

# Family Hub Offer

**As of the 1<sup>st</sup> April Strengthening Families and Family Hubs joined to provide a 0-19 (25 with SEND) offer for Telford Families.**

**From the 1<sup>st</sup> April 2025 the Family Hubs offer is expanding, and these are a few of the activities on offer:**

**Drop-ins** - provide an opportunity to speak to a Family Hubs practitioner about help and support your family require.

- Advice and signposting
- Information on parenting/courses
- Support and guidance around accessing local community activities
- Family Hubs information

## Southwater Drop in

Every Wednesday 9:30am - 12:30pm

Southwater Library - Children's section.

We are joined at this one by our Dandelion Peer Parent Supporters and monthly IASS and Cranstoun Support .

## Newport Family Hubs Drop In

**Starting from Thursday 8th May 2025 10am-12noon at The Hub Newport TF10 7BH**

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## Free family cooking with families for children aged 0-2

We offer fun, friendly **free** family cooking on a budget demonstration sessions @ Silver Threads Hall Donnington, from the 6th of June till 9th of July 2025 12.30-14.00.

Week 1 : 5 a day tomato sauce & basic white sauce

Week 2 :Falafels with tzatziki or meatballs & sauce

Week 3 :homemade curry from scratch

Week 4 : Pizza using naan bread cooked in the air fryer

Week 5 : cous cous dish

Week 6 : Healthy sweet treat

**Each week you will be shown the recipe & try it, then have the chance to take a picture for you try with your family.**

Happy & healthy food...sessions for you and your little ones!

For more information contact

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**[Jacqueline.taylor@telford.gov.uk](mailto:Jacqueline.taylor@telford.gov.uk)**

Or book directly at [alan.watkins@thesilverthreadshall.org.uk](mailto:alan.watkins@thesilverthreadshall.org.uk)

- If you would like your groups or services promoted to families in Telford please contact [telfordfamilyhubs@telford.gov.uk](mailto:telfordfamilyhubs@telford.gov.uk) for inclusion on our website.
- In order to keep up to date with all new developments we have adapted the Family Hubs website to have a noticeboard where we will put all new activities and information on there – to find out more please follow this link [Notice Board](#)