

Family Hubs - Baby and Me – Helen

[Text: Helen – Baby and Me Group]

[Logos: Family Hubs, Durham County Council, NHS]

[Video clip: Helen with baby seated on floor in sensory play room with cushions, toys, seats]

[Video clip: Coffee mugs and drinks dispenser on table. Parents and babies seated on floor on soft mats, lots of toys, little tables and chairs in large play room]

“We came in and everyone was so welcoming. The team, the girls that were there, all the other parents we sat with all the other parents and their babies and they, everyone there was really welcoming as well.”

[Video clip: Helen with baby seated on floor in sensory play room with cushions, toys, seats]

[Video clip: Sensory room with main lights now switched off, soft blue lights, ball pit, cushions]

“And I just, I think we come every week because it’s- I mean it’s free. I pay for a lot of other baby groups and I feel like to be honest this is the best one that we come to.”

[Video clip: Helen with baby seated on floor in sensory play room with cushions, toys, seats]

“It’s got the separate sensory room. It’s got, and it’s very comfortable in terms of there’s no pressure. You can just sit and you can sit in silence if you really want to.”

[Video clip: Mums and staff seated on floor in large play room talking, little tables and chairs in background, toys, one lady holding a sleeping baby.]

“Or you can sit and talk to other people about how their babies are getting on.”

[Video clip: Helen with baby seated on floor in sensory play room with cushions, toys, seats]

“And it’s good for me because I work full time so I’m used to being around a lot of people all of the time.”

[Video clip: Mums and staff seated on floor in large play room, talking. One lady with baby]

[Video clip: Helen with baby seated on floor in sensory play room with cushions, toys, seats]

“And it gets us out of the house instead of sitting on my own with Theo. I can come and talk to everybody else and see all the other babies and children as well.”

[Text: To find out more about Family Hubs visit

www.durham.gov.uk/FamilyHubs]