




# Blackpool Central activities for you and your family

2 Sept - 31 Dec 2024

All sessions are free to attend unless otherwise stated. See 'Activity Descriptions' pages for more details and booking information.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Central Family Hub</b>  Gorton Street, Blackpool FY1 3JW T: 01253 951190	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>SEND Saturdays</b> 26 October 10am to 12pm	
	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Midwifery clinic</b> 9am to 5pm Booking essential	<b>Family Stay and Play</b> 14 September 12 October 9 November 14 December 10.30am to 12pm
	<b>Well Baby Clinic and Baby Group</b> 9.30am to 11am	<b>Babbling Babies</b> 3 Sept - 15 Oct 29 Oct - 17 Dec 10am to 11am	<b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential	<b>Stop Smoking Service – Blackpool Midwifery</b> 9am to 3pm Booking essential	<b>First Stages of Pregnancy</b> 9.30am to 11.30am Booking essential		
	<b>HENRY drop in</b> 9.30am to 11am	<b>Under 5's Holiday Session</b> 22 October 10am to 11am	<b>Baby Massage</b> 18 Sept - 16 Oct 10am to 11.30am Booking essential	<b>Sensory Time</b> From birth to crawling 10am to 11am	<b>Blackpool Art at the Start</b> 6 Sept - 18 Oct 1 Nov - 13 Dec 10.30am to 11.30am		
	<b>Cost of living advice drop in</b> 10am to 11am	<b>Ready Steady School</b> Starts 1 October 1pm to 2.30pm	<b>Dance and Move</b> 23 October 10am to 11am	<b>Private Fostering drop in</b> 31 October 11.30am to 12.30pm	<b>Monster Mash</b> 3-11 years old 25 October 11am to 12pm Booking essential		
	<b>Sip and Share with Hannah</b> 11am to 12pm	<b>Triple P Teen Parenting Programme</b> 12.30pm to 2.30pm Booking essential	<b>Chatting with Children</b> 4 Sept - 16 Oct 30 Oct - 18 Dec 1pm to 2.15pm	<b>HENRY Bears Stay and Play – Infant feeding support</b> 1pm to 2.30pm	<b>Baby Massage</b> 1 Nov - 29 Nov 1pm to 2.30pm Booking essential		
	<b>Parent Carer Panel</b> 9 September 21 October 2 December 11am to 12.30pm	<b>HENRY Preparing to feed my baby workshop</b> 24 September 6pm to 8pm Booking essential	<b>Baby Steps</b> 1pm to 3pm Booking essential	<b>HENRY Starting Solids workshop</b> 7 November 1pm to 3.30pm Booking essential	<b>Baby Steps</b> 1pm to 3pm Booking essential		
	<b>Horizon Family Support Recovery drop in</b> 1.30pm to 3pm	<b>Halloween photoshoot</b> 22 Oct - 25 Oct 9am to 5pm	<b>Busy Builders</b> 4 Sept – 16 Oct 30 Oct – 18 Dec 3.30pm to 4.30pm	<b>Get Crafty</b> 5 Sept - 17 Oct 31 Oct - 19 Dec 3.30pm to 4.30pm	<b>The Big Food Truck</b> Coming soon Look out for more information on our Facebook page.		
	<b>Dads Peer Support group (pre-birth)</b> 1.30pm to 2.30pm						
	<b>Dads Peer Support group (post-birth)</b> 4pm to 5pm						

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Central Library</b></p> <p>Queen Street, Blackpool FY1 1PX</p>		<p><b>Bounce and Rhyme</b> 10.30am to 11am</p> <p><b>Story Talk</b> 24 September 29 October 26 November 1.30pm to 2.30pm Booking essential</p>	<p><b>Autumn Bounce and Rhyme</b> (Held at Abingdon Street Market) 11, 18, 25 September 10.30am to 11am</p>	<p><b>Facebook live Toddler Time</b> 10.30am Scan QR code to watch</p>  <p><b>Children's Story and Craft</b> 26 September 31 October 28 November 19 December 3.30pm to 4.30pm</p>	<p><b>Silent book group</b> 1.30pm to 3pm Booking required</p> <p><b>Board games group</b> 24 September 25 October 29 November 20 December 2pm to 4.30pm</p>	<p><b>Build and play sessions</b> 1.30pm to 3pm Booking required</p>
<p><b>Revoe Library</b></p> <p>1 Revoe Street, Blackpool FY1 5HN</p>			<p><b>Bounce and Rhyme</b> 11am to 11.30am</p>	<p><b>Facebook live Toddler Time</b> 10.30am Scan QR code to watch</p> 		<p><b>Build and play sessions</b> 10am to 12pm</p> <p><b>Music morning</b> 10am to 1pm</p>
<p><b>Revoe Children's Centre</b></p> <p>Grasmere Road, Blackpool FY1 5HP</p>	<p><b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential</p> <p><b>Baby Massage</b> 4 Nov - 2 Dec 10am to 11.30am Booking essential</p> <p><b>Baby Steps</b> 10am to 12pm Booking essential</p>	<p><b>Blackpool Art at the Start</b> 10 Sept - 15 Oct 29 Oct - 17 Dec 10.30am to 11.30am</p> <p><b>Healthy Relationships</b> 12.30pm to 2.30pm Booking essential</p> <p><b>Busy Builders</b> 3 Sept - 15 Oct 29 Oct - 17 Dec 3.30pm to 4.30pm</p>	<p><b>Chill and Chat</b> (Run by Revoe Learning Academy) 2pm to 3pm</p>	<p><b>Blackpool Coastal Housing drop in</b> 9am to 5pm</p> <p> <b>Halloween crafts</b> 3-11 years old 24 October 10am to 12pm Booking essential</p> <p><b>Sip and Share with Hannah</b> 11am to 12pm</p> <p><b>Parent Carer Panel</b></p>		

	<p><b>Chatting with Children</b> 9 Sept - 14 Oct 28 Oct - 16 Dec 1pm to 2.15pm</p> <p> <b>Get Crafty</b> 9 Sept - 14 Oct 28 Oct - 16 Dec 3.30pm to 4.30pm</p>			<p>7 November 5 December 11am to 12.30pm</p> <p><b>Triple P Group Parenting Programme</b> 12.30pm to 2.30pm Booking essential</p> <p><b>Babbling Babies</b> 12 Sept - 17 Oct 31 Oct - 19 Dec 1pm to 2pm</p>		
<p><b>Westminster Academy</b> 17 Westminster Rd, Blackpool FY1 2QE</p>	<p><b>Primary Mental Health drop in</b> 2pm to 4.30pm</p>				<p><b>Chatting with Children</b> 6 Sept - 18 Oct 8 Nov - 13 Dec 10am to 11.15am</p> <p><b>Baby Massage</b> 13 Sept - 11 Oct 1pm to 2.30pm Booking essential</p> <p><b>Blackpool Art at the Start</b> 8 Nov - 20 Dec 1pm to 2pm</p> <p><b>Sip and Share with Hannah</b> 6 Sept - 18 Oct 8 Nov - 13 Dec 12pm to 1pm</p>	
<p><b>Claremont Community Centre</b> Claremont Rd, Blackpool FY1 2QJ</p>			<p><b>The Big Food Truck</b> Starting 11 September Text your name to 07378905774 to register for collection 1.30pm to 2.30pm</p>			

<p><b>Devonshire Primary Academy</b></p> <p>Devonshire Rd, Blackpool FY3 8AF</p>		<p><b>Primary Mental Health drop in</b></p> <p>10 September 8 October 12 November 10 December 2pm to 4.30pm</p>				
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**Parent Ideas Factory**  Where you spot the lightbulb, these activities have been created through the Parents Ideas Factory. Find out more: [www.blackpoolbetterstart.org.uk/pif](http://www.blackpoolbetterstart.org.uk/pif)

# Blackpool North activities for you and your family

2 Sept - 31 Dec 2024

All sessions are free to attend unless otherwise stated. See 'Activity Descriptions' pages for more details and booking information.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>North Family Hub</b> 31 Dingle Avenue, Blackpool FY3 7NX T: 01253 476480	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Café</b> 9am to 1.30pm	<b>Family Stay and Play</b> 7 September 5 October 2 November 7 December 10.30am to 12pm	
	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Midwifery Clinic</b> 9am to 5pm Booking essential	<b>Dads Peer Support Group (post-birth)</b> 14, 28 September 12, 26 October 9, 23 November 7, 21 December 10.30am to 11.30am
	<b>Stop Smoking Service - Blackpool Midwifery</b> 9am to 3pm Booking essential	<b>Sip and Share 0-3 months</b> 12pm to 1pm	<b>Citizens Advice Bureau</b> 9.30am to 12.30pm Booking essential	<b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential	<b>Triple P Parenting Programme</b> 11.30am to 1.30pm Booking essential	<b>Triple P Parenting Programme</b> 11.30am to 1.30pm Booking essential	<b>Dads Peer Support Group (post-birth)</b> 14, 28 September 12, 26 October 9, 23 November 7, 21 December 10.30am to 11.30am
	<b>Healthy Relationships</b> 9.30am to 12.30pm Booking essential	<b>Triple P Group</b> 10.30am to 12.30pm Booking essential	<b>Chatting with Children</b> 4 Sept – 16 Oct 30 Oct – 18 Dec 10am to 11.15am	<b>Babbling Babies</b> 5 Sept - 17 Oct 31 Oct - 19 Dec 10am to 11am	<b>Stay and Play</b> For deaf and hearing-impaired children 1pm to 2pm Booking essential Term time only	<b>Stay and Play</b> For deaf and hearing-impaired children 1pm to 2pm Booking essential Term time only	<b>SEND Saturdays</b> 28 September 10am to 12pm Drop in
	<b>Blackpool Art at the Start</b> 2 Sept - 14 Oct 28 Oct- 16 Dec 10am to 11am	<b>Well Baby Clinic</b> 1pm to 2.30pm	<b>Under 5's Holiday session</b> 23 October 10am to 11am	<b>Triple P Parenting Programme</b> 10.30am to 12.30pm Booking essential	<b>Parent Carer Panel</b> 13 September 25 October 6 December 12.30pm to 2pm	<b>Parent Carer Panel</b> 13 September 25 October 6 December 12.30pm to 2pm	<b>SEND Saturdays</b> 28 September 10am to 12pm Drop in
	<b>Baby Steps</b> 10am to 12pm	<b>Henry Bears Stay and Play – Infant Feeding Support</b> 1pm to 2.30pm	<b>Ready Steady School</b> from 2 October 1pm to 2.30pm	<b>Baby Massage</b> 1pm to 2.30pm Booking essential	<b>Dads Peer Support Group (pre-birth)</b> 4pm to 5pm	<b>Dads Peer Support Group (pre-birth)</b> 4pm to 5pm	<b>SEND Saturdays</b> 28 September 10am to 12pm Drop in
	<b>Busy Builders</b> 3.30pm to 4.30pm	<b>Primary Mental Health drop in</b> Third Tuesday of every month 2pm to 5pm	<b>First stages of pregnancy</b> 2pm to 4pm Booking essential	<b>Monster Mash</b> 3-11 years old 23 October 2pm to 4pm Booking essential			

Keep up-to-date with new events and services for families

W: [www.blackpool.gov.uk/FamilyHubs](http://www.blackpool.gov.uk/FamilyHubs)

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Layton Library</b> Talbot Road, Blackpool FY3 7BD	<b>Sensory play</b> 10am to 11am Drop in session Term time only  <b>Generations Friends</b> 12.45pm Drop in Term time only		<b>Bounce and Rhyme</b> 10.30am to 11.30am	<b>Facebook live toddler time</b> 10.30am Scan QR code to watch  		<b>Family Board Games</b> 10am to 12.30pm
<b>Moor Park Library</b>  Bristol Avenue, Blackpool, FY2 OJG			<b>Chapter Chats</b> 6-11 years old 3.30pm to 4pm		<b>Bounce and Rhyme</b> 10am to 10.45am Drop in	<b>Build and Play</b> 0-4 years old 10am to 1pm (Older siblings are welcome)
<b>Kincraig School</b>  Kincraig Road, Blackpool FY2 OHN			<b>Babbling Babies</b> 10am to 11am Term time only  <b>Sip and Share</b> 1pm to 2.15pm Term time only  <b>Happy Street</b> Available for hire 12pm to 3pm Booking essential Term time only  <b>Busy Builders</b> 3.30pm to 4.30pm Term time only			
<b>Anchorsholme Library</b>  Luton Road, Blackpool FY5 3RS			<b>Generations Friends</b> 10.15am to 11.15am Term time only	<b>Bounce and Rhyme</b> 10.30am to 11.30am Drop in		<b>Build and Play with duplo</b> 10am to 12.30pm Drop in

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<p><b>Layton Methodist Church</b></p> <p>1 Westcliffe Drive, Blackpool FY3 7DZ</p>				<p><b>The Big Food Truck</b></p> <p>Text your name to 07378905774 to register for collection 2pm to 3pm</p>	<p><b>Sip and Share with Hannah</b></p> <p>10am to 11am</p> <p><b>Sensory Time</b></p> <p>From birth to crawling 11am to 12pm</p>	
<p><b>Greenlands</b></p> <p>24 Low Moor Rd, Blackpool FY2 0PG</p>					<p><b>Baby Group</b></p> <p>From birth to crawling 6 Sept - 18 Oct 1 Nov - 20 Dec 1.30pm to 2.30pm</p>	

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# Blackpool South activities for you and your family

2 Sept - 31 Dec 2024

All sessions are free to attend unless otherwise stated. See 'Activity Descriptions' pages for more details and booking information.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>South Family Hub</b></p> <p>207 St Annes Road, Blackpool FY4 2AP T: 01253 476550</p>	<p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Citizens Advice Bureau</b> 10am to 12pm Booking essential</p> <p><b>Ready Steady School</b> from 30 September 10am to 11.30am</p>	<p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Baby Massage</b> 3 Sept - 1 Oct 10am to 11.30am Booking essential</p> <p><b>Private Fostering drop in</b> 24 September 31 December 11.30am to 12.30pm</p> <p><b>Sensory Time</b> From birth to crawling 1pm to 2pm</p> <p><b>Primary Mental Health Drop in</b> 3 September 1 October 5 November 3 December 2pm to 5pm</p> <p><b>Halloween photoshoot</b> 29 October</p> <p><b>Casher</b> 6pm to 7.30pm</p>	<p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Talking Therapies</b> 9am to 5pm Booking essential</p> <p><b>Well Baby Clinic and Baby Group</b> 9.30am to 11am</p> <p><b>HENRY drop in</b> 9.30am to 11am</p> <p><b>Sip and Share with Hannah</b> 25 September 9, 23, 30 October 13, 20, 27 November 11, 18 December 11am to 12pm</p> <p><b>Parent Carer Panel</b> 11 September 16 October 4 December 11am to 12.30pm</p> <p><b>Halloween photoshoot</b> 23 October 12pm to 3pm</p> <p><b>After school fun session</b> 3.15pm to 4.30pm</p>	<p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Stop Smoking Service – Blackpool Midwifery</b> 9am to 1pm Booking essential</p> <p><b>Breastfeeding Sip and Share social</b> Starting 12 September 9.30am to 10.30am</p> <p><b>Chatting with Children</b> 5 Sept - 17 Oct 31 Oct - 19 Dec 10am to 11.15am</p> <p><b>Under 5's Holiday Session</b> 24 October 10.30am to 11.30am</p> <p><b>Blackpool Art at the Start</b> 5 Sept - 17 Oct 31 Oct - 19 Dec 1pm to 2pm</p> <p><b>Monster Mash</b> 3-11 years old 24 October 1pm to 3pm Booking essential</p> <p><b>Dad's Peer Support group (pre-birth)</b> 2pm to 3pm</p>	<p><b>Midwifery Clinic</b> 9am to 5pm Booking essential</p> <p><b>Horizon Family Support Recovery drop in</b> 6 September 4 October 1 November 6 December 9.30am to 12.30pm</p> <p><b>Babbling Babies</b> 6 Sept - 18 Oct 1 Nov - 20 Dec 10am to 11am</p> <p><b>HENRY Bears Stay and Play – Infant Feeding support</b> 1pm to 2.30pm</p>	<p><b>Family Stay and Play</b> 14 September 19 October 16 November 21 December 10.30am to 12pm</p> <p><b>SEND Saturdays</b> 23 November 10am to 12pm</p>

Keep up-to-date with new events and services for families

W: [www.blackpool.gov.uk/FamilyHubs](http://www.blackpool.gov.uk/FamilyHubs)

F: [@BlackpoolFamilyHubs](https://www.facebook.com/BlackpoolFamilyHubs)


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				(post-birth) 4pm to 5pm		
<b>Palatine Library</b>  St Annes Road, Blackpool FY4 2AP	<b>Bounce &amp; Rhyme</b> 11am to 11.30am  <b>Triple P for Baby</b> 9 Sept - 4 Nov 12.30pm to 2.30pm Booking essential	<b>Baby Steps</b> 1pm to 3pm Booking essential	<b>Baby Steps</b> 10am to 12pm Booking essential	<b>Facebook live toddler time</b> 10.30am Scan QR code to watch  		<b>Build and Play</b> 10am to 1pm
<b>Langdale Library Washroom</b>  Langdale Road, Blackpool FY4 4TR		<b>Tiddly om pom poms</b> 10 Sept - 15 Oct 5 Nov - 17 Dec 10.30am to 11.30am Booking essential				

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# Activity Descriptions and Booking Information

All activities are free unless otherwise stated.  
Please look at the timetable for dates and times.

## After school fun session

Come along to a fun after school session with a variety of games and crafts for school-age children. No booking required.

## Babbling Babies

A friendly group in a warm and welcoming space where you and your baby can learn, play and meet new people together. The one stop shop for advice, support and tips on how to support your developing baby. This group is for children aged 0 to 17 months.

## Baby Group

These sessions are aimed at families with babies to walkers. Families will have the opportunity to meet others from their local area whilst babies can play and explore in a warm welcoming learning environment.

## Baby Massage

The course will be led by a trained professional who will help parents learn the techniques of baby massage, as well as understanding the benefits to baby. These sessions promote 1-1 time with their children. Booking is essential. Please call your local Family Hub to book your space. \*Families must pay council tax to Blackpool Council due to funding\*

## Baby Steps

A perinatal educational programme designed to support expectant parents to manage the emotional and physical transition onto parenthood. Invite only. Please contact 01253 958031 for more information.

## Big Food Truck

The Big Food Truck enables individuals and families to access food at a fraction of supermarket prices. Membership is free and once registered, members can choose how much food they need based on the needs of their household. Bags are filled with a selection of fruits and vegetables, pantry staples and chilled/frozen foods. The different sets are: individual Set (1 bag) £4, family set (3 bags) £6.50, large Plus set (6 bags) £13.

To register, text your name to your preferred location to:

**07378 905774:** To register for collection from Layton Methodist Church, Westcliffe Drive, text your name.

**07378 905786:** To register for collection from Claremont Community Centre, Claremont Road, text your name.

## Blackpool Art at the Start

These sessions are designed to be messy with a focus on parent and infant relationships. They are aimed at children 0 to 4 years old and will be child led.

## Blackpool Libraries

For any of the sessions held within one of the local libraries, please check the timetable for sessions and venues, and contact the relevant library to book a place. Check Facebook for up-to-date sessions dates and times: [www.facebook.com/BlackpoolLibraries](https://www.facebook.com/BlackpoolLibraries)

## Blackpool Tobacco Addiction Service

Stopping smoking is one of the best things you will ever do for you and your family's health.

Call on 0808 196 4324 to book an appointment at one of our face-to-face clinics at a location, day and time that suits you.

## Breastfeeding Sip and Share

Come along to Sip and Share. Led by our Parent Carer Panel Coordinator, you'll have the chance to chat about all things breastfeeding, plus HENRY will be there to offer any feeding support and advice.

## Busy Builders

Let your child's imagination run wild as they build amazing creations using a variety of construction toys. No booking required, just turn up and have fun!

## Casher

A safe place for young people to come and talk to peers and staff. You can enjoy arts and crafts, quizzes and games.

## Chatting with Children

Come along to our free, fun and friendly Stay and Play session which focuses on developing your child's speech, language and communication through play,

interaction and story and rhyme time. For children from 18 months to 5 years. No booking necessary.

## Citizens Advice Bureau

Offering outreach sessions in the North and South Family Hubs. Please book an appointment, call 01253 308405 or visit [www.blackpoolcab.org.uk](http://www.blackpoolcab.org.uk)

## Dad's peer support group

The Dad's Place helps dads to be, or dads with children aged 0-2. A safe place for dads to come together and provide peer support to each other.

- Share experiences of being a dad
- Provide voices to dads
- Give dads opportunities to develop social connections
- Help dads build relationships with their children
- Encourage dads to access any additional support they may need
- Enable dads to seek advice on being a dad Enable dads to seek advice on being a dad.

Contact John on 07585 606815.

## Family Stay and Play

Come along and enjoy playtime with your child, meet other parents/carers and pick up tips on how to support your child's learning and development. There will be a wide range of activities for all ages of children.

## First Stages of Pregnancy

Delivered by the midwifery health trainers. There's advice for parents in early pregnancy. Booking required. Please self-refer through the Blackpool Teaching Hospital website/maternity services.

## Functional Skills English

Brush up your English skills and work towards a qualification. Join our small, friendly class and learn skills to help at home, for work or to keep up with the kids. Contact Blackpool Learning Rooms on 01253 478131 to book your place.

## Functional Skills Maths

Brush up your maths skills and work towards a qualification. Join our small, friendly class and learn

skills to help at home, for work or to keep up with the kids. Contact Blackpool Learning Rooms on 01253 478131 to book your place.

## Get Crafty

Fun family sessions where children can come and use their imagination with fun crafts. No booking required.

## Halloween photo shoot

Come along with your little one and take photos with the backdrop and props

## Happy Street

Role play is a vital part of developing children's social and emotional skills and where children can come and be whoever they want. Kinraig School have done an amazing job of creating a role play area with a real-life set-up. Sessions will be bookable for a 45-minute slot. Please contact 01253 476480 to book.

## Healthy Relationships

Healthy Relationships is a group-based programme which aims to support parents with their relationship and communication skills, managing conflict better, managing stress and exploring the impact of ongoing conflict upon children.

## HENRY Bears

The group is for families to support each other practically and emotionally, alongside infant feeding practitioners and learn to feed volunteers. HENRY Blackpool Infant Feeding Service provides practical and emotional support and information about feeding your baby including breastfeeding, formula feeding and starting solids.

## HENRY Preparing to feed my baby

This is a free 2-hour workshop aimed at pregnant families living in Blackpool from 28 weeks. This friendly and relaxed workshop will give you the opportunity to ask any questions you might have about feeding your new baby and meet other families. During the session we will discuss:

- What life is like with a newborn baby
- Understand the importance of looking after yourself

# Activity Descriptions and Booking Information

All activities are free unless otherwise stated.  
Please look at the timetable for dates and times.

- Explore breastfeeding
- Learn the importance of responsive bottle feeding
- Discover infant feeding support.

To book your place on this workshop, please follow the link  
<https://links.henry.org.uk/bplregistrationptfmb>

## HENRY Starting Solids workshop

Introducing your baby to solid food can be both a daunting and exciting time. Our free workshop is designed to provide you with all the information and guidance you need to make mealtimes enjoyable and engaging for you and your baby.

This friendly and relaxed workshop will give you the opportunity to ask any questions you might have, meet other families and discover how to introduce your baby to solid foods confidently and safely. A free resource pack will be given to you to support you during your solids journey. To book your place on this workshop fill in our booking form: <http://links.henry.org.uk/Blackpool-Session-Workshop-Registration>

## Horizon Recovery Family Support drop in

Drop in and access support with alcohol and substance issues, talk in a safe and relaxed space for parents. Discuss your recovery in a more appropriate environment

## Midwifery Clinics

Midwifery appointments are taking place in our Family Hubs. Please contact your midwife to book your appointment.

## Monster Mash

Family fun session for children aged 3-11 years old. Fancy dress is welcome but not necessary. Limited places available, please call the relevant Family Hub to book your place.

## Parent Carer Panels

Passionate about your community and want to help shape the services you receive from the hubs? Come along and join our Parent Carer Panels. For more information, call Hannah on 01253 476480 or email [parentcarerpanel@blackpool.gov.uk](mailto:parentcarerpanel@blackpool.gov.uk)

## Private Fostering in Blackpool

Private fostering is a private arrangement by a child's parent or someone with parental responsibility for the child to live with someone who is not a close relative. A close relative is defined as: grandparent, sibling, uncle/aunt, or stepparent by marriage. Private fostering only applies to a child under 16 years, or under 18 years if the child is disabled. If the arrangement is expected to last more than 28 days, it becomes a private fostering arrangement. Privately fostered children are not in the care of the Local Authority. Why not call in to our 'drop in' events held in our Family Hubs to find out more.

## Primary Mental Health Drop In

Monthly drop-in for families /young people, aged 5-18 to meet a Mental Health Practitioner regarding advice around their emotional health & wellbeing. A PMH Worker has knowledge & experience which can support with self-care and ensure that you are accessing the correct services.

## Ready Steady School

Are your little ones starting school in September 2024? Ready Steady School is a programme of free play sessions that help you and your child prepare for school through play, rhymes, stories and games that you can also try at home. These fun sessions have been developed with local schools and nurseries and have been proven to support a quick and happy transition to school. No booking required.

## SEND Saturdays

These sessions are for families who have children with SEND needs. Come along to one of our sessions for an informal chance to chat with local services and other parents/carers with SEND children. Children of all ages are welcome. We'll be running different

activities at each session so make sure to join us! No booking required.

## Sensory Time

These sessions are aimed at families with children from birth to crawling. Sensory play plays an important role in a child's learning and development as much of our learning comes throughout our ability to use our senses to retain information. This fun session will be facilitated by the Hub family workers.

## Sip and Share with Hannah

Come along to our informal coffee morning and meet Hannah, during these sessions you'll be able to meet with other parents and chat about what's happening in the hubs/community.

## Stay and Play Group

Come along and enjoy playtime with your child, meet some other parents, and pick up tips on how to support your child's learning and development. Suitable for families with children under 5 years old.

## Stay and Play for deaf and hearing-impaired children

The group provides an opportunity for families with small children (0-5yrs) with Hearing Impairment to meet, share experiences and receive support from specialist advisors in hearing impairment, communication, BSL and Audiology. We will offer support for spoken language and BSL development, music and rhyme time, play opportunities for the children, parent networking, hearing aid and equipment checks, opportunities to meet invited guests from local family support group and other professionals. It is an invite only as it is specifically for children with a Teacher of the Deaf and/or under NHS Audiology. Contact [helen.mccann@blackpool.gov.uk](mailto:helen.mccann@blackpool.gov.uk) for more information.

## Stop Smoking Service – Blackpool Midwifery

Support for families who are expecting who would like to give up smoking. Please speak to your midwife who will refer you to the Blackpool Midwifery Stop Smoking

Service, where you will receive 1:1 stop smoking support throughout your pregnancy and free Nicotine Replacement Therapy (NRT). You can also self-refer to the Blackpool Midwifery Stop Smoking Service by emailing: [bfwh.midwifery.healthtrainers@nhs.net](mailto:bfwh.midwifery.healthtrainers@nhs.net) or contact 01253 952226.

## Talking Therapies

Blackpool Talking Therapies offers a range of free psychological therapies to people aged 16 and over for Blackpool and Cleveleys. To make a referral or book an appointment call 01253 955700.

## Tiddly Om Pom Poms

Music, dance, movement and instruments sessions delivered by Blackpool music service for children aged 0-4.

## Triple P Parenting Programmes

These courses run for 8 weeks and promotes caring relationships between parents and their Babies/children & teen, whilst assisting them to develop effective management strategies for dealing with a range of behaviours.

Baby is suitable for families with newborns up till the age of 12 months, Group is suitable for families with children aged 2-12 years, Teen is suitable for families with children aged 13-16 years. Please contact your Family Hub for more details and to book a place.

## Well Baby Clinic

Health Visitor led clinic for babies up to preschool children to be weighed. To speak to your health visitor, you can call 01253 951700. Please note if your child is unwell, they should not attend this clinic and you should seek advice from your GP or telephone 111.

## Under 5 Holiday sessions

Fun activity sessions for families with children under 5 years old.

# Activity Descriptions and Booking Information

All activities are free unless otherwise stated.  
Please look at the timetable for dates and times.