

# DadMAIL

## Family Hub Activities

Dad-friendly activities for parent and child are running at all three family hubs. Hope to see you there!

Family Hub	North	Central	South
Babbling Babies	Thurs 10-11am	Tue 10-11am	Mon 11:30am-12:30pm
Talking Toddlers	Tue 10-11.15am	Wed 1-2.15pm	Thurs 10-11.15 am
Chatty Children	Thurs 1- 2.30pm	Weds 10-11:30am	Fri 10-11.30am

## Recommended Links



### Cost of Living

Rising costs can be worrying if you're pregnant or have a child under 4. There are lots of way we can help. Visit our page at [BlackpoolBetterStart.org.uk/cost-of-living](https://BlackpoolBetterStart.org.uk/cost-of-living) to find out more.



### Dad Matters

Are you a Dad to be, or do you have a baby under 2? Do you wonder how to support your baby's development? Fancy a chat with other dads about being a dad? Ask us where to meet Eric, the Dad Matters Coordinator for Blackpool, Fylde and Wyre or call him on 077437754288 [ericlee@homestartbfw.org.uk](mailto:ericlee@homestartbfw.org.uk)



### Family Hubs Timetable

You can find events from places including Blackpool Libraries, Blackpool Family Hubs, Blackpool Park Rangers and many more all in one place. **Find the timetables across all three Hub areas of North, Central and South at [blackpoolbetterstart.org.uk/families/](https://blackpoolbetterstart.org.uk/families/)**



### The Dad Pad

The DadPad is free for any Blackpool Dad to access. What dads, their partners and professional asked for has all been combined in DadPad for Dads-to-be. **For more info visit [thedadpad.co.uk](https://thedadpad.co.uk)**

## Save & Play Sessions



Come along to the Save and Play sessions, now running at Westminster Academy, in the Westminster suite! **Save & Play dates for October are Friday the 13th from 1:30-3pm and Monday the 30th from 10-11:30am.** The sessions are perfect for children aged 0-4 years old, and siblings are welcome. Enjoy fun activities and snack time with your little ones while picking up helpful Cost of Living resources and information from our friendly Community Connectors!

Save and Play Sessions are running at Westminster Suite, Westminster Academy, Westminster Road, Blackpool, FY1 2QE

# Dad Peer Group Sessions

Empowerment Charity have made Dads Peer Support groups alongside dads, for dads, to discuss pregnancy, or early fatherhood in a safe space.

They can ask any questions, discover activities, talk about their experiences, or offer support to other dads, or just come to meet other dads!

## DADS PEER SUPPORT GROUPS



### Upcoming schedule:

#### North Family Hub - 31 Dingle Ave, Blackpool, FY3 7NX

Pre-Birth starting weekly Friday the 29th of September 4:30pm-5:30pm

Post-Birth starting every other week Saturday the 7th of October 10:30am-11:30am

#### Central Family Hub - Gorton St, Blackpool, FY1 3JW

Pre-Birth starting weekly Monday the 2nd of October 1:30pm-2:30pm

Post Birth starting weekly Monday the 2nd of October 4pm-5pm

#### South Family Hub - Palatine Leisure Centre, 207 St Annes Rd, Blackpool, FY4 2AP

Pre-Birth starting weekly Thursday the 5th of October 2pm-3pm

Post-Birth starting weekly Thursday the 5th of October 4pm-5pm

Commissioned by



## Meet Our Dads



### Anthony

is our **Dads Community Engagement Officer** and will be out and about in Blackpool meeting dads to listen to what matters to them and how services work with dads.

**Anthony: 07710 146765**



### Ross

Is a Blackpool Dad himself and is our **Dads Community Connector**. He was a volunteer helping new dads in activities and now he helps signpost them into the services they need. Ross is available Monday, Tuesday and Thursday mornings.

**Ross: 07780 636984**

Drop us a message at: [betterstart.cecd@nspcc.org.uk](mailto:betterstart.cecd@nspcc.org.uk) or call  
Community Development Manager, Colin on 07710 144989

## Dads Team Recommendations



### World Mental Health Day

Come and meet the Connector Team on Tue 10th Oct at The Winter Gardens, 1.00-5.00 to talk about supporting the mental health of your whole family.



### Baby Steps

A perinatal educational programme designed to support expectant parents to manage the emotional and physical transition into parenthood.

**Find out more at [bit.ly/blackpoolbabysteps](https://bit.ly/blackpoolbabysteps)**



### Sling Library

Blackpool Sling Library gives local mums and dads the chance to borrow slings and carriers and get expert help on how to use them.

**For more info, contact Jen on 07592 496522, or Facebook [@blackpoolslinglibrary](https://www.facebook.com/blackpoolslinglibrary)**

## CONTACTS

Better Start Dads' Dads Team Anthony: 07710 146765 Ross: 07780 636984

