

# What's On Timetable

Cowgate Family Hub, Houghton Avenue, Cowgate, NE5 3UT.

Updated May 2026

Term  
Time Only



## Monday

### 10am - 11am Boogie Bairns

Singing, dancing, music, instruments and move to music exploration.  
For **0 - 5** year olds.  
**Drop in.**

### 1pm - 2pm Little Minds Supportive Group

If you are pregnant or have a baby under 2 and are finding it more difficult than you expected, we can support you to feel safe, calm and connected.

**From pregnancy to children of 2 years old.**

**Contact 01912727824 to enquire about a place.**

Please email Louise Bowe via email address below with any queries.

## Tuesday

### 9:30am - 10:30am Stay and Play Storytime

Join us for your favourite stories, within a relaxed play session.  
For **0 - 5** year olds  
**Drop in.**

### 12pm - 1pm Baby Massage and Sensory Play

An Infant massage course to learn how to massage your baby.

For babies **6 weeks to crawling.**

**5 week course, contact admin to check availability.**

## Wednesday

### 9:30am - 11am Stay and Play Together

A fun filled stay and play session, baby area available. This session includes sensory play, a snack and a singalong.  
For **0 - 5** year olds.  
**Drop in.**

## Thursday

### 1pm - 2pm Special Educational Needs and Disabilities-Little Connections

A welcoming space to connect and play. No diagnosis necessary.

- We encourage socialisation
- We build confidence through play

**0-5 year olds**

**Contact 01912727824 to book a place.**

### 4pm - 5:30pm Pause and Play

Come and have fun in a group where we will play outdoors, craft and have food.

For **5 - 11** year olds.

**Drop in.**

## Friday

### 10am - 11am Early Words Together

Fun activities to support early language development.  
For **2** year olds.  
**6 week course, contact admin to check availability.**

### 12pm - 1pm Early Words Together

Fun activities to support children to be school ready.  
For **3 - 4** year olds.  
**6 week course, contact admin to check availability.**

Follow us on Facebook [@Cafe Hope](#) at Cowgate Centre for updates!

Cafe Hope Open  
Monday - Friday

All sessions are free to attend and term time only.

For more information and to book, contact: [families.admin@children-ne.org](mailto:families.admin@children-ne.org)

0191 272 7824

