

What's On Timetable

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

Updated July 2026

Term
Time Only



Monday

10am - 10:45am
Boogie Bairns for under 2 year olds.
11am - 11:45am for 2 to 5 year olds.

Music, singing, dancing and games. Please choose one group to attend if you have more than one child.
Drop in.

1pm - 2pm
Little Minds Supportive Group

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

From **pregnancy** to children of 2 years old.
Contact Louise Bowe via email 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

1:30 - 2:30pm
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 admin 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.



Scan for more info!

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

All sessions are free to attend and term time only.

For more information and to book, contact: families.admin@children-ne.org 0191 272 7824

Charity No. 2220411 children-ne.org.uk

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