



**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