DURHAM WORKS
If you’re aged 16 to 24, live in County Durham and not in education, employment or training, DurhamWorks can help you.

DurhamWorks is a partnership project between Durham County Council and 9 partner organisations working together to support young get back into education, employment, training or apprenticeships.

DurhamWorks advisors can provide you with information, support and guidance that you need that will help you improve your future.

For more information visit https://www.durhamworks.info/ or text “Works” to 60777.

DURHAM FOODBANKS https://durham.foodbank.org.uk/
Brandon
Brandon Community Centre, Brandon Lane, DH7 8PS
Tel: 0191 303 7559
Open Tuesday 12-3pm

Chester le Street
Bethel Church, Low Chare, Chester le Street, DH3 3QF
Tel: 0191 303 7559
Open Monday, Wednesday & Friday 10am-12:30pm

Durham Gilesgate (Laurel Avenue)
Laurel Avenue Community Centre, Durham, DH1 2EY
Tel: 0191 303 7559
Open Saturday 9:30-11:30am

Please note: Foodbank centres are closed on Bank Holidays
Occasionally opening times may change, please check the individual foodbank for their current opening times.

Telephone Numbers:
Brandon Family Centre - 03000 269 820
Bullion Lane Family Centre - 03000 268 643
Laurel Avenue Family Centre - 03000 269 833

Activities Timetable
Brandon, Chester-le-Street and Laurel Avenue Family Centres

One Point Service
## Monday

**Risk Taking Behaviour Group** - Starts Monday 4/11/2019 for 4 weeks from 4.00 - 6.00pm at Brandon Family Centre.

**Staying Cool Family Session** - Monday 11/11/2019 9:30am-3:30pm at Brandon Family Centre.

**Emotional Wellbeing** - Monday 28/10/2019 10am-2pm at both Brandon Family Centre and Bullion Lane Family Centre.

## Tuesday

**Baby Group 0-12 months** - Starts Tuesday 1 October 2019 from 1.30 - 2.30pm for 10 weeks - Brandon Family Centre - Term Time Only.

**Lets Explore** - Starts Tuesday 17/09/19 1.00 - 2.00pm at Bullion Lane Family Centre.

**Staying Cool Young People’s Programme** - 1/10/2019 - 22/10/2019 for 4 weeks 4:00-5:30pm at Brandon Family Centre.

**Emotional Wellbeing** - Monday 28/10/2019 and Tuesday 29/10/2019 10am-2pm at both Brandon Family Centre and Bullion Lane Family Centre.

## Wednesday

**Strengthening Families** - Wednesday 11/09/19 - 16/10/19, 4.00 - 6.00pm for 6 weeks at Bullion Lane Family Centre.

**Strengthening Families** - Wednesday 06/11/19 - 11/12/19, 4.00 - 6.00pm for 6 weeks at Brandon Family Centre.

**Risk Taking Behaviour Group** - Starts Wednesday 09/10/19 for 4 weeks from 4.00 - 6.00pm at Laurel Avenue Family Centre.

**Risk Taking Behaviour Group** - Starts Wednesday 20/11/19 for 4 weeks from 4.00 - 6.00pm Bullion Lane Family Centre.

## Under 5 years groups at your local library

**Belmont Library**  Cheveley Park Shopping Centre
Cheveley Ct, Belmont, Durham DH1 2AA
**Toddler Time** Thursdays 2.15pm - 3.00pm
Tel: 03000 269 500

**Bowburn Library**  31 Durham Rd, Bowburn, Durham DH6 5AT
**Toddler Time** - contact library for more details
Tel: 03000 269 528

**Brandon Library**  Lowland Rd, Brandon, Durham DH7 8NN
**Toddler Time** 2nd Monday every month 10:30-11:00am
Tel: 03000 269 501

**Chester-le-Street Library**  Station Rd,
Chester-le-Street, Chester le Street DH3 3BP
**Toddler Time** Mondays 2.00-2:30pm term-time only
Tel: 03000 269 512

**Esh Winning Library**  College View, Cemetery Road
Esh Winning DH7 9AD
**Toddler Time** Tuesdays at 1.15pm-1:45pm term-time only
Tel: 03000 265 002

**Langley Park Library**  Unit 6, Old Co-operative Buildings
Front Street, Langley Park, DH7 9XE
**Toddler Time** 2nd Tuesday of the month 2.00pm-3.00pm
and last Friday 2.00-3:00pm
Tel: 03000 269 502

**Pelton Library**  Unit 3, The Lavender Centre,
Pelton Lane, Pelton, DH2 1NW
**Toddler Time** Mondays at 2.15-3:00pm
Tel: 03000 269515

**Sacriston Library**  Plawsworth Road, Sacriston DH7 6HU
**Toddler Time** Thursdays 2:00pm-2.45pm
Tel: 03000 269 504
### Activity Descriptions

- **Ante Natal Solihull** - 5-week course looking at aspects of physical and emotional needs for new parents and babies. Ask your midwife for more information.

- **Breastfeeding Café** - Drop in session for both pregnant and breastfeeding mums. Meet other mums and access support from trained staff.

- **Baby Group**—Learn about your baby’s development through a fun interactive session.

- **Incredible Years** - Promotes positive parenting, improve parent-child relationships, manage behaviour and promotes positive strategies.

- **Let’s Explore** - A 10 week play and learning session for children aged 1-2 years.

- **Managing Emotions** - Group for children aged 9-11 years. The sessions will be covering anger, behaviour management and resilience.


- **Sensory Play/Twinkle Time** A drop in session for babies aged 0-12 months, allowing you and your baby to explore all the different lights, sounds and textures.

- **Strengthening Families** - For parents/carers and young people 10-14 years. Aimed at improving family relationships and helping young people to become responsible young adults.

- **Staying Cool Family Session**—For parents/carers and young people 11-15 years to come along to build relationships, work on boundaries and expectations.

- **Staying Cool Young Peoples Session**— Staying Cool aims to help young people 11-15 years control their anger and to address any aggressive behaviour.

### Thursday

- **Managing Emotions**  Thursday 12/09/19 - 17/10/19 for 6 weeks from 4.00—5.30pm at Bullion Lane Family Centre.

- **Incredible Years** - Starting Thursday 12 September 19 for 12 weeks from 10.00 - 12.00pm at Bullion Lane Family Centre.

- **Incredible Years** - Starting Thursday 20 November 19 for 12 weeks from 09.30 - 11.30am at Laurel Avenue Family Centre.

- **Let’s Explore** - Starts Thursday 19/09/19  2:00-3:00pm for 10 weeks at Laurel Avenue Family Centre.

### Friday

- **Baby Group** - Fridays 10.00 -11.00am drop-in during Baby Clinic Bullion Lane Family Centre.

- **Sensory Play** - Fridays 9:30-11:30am drop-in during Baby Clinic at Bullion Lane Family Centre.

### other

- **Baby Group 0-12 months**  Wednesday 18/09/19 10.00 - 11.00am for 10 weeks, Laurel Avenue Family Centre - Term Time Only

- **Baby Group 14-16 months** - 03/10/19 1:00-2:30pm and 22/11/19 9am-12pm at Brandon Family Centre. Run by Health team.

- **Triple P** - Wednesday 18/09/19 to 20/11/19 from 5.00pm - 7.00pm at Chester-le-Street One Point Hub

- **Staying Cool Family Session** - Thursday 5/12/19 9:30am-3:30pm at Bullion Lane Family Centre.

Please note: Dates and times of activities can be subject to change. Please contact the relevant centre to confirm.
Ante-Natal Solihull – at Bullion Lane Family Centre, referral by Midwife. Dates and times vary, please check with your Midwife.

Baby Steps Support Group (Talking Changes)  
Tuesdays 10:00am-12:00pm at Bullion Lane Family Centre. For new mums experiencing low mood & anxiety. Referral only - please ring Talking Changes on 0191 333 3300.

Maternity Health Promotion - Wednesdays 9:00am-12:00pm at Laurel Avenue Family Centre. Appointments only.

Twinkle Time 0-12 months Thursdays 9:30-11:30am. Drop-in sensory session at Brandon Family Centre.

BREASTFEEDING CAFES  
Tuesdays 1.00pm - 2.30pm Freemans Quay, Durham. Wednesdays 9:30am-11:00am Bullion Lane Family Centre. 1st & 3rd Thursday of every month 9:30am-10:30am at Sacriston Health Centre.

We’re on Facebook  
To keep up to date with activities and services within our Family Centres search for One Point County Durham  
For further family support contact  
Families Information Service  
www.countydurhamfamilies.info  
0800 917 2 917  
Support is available at Family Centres for any family needing a helping hand, including clothes rail, food supplies, personal hygiene packs.

BREASTFEEDING CAFES  
Tuesdays 1.00pm - 2.30pm Freemans Quay, Durham. Wednesdays 9:30am-11:00am Bullion Lane Family Centre. 1st & 3rd Thursday of every month 9:30am-10:30am at Sacriston Health Centre.

MONDAY  
Baby Weigh  Term Time only  
Pelton Primary School  
1.00pm - 2.30pm  
For babies 0-12months  
2nd Monday of every month  

TUESDAY  
Brandon Family Centre  
9.00am - 11.00am  
1st and 3rd Tuesday of every month  

Laurel Avenue Family Centre  
9:30 -11:30am  
2nd and 4th Tuesday of every month  

Coxhoe Village Hall  
14:00 - 15:00pm  
2nd and 4th Tuesday of every month  

Bowburn Clinic  
80 Bede Terrace Bowburn  
09:30 – 11:00am  
1st and 3rd Tuesday of every month  

West Rainton Clinic Arden House  
13:30 - 15:00  
1st Tuesday of every month  

THURSDAY  
Sacriston Health Centre  
11:00am-12:30pm  
1st & 3rd Thursday of every month  

Belmont Clinic  
34 Broomside Lane Belmont  
13:00 - 14:00  
1st and 3rd Thursday of every month  

FRIDAY  
Bullion Lane Family Centre  
9.30am - 11.30am  
Every Friday except bank holiday Fridays.  

These are drop in sessions to get your baby or toddler weighed. A Health Visitor will be available for any support or advice required.

Please check Durham Health Visitors Facebook page where information regarding clinics in the Durham area will be posted.