

Blackpool Central activities for you and your family

27 July – 1 Sept 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	
Central Family Hub Gorton Street, Blackpool FY1 3JW T: 01253 951190	Café 8.30am to 1pm	Café 8.30am to 1pm	Café 8.30am to 1pm	Café 8.30am to 1pm	Café 8.30am to 1pm	SEND Saturdays 27 July 10am to 12pm	
	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Family Stay and Play 10 August 10.30am to 12pm
	Well Baby Clinic 9.30am to 11am	Under 5's Holiday Session 10am to 11am	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential	Stop Smoking Service – Blackpool Midwifery 9am to 3pm Booking essential	First Stages of Pregnancy 9.30am to 11.30am Booking essential	 Dance and Move  10.30am to 11.30am	
	Baby Group 9.30am to 11am	Parent Carer Panel 6 August 11am to 12pm	Busy Builders 31 July to 14 August 10am to 11am	Ready Steady School 10am to 11.30am	Baby Steps 1pm to 3pm Booking essential	Baby Steps 1pm to 3pm Booking essential	
	HENRY drop in 9.30am to 11am	Primary Mental Health drop in 13 August 2pm to 4pm	 Bear Hunt Story Session  7 August 1pm to 2pm	HENRY Bears Stay and Play – Infant feeding support 1pm to 2.30pm	Sensory Time From birth to crawling 1pm to 2pm		
	Sip and Share with Hannah 12 August 11am to 12pm		Family Hubs on the beach 21 August 10am to 12pm (meet at Solaris Centre)				
	Horizon Family Support Recovery drop in 1.30pm to 3pm						
Dads Peer Support group (pre-birth) 1.30pm to 2.30pm (post-birth) 4pm to 5pm							

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

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 Blackpool Better Start

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Central Library</p> <p>Queen Street, Blackpool FY1 1PX</p>		<p>Bounce and Rhyme 10.30am to 11am</p>	<p>Meet and Make group 5-11 years old 24 July to 28 August 2.30pm to 3.30pm Booking essential</p>	<p>Facebook live Toddler Time 10.30am Scan QR code to watch</p>  <p>Children's story and craft session 5 to 11 years old 25 July to 29 August 2.30pm to 3.30pm Booking essential</p>	<p>Board Games group 2.30pm to 4.30pm</p>	<p>Build and Play sessions 10.30am to 12pm</p>
<p>Revoe Library</p> <p>1 Revoe Street, Blackpool FY1 5HN</p>			<p>Bounce and Rhyme 11am to 11.30am</p>	<p>Facebook live Toddler Time 10.30am Scan QR code to watch</p> 		<p>Build and Play sessions 10am to 12pm</p>
<p>Revoe Children's Centre</p> <p>Grasmere Road, Blackpool FY1 5HP</p>		<p>Baby Massage 30 July to 27 August 10am to 11.30am (Please call North Hub to book a place)</p>				
<p>Kingscote Park</p> <p>Kingscote Drive, Blackpool FY3 7EN</p>	<p>Active Blackpool Family Session with Park Rangers 22 July to 19 August 1pm to 3pm</p>	<p>Active Blackpool Family Session with Park Rangers 27 August 1pm to 3pm</p>				

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Blackpool Better Start

Blackpool North activities for you and your family

27 July – 1 Sept 2024

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>North Family Hub</p> <p>31 Dingle Avenue, Blackpool FY3 7NX T: 01253 476480</p>	<p>Café 9am to 1.30pm</p> <p>Midwifery Clinic 9am to 5pm Booking essential</p> <p>Stop Smoking Service - Blackpool Midwifery 9am to 3pm Booking essential</p> <p>Baby Steps 10am to 12pm Booking essential</p> <p> Bear Hunt Story Session  19 August 11am to 12pm</p> <p>Busy Builders 3.30pm to 4.30pm</p>	<p>Café 9am to 1.30pm</p> <p>Midwifery Clinic 9am to 5pm Booking essential</p> <p>Well Baby Clinic 1pm to 2.30pm</p> <p>Henry Bears Stay and Play – Infant Feeding Support 1pm to 2.30pm</p> <p>Primary Mental Health drop in Third Tuesday of every month Afternoon drop in</p>	<p>Café 9am to 1.30pm</p> <p>Midwifery Clinic 9am to 5pm Booking essential</p> <p>Citizens Advice Bureau 9.30am to 12.30pm Booking essential</p> <p>Under 5's Holiday Session 7, 14, 28 August 10am to 11.15am</p> <p>Family Hubs on the beach 21 August 10am to 12pm Meet at Solaris Centre</p> <p>Ready Steady School 1pm to 2.30pm</p> <p>First stages of pregnancy 2pm to 4pm Booking essential</p>	<p>Café 9am to 1.30pm</p> <p>Midwifery Clinic 9am to 5pm Booking essential</p> <p>Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential</p> <p>Triple P Group Parenting Programme 10am to 12pm Booking essential</p> <p>Baby Massage 1, 8, 15, 22, 29 August 1pm to 2.30pm Booking essential</p>	<p>Café 9am to 1.30pm</p> <p>Midwifery Clinic 9am to 5pm Booking essential</p> <p>Dads Peer Support Group (pre-birth) 4pm to 5pm</p> <p>Parent Carer Panel 2 August 12.30pm to 1.30pm</p>	<p>Family Stay and Play 3 August 10.30am to 12pm</p> <p>Dads Peer Support Group (post-birth) 3, 17, 31 August 10.30am to 11.30am</p>

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Layton Library Talbot Road, Blackpool FY3 7BD	Sensory play 10am to 11am Generations Friends 12.45pm Drop in		Bounce and Rhyme 10.30am to 11.30am	Facebook live toddler time 10.30am Scan QR code to watch 		Family Board Games 10am to 12.30pm
Moor Park Library Bristol Avenue, Blackpool, FY2 0JG	Kiddie craft and play 2-4 years old 10am to 10.45am Ancestry advice session 2pm to 4pm		Chapter Chats 6-11 years old 3.30pm to 4.30pm	Adult Chess Group 1pm to 3pm A good Yarn 2pm to 3pm	Bounce and Rhyme 0-2 years old 10am to 11am	Build and Play 0-4 years old 10am to 1pm (Older siblings are welcome)
Anchorsholme Library Luton Road, Blackpool FY5 3RS			Generations Friends 10.15am to 11.15am	Lego/Duplo Build and Play 10.30am to 11.30am Scrabble Club 1.15pm to 3.30pm IT drop in session 2pm to 3pm		

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Layton Methodist Church</p> <p>1 Westcliffe Drive, Blackpool FY3 7DZ</p>					<p>Sip and Share with Hannah 23 August 10am to 11am</p> <p>Sensory Time From birth to crawling 11am to 12pm</p>	
<p>Greenlands</p> <p>24 Low Moor Road, Blackpool FY2 0PG</p>					<p>Sensory Time From birth to crawling 1.30pm to 2.30pm</p>	
<p>East Pines Park</p> <p>Luton Road, Blackpool FY5 3RU</p>				<p>Active Blackpool Athletics and Cricket 5pm to 6pm</p>	<p>Active Blackpool Football 8-11 years old 6pm to 7pm</p> <p>Active Blackpool Football 12-15 years old 7pm to 8pm</p>	

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Blackpool South activities for you and your family

27 July – 1 Sept 2024

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
South Family Hub 207 St Annes Road, Blackpool FY4 2AP T: 01253 476550	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery clinic 9am to 5pm Booking essential	Midwifery Clinic 9am to 5pm Booking essential	Family Stay and Play 17 August 10.30am to 12pm
	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential	Sensory Time From birth to crawling 1pm to 2pm	Well Baby Clinic 9.30am to 11am	 Dance and Move  10.30am to 11.30am	Horizon Family Support Recovery drop in 9.30am to 12.30pm	SEND Saturdays 24 August 10am to 12pm
	Ready Steady School 10am to 11.30am	Primary Mental Health Drop in 6 August 2pm to 5pm	Baby Group 9.30am to 11am	Breastfeeding Sip and Share 8 and 15 August 9.30am to 11am	Busy Builders 10.30am to 11.30am	
	Citizens Advice Bureau 10am to 12pm Booking essential	Casher 6pm to 7.30pm	HENRY drop in 9.30am to 11am	Under 5's Holiday session 1pm to 2pm	HENRY Bears Stay and Play – Infant Feeding support 1pm to 2.30pm	
			Sip and Share with Hannah 14 August 11.30am to 12.30pm	Dads Peer Support Group (post-birth) 2pm to 3pm (post-birth) 4pm to 5pm		
			Parent Carer Panel 7 August 11am to 12pm			
			 Bear Hunt Story Session  14 August 1pm to 2pm	Family Hubs on the beach 21 August 10am to 12pm (Meet at Solaris Centre)		

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 Blackpool Better Start

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Palatine Library St Annes Road FY4 2AP	Bounce & Rhyme 11am to 11.30am	Baby Steps 1pm to 3pm Booking essential	Baby Steps 10am to 12pm Booking essential	Facebook live toddler time 10.30am Scan QR code to watch  Libraries Sensory Storytime 1, 15, 29 August 11am to 11.45am		Build and Play 10am to 1pm
Louie Horrock's Park Prestbury Avenue, Blackpool FY4 1PT			Active Blackpool Family session 24 July to 28 August 3pm to 4pm Booking essential			
Watson Road Park Watson Road, Blackpool FY4 2BP			Active Blackpool Multi-Sports session 24 July to 28 August 5pm to 6pm 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.

Active Blackpool family sessions

These sessions are funded by ward councillors and Sport England. Parents/carers are to remain on site for family sessions and be present for children under the age of 12 at other Active Blackpool sessions. For those over the age of 12, parent/carer must be present to complete a consent form at their first session and give permission for their child to make their own way home from the session.

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.

Bear Hunt Story Session

Thanks to your feedback, we're running a new story session! This fun and interactive session is for families to come along and listen to a story and join in activities. No booking required.

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

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.

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

Dad's peer support group

The Dad's Place helps dads to be, or dads with children aged 0 to 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.

Dance and Move

Thanks to your feedback, we're running Dance and Move sessions for your little ones. These sessions will allow children to come along and have fun showing off their dance moves.

Family Hubs on the beach

This fun family event is being run alongside the Co-production team. Families are to meet at Solaris Centre where they can either stay and get creative in the centre or move on to the beach where we'll have a variety of fun activities to enjoy. Please call 01253 467550 to book your place.

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.

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.

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.

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.

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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 and experience which can support with self-care and ensuring 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 are facilitated by our 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.

Stop Smoking Service – Blackpool Midwifery

Support for families who are expecting and 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 or contact 01253 952226.

Triple P Parenting Programmes

These courses run for 8 weeks and promote caring relationships between parents and their babies/ children and 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.

Under 5's Holiday Sessions

These activity sessions take place during school holidays. These are fun sessions for families with children under 5 years old.

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 should seek advice from your GP or telephone 111.

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