

What's On Timetable

Cowgate Family Hub, Houghton Avenue, Cowgate, NE5 3UT. Updated Sep 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	10am - 10:45am: Babies and children who will sit and sing. 11am - 11:45am: Moving children. Boogie Bairns A singing and movement group for children and their carers to do together. Drop in.	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.	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.		10am - 10:45am 11am - 11:45am Early Words Together Fun activities to support early language development. For 2 - 4 year olds. 6 week course, contact admin to check availability.
Cafe Hope Open Monday - Friday Follow us on Facebook @ChildrenNorthEastCowgateCentre for updates!					
Lunchtime	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.	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.	 Scan for more info!	1:30 - 2:30pm Little Connections Special educational needs and disabilities play session. A welcoming space to connect and play. No diagnosis necessary. We encourage socialisation and build confidence through play. For 0 - 5 year olds. Contact admin to book a spot.	

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

