhymes for you and your children to enjoy.

**Newpip Ante-natal session:** Ante-natal support for pregnant women.

**Newpip walking group:** walk with Kim session.

To find out what activities you and your family can access, please go to [www.newcastlesupportdirectory.org.uk](http://www.newcastlesupportdirectory.org.uk) and enter your postcode.

## Our Timetable

Monday			
10.00	<b>Boogie Bairns</b> To book a place please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children-ne.org.uk</a>	Children North East	All Families
13.00	<b>Boogie Bairns</b> To book a place please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children-ne.org.uk</a>	Children North East	All Families
13.00 - 13.45	<b>Messy Mondays</b> Under 5s Maximum 10 families To book a place please email <a href="mailto:ayshea@riversidechp.co.uk">ayshea@riversidechp.co.uk</a> or <a href="mailto:melissa@riversidechp.co.uk">melissa@riversidechp.co.uk</a>	Riverside Community Health Project	All Families

Tuesday			
10.00	<b>Baby massage</b> starting from 14 July 20 it will run for 5 weeks (not running 4 Aug) To book please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children-ne.org.uk</a>	Children North East	All Families
10.45 - 11.15	<b>Baby massage</b> Birth -1 year Maximum 10 families To book please email <a href="mailto:ayshea@riversidechp.co.uk">ayshea@riversidechp.co.uk</a> or <a href="mailto:melissa@riversidechp.co.uk">melissa@riversidechp.co.uk</a>	Riverside Community Health Project	All Families

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## Our Timetable

### Wednesday

11.00	Virtual Breastfeeding Social (via Zoom) Follow Breastfeeding Mams Newcastle on Facebook for more information	Healthworks	All Families
13.00	Boogie Bairns To book please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children- ne.org.uk</a>	Children North East	All Families

### Thursday

10.30 - 11.15	Boogie Bairns 0 - 2 years Maximum 10 families To book a place <a href="mailto:ayshea@riversidechp.co.uk">ayshea@riversidechp.co.uk</a> or <a href="mailto:melissa@riversidechp.co.uk">melissa@riversidechp.co.uk</a>	Riverside Community Health Project	All Families
10.30	0 - walking group (NEWPIP) To book please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children- ne.org.uk</a>	Children North East	All Families
13.30	Walking - 2 years group (NEWPIP) To book please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children- ne.org.uk</a>	Children North East	All Families

## Our Timetable

Friday			
10.00	Ante-natal group (NEWPIP) To book please email <a href="mailto:kimberley.bain@children-ne.org.uk">kimberley.bain@children-ne.org.uk</a>	Children North East	All Families
10.00 - 10.45	Music Making Under 5 years Maximum 10 families To book a place <a href="mailto:ayshea@riversidechp.co.uk">ayshea@riversidechp.co.uk</a> or <a href="mailto:melissa@riversidechp.co.uk">melissa@riversidechp.co.uk</a>	Riverside Community Health Project	All Families

Friday 31 July - one off event			
10.30	Virtual Global Latch on	Healthworks - Breastfeeding Mams Newcastle	All Families

To find out what activities you and your family can access, please go to [www.newcastlesupportdirectory.org.uk](http://www.newcastlesupportdirectory.org.uk) and enter your postcode.

## Our Timetable

Pre recorded sessions		
Pre recorded sessions available	<ul style="list-style-type: none"><li>• Story time</li><li>• Song time</li><li>• Baby massage</li></ul> <p>Please contact <a href="mailto:surestart@newcastle.gov.uk">surestart@newcastle.gov.uk</a> for more information</p>	Community Family Hub West





## Our Timetable - Healthworks

1.	<p><b>Wellbeing Walks</b></p> <p>These are video walks on our You Tube <a href="https://www.youtube.com/channel/UcKPphXOnTA1bGcoTzdyEL4A/">https://www.youtube.com/channel/UcKPphXOnTA1bGcoTzdyEL4A/</a> and we will developing these further over the coming months.</p> <p>Please find more information about these here and to take two Wellbeing Walks around Hodgkin Park in Benwell  <a href="https://www.healthworksnewcastle.org.uk/introducing-our-new-virtual-wellbeing-walks/">https://www.healthworksnewcastle.org.uk/introducing-our-new-virtual-wellbeing-walks/</a></p>
2.	<p><b>Change4Life West Newcastle</b> web page  <a href="https://mailchi.mp/e23687dd97dc/1b0vf2083z">https://mailchi.mp/e23687dd97dc/1b0vf2083z</a>  and a Change4Life Community Group on the Healthworks main facebook page.</p> <p>You can find out more about these developments here:  <a href="https://www.healthworksnewcastle.org.uk/change4life-west-newcastle-news/">https://www.healthworksnewcastle.org.uk/change4life-west-newcastle-news/</a></p>
3.	<p><b>Stop Smoking website</b>  <a href="https://www.healthworksnewcastle.org.uk/service/stop-smoking/">https://www.healthworksnewcastle.org.uk/service/stop-smoking/</a>  Remote121 support is available for people who want to quit for Covid and beyond.</p>
4.	<p><b>The Cook, Play and Learn</b></p> <p>Digital resources are accessible via the Healthy Eating Page and you can access the 25:25 Cookbook download for free via the link  <a href="https://www.healthworksnewcastle.org.uk/service/healthy-eating/">https://www.healthworksnewcastle.org.uk/service/healthy-eating/</a></p>
5.	<p><b>Keeping Children Safe Online</b></p> <p>Digital resource <a href="https://mailchi.mp/0f571b764d7b/8akrsxuuea">https://mailchi.mp/0f571b764d7b/8akrsxuuea</a> containing useful information to help families keep their children safe and reduce online risks.</p>
6.	<p><b>The Family Activities Online</b></p> <p>This resource continues to be available for all, access the resource here:  <a href="https://mailchi.mp/e84b792d52fd/onlinefamilyactivity">https://mailchi.mp/e84b792d52fd/onlinefamilyactivity</a></p>
7.	<p><b>You Tube channel</b></p> <p>Now has a library of healthy eating, getting active, play and learning and wellbeing videos - don't forget to subscribe to receive new content!  <a href="https://www.youtube.com/channel/UcKPphXOnTA1bGcoTzdyEL4A/">https://www.youtube.com/channel/UcKPphXOnTA1bGcoTzdyEL4A/</a></p>

# Additional support for you and your family

- **Breastfeeding Support:** Phone the helpline: 07826531575 between 9.00 - 4.00 Monday to Friday.
- **Young Parents' Support (Baby Practical Plus):** For mums and dads aged 19 and under. Call: 0191 2773742.
- **Jobs and Training:** Information and advice on employability and training, C.V. writing, interview skills, training opportunities and one-to-one support. Call: Jason on 07775031064 or Jennifer on 07825606611 or 0191 2774374.
- **Healthy Start** - Vitamins and healthy food vouchers. For more information about your eligibility, please contact admin on: 0191 2773742.
- **Parent and Toddler groups:** view the timetable at [www.napi.org.uk](http://www.napi.org.uk)
- **Welfare Rights:** for advice on benefits, tax credits and entitlements. Call 0191 2773742 to make an appointment.
- **Antenatal Volunteers:** Call the Lemington Centre on 0191 2641959
- **Preparing for baby:** 6 week antenatal parenting programme for pregnant women and /or their partners. Please call Riverside Community Health Project on 0191 2260754 to book a place. Open to all families.



# Starting Solids



Virtual courses for you and your baby

Topics to be covered will include:

- **When to introduce solid foods**
- **Which foods to introduce first**
- **Which foods to avoid**
- **Dental Health**

The sessions are available for all families, but will be of particular interest if your baby is 3 - 6 months old. There is no need to book, just turn up on the day.

Please contact Julie Stephens via email [julie.stephens@hwn.org.uk](mailto:julie.stephens@hwn.org.uk)

# Amazing Start

## Antenatal Support

### WE CAN OFFER YOU.....

Support to  
write a birth  
plan

Information about  
responsive parenting

Tips about  
caring for your  
baby

Information about  
your baby's  
development



Information about  
safe sleep

Relaxation  
tips

Support to build  
strong parent-baby  
relationships

Support with diet  
and exercise

Help finding out  
what's on

Support with infant  
feeding choices

Support at  
midwife  
appointments

**For more information or to sign up for an Antenatal Support Volunteer please contact 0191 2645488**



## Free childcare for under fives

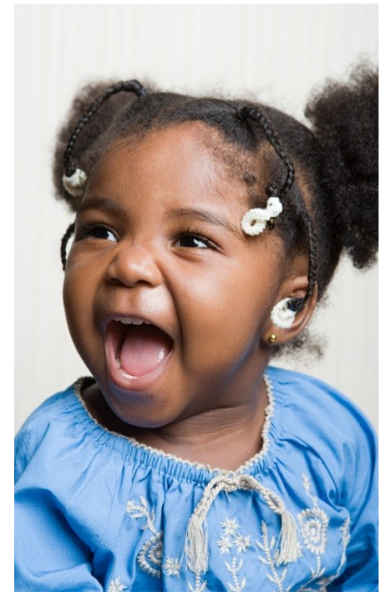
**Parents can access free 15 hours childcare for their two year olds if:**

- You work and your family income is less than £16,190 **or**
- You are not working but in receipt of benefits **or**
- Your child is in receipt of DLA, or is adopted

Please call on: 0191 2773742 or visit

<http://www.newcastle.gov.uk/health-and-social-care/childcare/free-early-years-provision-two-year-olds-targetted-offer>,

to find out more and view the eligibility criteria.



**All three and four year olds are entitled to 15 hours childcare** but you are able to claim **30 hours childcare** for **three and four year olds** if:

- You (and your partner) work and earn £120+ / week **or**
- You are due to start work and earn £120+ / week
- This can include zero hour contracts, maternity etc.

You can use your **FREE childcare** with a playgroup, day nursery, childminder and some schools.

To apply for a free place for your two, three or four year old speak to your local childcare provider.

For 30 hours apply online: [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)  
or call: 0300 1234097



## Change4Life Early Intervention Community Health Trainers

We can offer 1-2-1 support for families with children under 5 years for a limited period of 6-8 weeks about

Healthy eating  
Basic dental health  
Cooking on a budget  
Sugar swaps  
Love Food Hate Waste  
Portion sizes  
and more...

We can also work with small groups

**Interested?**

Please contact Kirsty Foster on 0191 2724244 or via email [kirsty.foster@hwn.org.uk](mailto:kirsty.foster@hwn.org.uk)



Healthworks Newcastle



# Addresses for Community Family Hub West Venues

Venue	Address
Health Resource Centre / Sure Start Adelaide Terrace	Adelaide Terrace, Benwell, NE4 8BE
Lemington Centre	Tyne View, NE15 8RZ
Nunsmoor Centre	Studley Terrace, Fenham, NE4 5AH
Riverside Community Health Project	Atkinson Road, Benwell, NE4 8XS
Throckley Community Hall	Back Victoria Terrace, Throckley, NE15 9EL

**For more information about any of our activities and  
services go to the website:**

**[www.newcastlesupportdirectory.org.uk](http://www.newcastlesupportdirectory.org.uk)**

**or phone 0191 2773742**