



South Tyneside Council

FOR *every*  
**FAMILY**  
SOUTH TYNESIDE FAMILY HUBS

*\*Summer\**

## ACTIVITY GUIDE

**Hebburn, Jarrow, Primrose Family Hub**

For more information and/or to book a space on an activity,  
please contact the hosting Family Hub.

**\* Booking Required**

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## Week 1 Theme – Teddy Bears Picnic

### Monday 21st July

#### Picnic in the Park\*

Hebburn Park  
(meet at the cannon)  
(0-4 years)  
10:30am-12:00pm



#### Weigh Clinic\*\*

Jarrow  
1:30pm- 2:30pm

#### Clarty Art\*

Primrose  
( 5+ years)  
1:30pm-2:30pm



### Tuesday 22nd July

#### Bear Hunt - SEND Session

Hebburn  
(0-4 years)  
1:30pm–2:30pm



#### If you go down to the woods today

Primrose  
(0-4 years)  
1:30pm–2:30pm

#### Science Buddies\*

Primrose  
( 5+ years)  
1:00pm-2:00pm



### Wednesday 23rd July

#### Weigh Clinic\*\*

Hebburn  
9:30am-11:00am



#### Wiliby Rocs\*

Primrose  
( 5+ years)  
10:00am-11:00am



#### Breastfeeding Support Group

Hebburn  
11:00am-12:00pm



### Thursday 24th July

#### Story Session\*

Primrose  
10:00-11:00am

#### Round and Round the Garden

Jarrow  
(0-4 years)  
1:30pm– 2:30pm



## Holiday, Activities + Food

Children across  
South Tyneside will continue  
to access free, nutritious  
food and engaging activities  
over the school holidays.

Check out what's  
on offer now.

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### Friday 25th July

#### Bear Hunt

Hebburn  
A multiples group  
(0-4 years)  
10:00am-11:30am

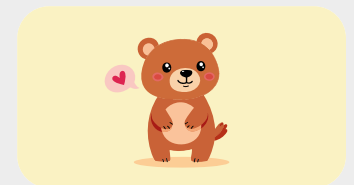


#### This is the Bear

Primrose  
(0-4 years)  
10:00am-11:30am

#### Brown Bear Brown Bear

Young Parents  
(under 21 years)  
Jarrow  
(0-4 years)  
1:30pm-2:30pm



**Monday 28th July**

**The Elephant That Goes to the Circus**

Hebburn  
(1-4 years)  
10:00am-11:00am



**Spot Goes to the Circus**

Hebburn  
(0-1 years)  
1:00pm-2:30pm

**Weigh Clinic\*\***

Jarrow  
1:30pm- 2:30pm



**Tuesday 29th July**

**Sam Never Forgets - SEND Session**

Hebburn  
(0-4 years)  
1:30pm-2:30pm

**The Big Top**

Primrose  
(0-4 years)  
1:30pm-2:30pm



**Wednesday 30th July**

**Weigh Clinic\*\***

Hebburn  
9:30am-11:00am

**Breastfeeding Support Group**

Hebburn  
11:00am-12:00pm

**Willby Rocs\***

Hebburn  
(5+ years)  
1:00pm-2:00pm

**Holiday Activities + Food**

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**Thursday 31st July**

**Tiny Tweeties\***

Primrose  
(1-5 years)  
10:00-11:00am



**Science Buddies\***

Hebburn  
(5+ years)  
10:00-11:00am



**If I Ran the Circus**

Jarrow  
(0-4 years)  
1:30pm- 2:30pm



**Friday 1st August**

**Top Hat**

Primrose  
(0-4 years)  
10:00am-11:30am

**Let's celebrate \***

Hebburn  
(0-4 years)  
10:00am- 11:30am

**Circus Fun**

Young Parents  
(under 21 years)  
Jarrow  
(0-4 years)  
1.30pm-2.30pm

Spread the word!  
**THIS IS SOUTH TYNESIDE festival 2025**

**THROUGHOUT JULY - AUGUST**

- Summer Parade
- Sunday Concerts
- Kids Fun Fest
- Proms in the Park
- Live music

**ALL FREE**

**DISCOVER MORE SCAN ME**



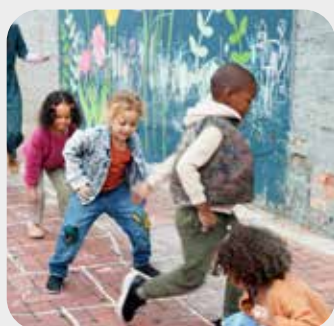


## Monday 4th August

### Hop, Skip and Jump!

Hebburn  
(1-4 years)

10:00am-11:00am



### Diaper Dash!

Hebburn  
(0-1 years)

1:00pm- 2:30pm

### Weigh Clinic\*\*

Jarrow

1:30pm- 2:30pm



## Tuesday 5th August

### Wiliby Rocs\*

Primrose  
(5+ years)

10:00am-11:00am



### Let's Bounce - SEND Session

Hebburn  
(0-4 years)

1:30pm-2:30pm

### Hopscotch

Primrose  
(0-4 years)

1:30pm-2:30pm



## Wednesday 6th August

### Weigh Clinic\*\*

Hebburn

9:30am-11:00am



### Breastfeeding Support Group

Hebburn

11:00am-12:00pm



### Science Buddies\*

Primrose  
(5+ years)

1:00pm-2:00pm



## Thursday 7th August

### Sports Day\*

Charlies Park, Jarrow  
(meet at the ship)  
(0-4 years)

10:00am-11:30am



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## Friday 8th August

### Spinderella

Hebburn  
A multiples group  
(0-4 years)

10:00am-11:30am

### Ready, Steady, Go!

Young Parents  
(under 21 years)  
Jarrow  
(0-4 years)

1:30pm-2:30pm

### Let's Dance

Primrose  
(0-4 years)

10:00am-11:30am



### Whatever Next Story and Play Session\*

Primrose  
(2-4 years)

1:30pm-2:30 pm

**Week 4 Theme – Oh I do like to be beside the seaside!**

**Monday 11th August**



**Under the Sea**

Hebburn  
(1-4 years)  
10:00am-11:00am

**Baby Sensory\***

Jarrow  
10:00am-11:00am



**Digging for Treasure**

Hebburn  
(0-1 years)  
1:00pm-2:30pm

**Weigh Clinic\*\***

Jarrow  
1:30pm-2:30pm

**Tuesday 12th August**

**Science Buddies\***

Hebburn  
(5+ years)  
10:00-11:00am



**Sun, Sand and Splash -  
SEND session**

Hebburn  
(0-4 years)  
1:30pm-2:30pm

**Seashell Seekers**

Primrose  
(0-4 years)  
1:30pm-2:30pm



**Wednesday 13th August**

**Weigh Clinic\*\***

Hebburn  
9:30am-11:00am

**Breastfeeding  
Support Group**

Hebburn  
11:00am-12:00pm

**Thursday 14th August**

**Wiliby Rocs\***

Hebburn  
(5+ years)  
10:00am-11:00am

**Tropic Tribe**

Jarrow  
(0-4 years)  
1:30pm-2:30pm

**Friday 15th August**

**Pebble Pals**

Hebburn  
A multiples group  
(0-4 years)  
10:00-11:30am

**Learning With Play**

Young Parents  
(under 21 years)  
Jarrow  
(0-4 years)  
1:30pm-2:30pm

**Tiny Tweeties\***

Primrose  
(1-5 years)  
1:30-2:30pm



**I spy with my  
little eye**

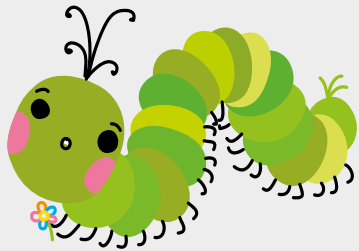
Primrose  
(0-4 years)  
10:00am-11:30am



**Monday 18th August**

**The Hungry Caterpillar**

Hebburn  
(1-4 years)  
10:00am-11:00am



**It's a Bugs Life**

Hebburn  
(0-1 years)  
1:00pm-2:30pm



**Weigh Clinic\*\***

Jarrow  
1:30pm-2:30pm

**Tuesday 19th August**

**What the Ladybird Heard  
- SEND Session**

Hebburn  
(0-4 years)  
1:30pm-2:30pm

**Forest Fun\***

Primrose  
(0-4 years)  
1:30pm- 2:30pm

Spread the word!  
**THIS IS SOUTH TYNESIDE festival 2025**

**THROUGHOUT JULY - AUGUST**

- Summer Parade
- Sunday Concerts
- Kids Fun Fest
- Proms in the Park
- Live music

**ALL FREE**

*...and much more!*

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**Wednesday 20th August**

**Weigh Clinic\*\***

Hebburn  
9:30am-11:00am



**Breastfeeding Support Group**

Hebburn  
11:00am-12:00pm



**Williby Rocs\***

Primrose  
(5+ years)  
1:00pm-2:00pm

**Thursday 21st August**

**Story Session\***

Hebburn  
10:00-11:00am



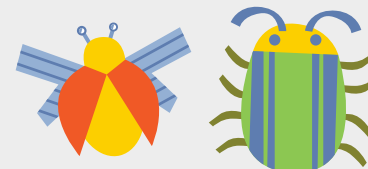
**Science Buddies\***

Primrose  
(5+ years)  
1:00-2:00pm



**Critter Crew**

Jarrow  
(0-4 years)  
1:30pm-2:30pm



**Friday 22nd August**

**Forest Friends**

Hebburn  
A multiples group  
(0-4 years)  
10:00am-11:30am



**Woodland Wonders**

– Young Parents  
(under 21 years)  
Jarrow  
(0-4 years)  
1:30pm-2:30pm



**There was an old lady  
who swallowed a fly**

Primrose  
(0-4 years)  
10:00am-11:30am



## Week 6 Theme – It's Story Time

### Monday 25th August

Bank Holiday



Anya app provides parents and parents-to-be with vital support on their breastfeeding and parenting journey, anytime, anywhere.

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### Tuesday 26th August

#### Wiliby Rocs\*

Hebburn  
(5+ years)  
10:00-11:00am

#### Science Buddies\*

Hebburn  
(5+ years)  
1:00pm-2:00pm



#### Foxes Socks - SEND Session

Hebburn  
(0-4 years)  
1:30pm-2:30pm

#### Monkey Puzzle

Primrose  
(0-4 years)  
1:30pm-2:30pm

### Wednesday 27th August

#### Weigh Clinic\*\*

Hebburn  
9:30am-11:00am

#### Breastfeeding Support Group

Hebburn  
11:00am-12:00pm



### Holiday Activities + Food

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### Thursday 28th August

#### Superworm

Jarrow  
1.30pm-2.30pm



### Friday 29th August

#### Stickman

Hebburn  
A multiples group  
(0-4 years)  
10:00am-11:30am

#### Clarty Art\*

Jarrow  
(5+ years)  
10:00am-11:00am



#### The Gruffalo\*

Primrose  
(0-4 years)  
10:00am- 11:30am

#### Postman Bear

(under 21 years)  
Jarrow  
(0-4 years)  
1:30pm-2:30pm

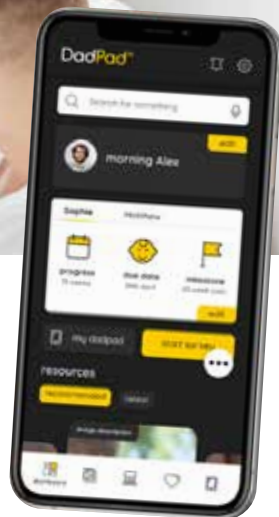


## The Dad Pad

Dads' and dads-to-be can gain free access to the newly launched DadPad app, an easy-to-use resource packed with relevant information, as well as details on local support groups and service providers.

The app covers topics such as:

- Feeding, holding, changing and cleaning your baby
- Surviving without sleep and coping with crying
- Getting to know your baby
- Home safety and first aid
- Looking after yourself and supporting your partner



### DOWNLOAD NOW

You can download the brand new DadPad app platform  
[www.thedadpad.co.uk/app](http://www.thedadpad.co.uk/app)



## UNDERSTANDING YOUR SELF



## SOLIHULL APPROACH

### SOLIHULL DIGITAL OFFER

- Check out our FREE online courses nurturing emotional health and wellbeing from bump to 19+ years.
- Enter our exclusive South Tyneside ACCESS Code: **FOREVERYFAMILY** for lifetime free access in your own time.

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## SOUTH TYNESIDE YOUTH SERVICE

INVESTING IN YOUNG PEOPLE



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## YOUTH GROUP TIMETABLE

VENUE	DAYS/TIMES	AGE GROUP
<b>FAB/ Jarrow Youth Group</b> Jarrow Focus, 113 Grange Rd, Jarrow NE32 3QW	Tuesday 5:30-7:30pm Wednesday 5:30-7:30pm	SEND Group ages 8-10 SEND Group ages 11-16
<b>The Pavilion Youth Group</b> Valley View Park, Jarrow	Monday 6:00-8:00pm Thursday 5:00-7:00pm	Seniors Year 7 – Year 11 Juniors Ages 8-end of Year 6
<b>Hartleyburn Youth Group</b> Hartleyburn Community Centre, Crawley Square, Hebburn NE31 2LW	Monday 6:30-8:30pm Thursday 5:00-7:00pm	Juniors Ages 8- End of year 6 Seniors Year 7- Year 11
<b>The Hut Youth Group</b> Chuter-Ede, Galsworthy Road, South Shields, Tyne & Wear NE34 9UG	Monday 6:00-8:30pm Wednesday 6:00-8:00pm Friday 6:00-8:30pm	Seniors Year 7-Year 11 Juniors Ages 8-end of Year 6 Seniors Year 7-Year 11
<b>Ocean Road Youth Group</b> Ocean Road Centre, Ocean Road, South Shields NE33 2DW	Monday 6:00-7:30pm Thursday 6:00-7:30pm	Juniors Ages 8-end of Year 6 Seniors Year 7- Year 11
<b>Horsley Hill Youth Group</b> Marsden Road Health & Wellbeing Centre, Marsden Road South Shields NE34 6RE	Monday, Wednesday and Friday 5:15-6:30pm (Juniors) 6:45-8:00pm (Seniors)	Juniors Ages 8- end of Year 6 Seniors Year 7-11
<b>Simonside Youth Project</b> Simonside Climbing Wall	Tuesday 5:30-7:00pm	Seniors Year 7-Year 11

Limited spaces available, to book please email [youthconnect@southtyneside.gov.uk](mailto:youthconnect@southtyneside.gov.uk)

0191 424 0118

[youthservice@southtyneside.gov.uk](mailto:youthservice@southtyneside.gov.uk)



South Tyneside Youth Service



Stc\_youthservice



# FOR *every* FAMILY

SOUTH TYNESIDE FAMILY HUBS

**Tel:** 0800 783 4645

**Web:** [www.southtynesidefamilyhubs.co.uk](http://www.southtynesidefamilyhubs.co.uk)

**Email:** [familyhubs@southtyneside.gov.uk](mailto:familyhubs@southtyneside.gov.uk)

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In Partnership with:



South Tyneside Council



Department  
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Adding years to life and life to years