

Blackpool Central activities for you and your family

1 April to 31 July 2025

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 Midwifery clinic 9am to 5pm Booking essential Well Baby Clinic and Baby Group 9.30am to 11am HENRY drop in 9.30am to 11am Blackpool Children and Young Person's Advocacy drop in 28 April 30 June 28 July 9.30am to 11am HENRY Starting Solids workshop 14 April 9.30am to 11.30am Booking essential Cost of living advice drop in 7 April 2 June 7 July 10am to 11am	Café 8.30am to 1pm Midwifery clinic 9am to 5pm Booking essential Babbling Babies 22 April to 20 May 10 June to 15 July 10am to 11am Clevr Money drop in 8 and 22 April 6 and 20 May 3 and 17 June 8 and 22 July 10am to 1pm Sensory Time from birth to crawling 1pm to 2pm	Café 8.30am to 1pm Midwifery clinic 9am to 5pm Booking essential Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential Triple P Parenting Programmes Booking essential Baby Massage 10am to 11.30am Booking essential Chatting with Children 23 April to 21 May 11 June to 16 July 1pm to 2.15pm Easter creations For children under 5 16 April 1pm to 2pm Farmyard sensory session For children under 5 4 June 1pm to 2pm Baby Steps 1pm to 3pm	Café 8.30am to 1pm Midwifery clinic 9am to 5pm Booking essential Stop Smoking Service – Blackpool Midwifery 9am to 3pm Booking essential Ready Steady School 24 April to 21 August 10am to 11.30am SENDIASS drop in 26 June 9.30am to 11am HENRY Bears Stay and Play – infant feeding support 1pm to 2.30pm After school fun 24 April to 22 May 12 June to 17 July 3.30pm to 4.45pm Easter creations For 5 years+ 17 April 1pm to 2pm	Café 8.30am to 1pm Midwifery clinic 9am to 5pm Booking essential First stages of pregnancy 9.30am to 11.30am Booking essential Blackpool Art at the Start 25 April to 23 May 13 June to 18 July 10am to 11am Dance and Move 30 May 10.30am to 11.30am Baby Massage 1pm to 2.30pm Booking essential	Family crafts session 12 April 10.30am to 12pm Family Dance and Move 10 May 10.30am to 12pm SEND Saturday For 0 to teen For teen to 25 years 24 May 10.30am to 12pm Family small world session 14 June 10.30am to 12pm Family lego session 12 July 10.30am to 12pm

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W: www.blackpool.gov.uk/FamilyHubs

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Blackpool Better Start

	<p>Sip and Share 11am to 12pm</p> <p>Sing and Sign 28 April to 19 May 9 June to 14 July 1pm to 2pm Booking essential</p> <p>Horizon family support recovery drop in 7 April 2 June 7 July 1.30pm to 3pm</p> <p>Dads peer support group (pre-birth) 1.30pm to 2.30pm (post-birth) 4pm to 5pm</p>		<p>Booking essential</p> <p>SEND after school fun 0 to teen Teen to 25 years 2 April 7 May 4 June 2 July 4pm to 5.30pm</p>			
<p>Blackpool Sports Centre West Park Drive, Blackpool FY3 9HQ</p>					<p>Mind your step walk First Friday of every month (Meet at Stanley Park visitor centre) 9.45am</p>	
<p>Central Library Queen Street, Blackpool FY1 1PX</p>		<p>Bounce and Rhyme 10.30am to 11am</p> <p>Story talk 29 April 27 May 24 June 29 July 2.30pm to 3.30pm Booking essential</p>		<p>Children's Story and Craft 24 April 29 May 26 June 24 July 3.30pm to 4.30pm</p>		<p>Build and play sessions 10am to 3.30pm</p>

Revoe Library 1 Revoe Street, Blackpool FY1 5HN			Bounce and Rhyme 11am to 11.30am			Build and play sessions 10.30am to 12.30pm
Westminster Academy 17 Westminster Rd, Blackpool FY1 2QE	Primary mental health drop in 2pm to 4.30pm				SEND Stay and Play For children under 5 25 April to 23 May 13 June to 18 July 10am to 11.30am Blackpool Art at the Start 25 April to 23 May 13 June to 18 July 1pm to 2pm	
Revoe Children's Centre Grasmere Road, Blackpool FY1 5HP	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential Baby Steps 10am to 12pm Booking essential Chatting with Children 28 April to 19 May 9 June to 14 July 1pm to 2.15pm Easter creations For 5 years+ 14 April 1pm to 2.30pm Busy Builders 28 April to 19 May 9 June to 14 July	Baby Massage 10am to 11.30am Booking essential Blackpool Parent Carer Forum drop in 10am to 12pm Blackpool Art at the Start 22 April to 20 May 10 June to 15 July 1pm to 2pm Easter creations For children under 5 8 April 1pm to 2.30pm SEND after school fun For 0 to teen 15 April 20 May	Primary mental health drop in 2 April 21 May 9 July 9am to 11am Chill and Chat (Run by Revoe Learning Academy) 2pm to 3pm	Baby Steps 10am to 12pm Booking essential SENDIASS drop in 24 April 9.30am to 11.30am Sip and Share 12pm to 1pm Triple P Parenting Programmes Booking essential Babbling Babies 24 April to 22 May 12 June to 17 July 1pm to 2pm		

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Blackpool Better Start

	3.30pm to 4.30pm	17 June 15 July 4pm to 5.30pm		Easter Sensory Time 10 April 1pm to 2pm Sensory Time 29 May 1pm to 2pm After school fun 24 April to 22 May 12 June to 17 July 3.30pm to 4.45pm		
Devonshire Primary Academy Devonshire Rd, Blackpool FY3 8AF		Primary mental health drop in 8 April 13 May 10 June 8 July 2pm to 4.30pm				

Blackpool North activities for you and your family

1 April to 31 July 2025

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
North Family Hub 31 Dingle Avenue, Blackpool FY3 7NX T: 01253 476480	Café 8.30am to 1pm Stop Smoking Service - Blackpool Midwifery 9am to 3pm Booking essential Birth registrations 9am to 3.30pm Booking essential Healthy Relationships Booking essential Blackpool Art at the Start 28 April to 19 May 9 June to 14 July 10am to 11am Easter creations For children under 5 14 April 10.30am to 11.30am Dance and Move 2 June 10.30am to 11.30am Baby Steps 1pm to 3pm Booking essential Busy Builders 3.30pm to 4.45pm	Café 8.30am to 1pm Midwifery Clinic 9am to 5pm Booking essential Horizon family support recovery drop in 8 April 13 May 10 June 8 July 9am to 12pm Sing and Sign 29 April to 20 May 10 June to 15 July 10am to 11am Booking essential Parent Carer Panel 8 April 12pm to 1.30pm Blackpool Children and Young Person's Advocacy drop in 29 April 27 May 24 June 12.30pm to 2.30pm Well Baby Clinic 1pm to 2.30pm	Café 8.30am to 1pm Midwifery Clinic 9am to 5pm Booking essential Citizens Advice Bureau 9.30am to 12.30pm Booking essential Chatting with Children 23 April to 21 May 11 June to 16 July 10am to 11.15am Farmyard sensory session For children under 5 28 May 10.30am to 11.30am Ready Steady School 23 April to 20 August 1pm to 2.30pm Breastfeeding Sip and Share social 23 April to 21 May 11 June to 16 July 12pm to 1pm First stages of pregnancy 2pm to 4pm Booking essential	Café 8.30am to 1pm Midwifery Clinic 9am to 5pm Booking essential Stop Smoking Blackpool Addiction Service 9am to 4pm Booking essential Cost of living advice drop in 17 April 15 May 19 June 17 July 9.30am to 11am SENDIASS drop in 15 May 17 July 9.30am to 11am Clevr Money drop in 10 and 24 April 8 and 22 May 5 and 19 June 10 and 24 July 10am to 1pm Babbling Babies 24 April to 22 May 12 June to 17 July 10am to 11am	Café 8.30am to 1pm Midwifery Clinic 9am to 5pm Booking essential Triple P Parenting programmes Booking essential HENRY Starting Solids workshop 20 June 9.30am to 11.30am Booking essential Stay and Play for deaf and hearing-impaired children 1pm to 2pm Invite only Dads peer support group (pre-birth) 3.30pm to 5pm	Family crafts session 5 April 10.30am to 12pm SEND Saturday For 0 to teen For teen to 25 years 28 June 10.30am to 12pm Family Dance and Move 3 May 10.30am to 12pm Family small world session 7 June 10.30am to 12pm Family lego session 5 July 10.30am to 12pm Dads peer support group (post-birth) 12 and 26 April 10 and 24 May 7 and 21 June 5 and 19 July 10.30am to 11.30am

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		<p>HENRY Bears Stay and Play – infant feeding support 1pm to 2.30pm</p> <p>Primary mental health drop in 15 April 20 May 17 June 2pm to 4.30pm</p> <p>After school fun 22 April to 20 May 10 June to 15 July 3.30pm to 4.45pm</p>	<p>SEND after school fun For 0 to teen For teen to 25 years 30 April 21 May 25 June 23 July 4pm to 5.30pm</p>	<p>Easter creations For 5 years+ 17 April 10.30am to 11.30am</p> <p>Baby Massage 1pm to 2.30pm Booking essential</p> <p>Baby Steps 1pm to 3pm Booking essential</p>		
<p>Layton Library Talbot Rd, Blackpool FY3 7BD</p>	<p>Sensory play 10.30am to 11.30am Term time only</p>		<p>Bounce and Rhyme 10.30am</p>			<p>Saturday board games 10am to 12.30pm</p>
<p>Anchorsholme Library Luton Rd, Blackpool FY5 3RS</p>				<p>Bounce and Rhyme 10.30am</p>		<p>Build and play session 0 to 4 years (older siblings welcome) 10am to 12.30pm</p>
<p>Layton Methodist Church 1 Westcliffe Drive, Blackpool FY3 7DZ</p>				<p>The Big Food Truck Text your name to 07378905774 to register for collection 2pm to 3pm</p>	<p>Sip and Share 25 April to 23 May 13 June to 18 July 10am to 11am</p> <p>Sensory Time From birth to crawling 11am to 12pm</p>	

Blackpool South activities for you and your family

1 April to 31 July 2025

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
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 crafts session 19 April 10.30am to 12pm
	Citizens Advice Bureau 10am to 1pm Booking essential	Sensory Time From birth to crawling 1pm to 2pm	Talking Therapies 9am to 5pm Booking essential	Stop Smoking Service – Blackpool Midwifery 9am to 1pm Booking essential	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential	Family Dance and Move 17 May 10.30am to 12pm
	Ready Steady School 28 April to 18 August 10am to 11.30am	Primary mental health drop in 1 April 6 May 3 June 2pm to 4.30pm	Clevr Money drop in 2 April 7 May 4 June 2 July 10am to 1pm	Chatting with Children 24 April to 22 May 12 June to 17 July 10am to 11.15am	Horizon family support recovery drop in 4 April 2 May 6 June 9.30am to 12.30pm	Family small world session 21 June 10.30am to 12pm
		Casher 1 and 15 April 6 and 20 May 3 and 17 June 1 and 15 July 6pm to 7.30pm	Dance and Move 28 May 1pm to 2pm	Easter creations For children under 5 17 April 1pm to 2pm	HENRY Starting Solids workshop 23 May 9.30am to 11.30am Booking essential	SEND Saturday 26 April 10.30am to 12pm
			Easter creations For 5 years+ 16 April 2pm to 3pm	Blackpool Art at the Start 24 April to 22 May 12 June to 17 July 1pm to 2pm	Babbling Babies 25 April to 23 May 13 June to 18 July 10am to 11am	Family lego session 19 July 10.30am to 12pm
			After school fun 23 April to 21 May 11 June to 16 July 3.30pm to 4.45pm	Farmyard sensory session For children under 5 5 June 1pm to 2pm	HENRY Bears Stay and Play – infant feeding support 1pm to 2.30pm	
				SEND after school fun 10 April 15 May 12 June 10 July 4pm to 5.30pm		

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Blackpool Better Start

				Dads peer support group (pre-birth) 2pm to 3pm (post-birth) 4pm to 5pm		
South Family Hub at Palatine Library St Annes Road, Blackpool FY4 2AP	Triple P Parenting programmes Booking essential	Baby Massage 10am to 11.30am Booking essential Baby Steps 1pm to 3pm Booking essential	Baby Steps 10am to 11.30am Booking essential Well Baby Clinic and HENRY drop in 9.30am to 11am Blackpool Children and Young Person's Advocacy drop in 30 April 28 May 25 June 9.30am to 11am SENDIASS drop in 9 April 11 June 6 August 9.30am to 11am Parent Carer Panel 9 July 10am to 11.30am Cost of living advice drop in 30 April 28 May 25 June 10am to 11am Clevr Money drop in 2 April 7 May 4 June 10am to 1pm	Sip and Share 24 April to 22 May 12 June to 17 July 9.30am to 10.30am		

Palatine Library St Annes Road, Blackpool FY4 2AP	Bounce and Rhyme 11am to 11.30am			Sensory Time drop in (Families can use equipment) 2pm to 4pm		Build and Play 10am to 1pm
Langdale Library Washroom Langdale Rd, Blackpool FY4 2TR	Local councillors drop in session 10am to 1pm Adult craft club and a cuppa 10.30am to 12pm	Tiddly om pom poms 22 April to 20 May 10 June to 15 July 10.30am to 11.30am				

Activity Descriptions and Booking Information

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

After school fun

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 can learn how to support your child's speech and language through role modelling and parent engagement. Each week there will be a focused activity which will be accompanied by an Early talk card which can be continued at home. This group is for children aged 0 to 17 months. No booking necessary.

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

These courses will be facilitated by a trained professional, who will help parents learn the techniques of baby massage as well as understanding the benefits to baby whilst promoting quality 1-1 time with their children. Booking is essential. Please call the family hub to book your place, please note this course is for Blackpool families only (pay council tax to Blackpool Council.)

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.

Birth registrations

You can book online at www.tinyurl.com/BirthRegistrations

If the online system won't let you proceed with your appointment because your child's date of birth is more than 42 days ago, then please ring us on **01253 477177**. You can also email us at registrars.bdm@blackpool.gov.uk and leave your phone number and someone will call you back. Limited availability on selected Mondays at North Family Hub. You can pay for certificates at your appointment with the registrar with a debit/credit card.

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 and your preferred location to **07378 905774**. (Layton Methodist Church, Westcliffe Drive.)

Blackpool Art at the Start

Art at the Start explores the impact of engaging with the arts on infant's well-being, development and attachment relationships. Making art together builds wonderful moments of connection between babies and their grown-ups – these moments are the key building blocks of strong relationships and self-esteem. When adults respond positively, babies learn that the 'mark' they make on the world will be positively received.

Blackpool Children and Young Person's Advocacy drop ins

Blackpool Children and Young people advocacy offer free, independent, support to children, and young people who are open to the local authority.

Their role is to support and empower individuals to have their voice heard whilst navigating health and social care issues. Their advocates help people understand their rights, access appropriate care, and make informed decisions and their team of health and social care advocates play a crucial role in helping people live the lives they want to live. Pop along to the monthly drop-in sessions for more information.

Blackpool Libraries

Please check the timetable for sessions and venues, please 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.

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 fun and friendly session which focuses on developing you child's speech, language and communication through play, interactions and story and rhyme time. Don't forget to get a copy of the weekly early talk card which can help you to continue your child's learning at home. For children aged 18 months to 5 years. No booking necessary.

Citizens Advice Bureau

Offering outreach sessions in our North and South Family Hubs. Please book an appointment, call 01253 308405 or visit www.blackpoolcab.org.uk

Clevr Money

Come and talk to The Credit Union for top tips on how to save. You can also be sign posted to other organisations for help. Support from CLEVR money can help can make a difference by allowing families to have the access to credit when they need it. Support to be able to manage your own finances.

Cost of living advice drop in

Are you worried about the rising cost of energy bills, food and transport? Whatever your money worries may be, our cost-of-living advisor will be able to offer some useful information and advice in accessing what support is currently available including grants, money saving advice and offers. Call in at one of our monthly drop-in sessions across Blackpool.

Dads 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 **07584 606815**.

Dance and Move

Dance and Move sessions where children can come along and have fun showing off their best dancing moves.

Easter creations

A fun session for children to come along and use their imagination to come up with some easter masterpieces. Some sessions are for under 5 and some for over 5. Check our timetable to see dates and times of each.

Family crafts

A fun session where all the family can come into the hub and try their hand at crafts, no need to book just turn and enjoy in the fun.

Family lego session

A fun session where children and adults can come and get creative with lego.

Family small world session

Come along and explore as a family, using your imagination with a variety of small world activities such as dinosaurs, under the sea creatures and more.

Farmyard sensory session

A fun-filled sensory session for children under 5 years old, all activities will be based around farmyard animals so expect it to be messy!

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.

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. Please contact your local hub to self-refer.

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 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 a booking form: <http://links.henry.org.uk/Blackpool-Session-Workshop-Registration>

Horizon family support recovery drop in sessions

Horizon provides a range of support for all Blackpool residents. Horizon offers information, health screening, treatment and counselling – all confidential and free. Come along to these drop-in sessions where they can offer support to families or partners affected by a loved one's alcohol or drug use, in a safe relaxed space.

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 **07385 002813** or email parentcarerpanel@blackpool.gov.uk

Primary mental health drop ins

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 2025? 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 Saturday

Come and join us at our Family Hubs for SEND drop-in sessions, in partnership with Blackpool Parent Carer Forum. Free activities for children and young people up to the age of 25 with special educational needs or disabilities. Peer on peer support offered from the Parents Forum with an opportunity to find out about more targeted services/support available in Blackpool. Light refreshments provided.

SEND after school fun

Come and join us at the Family Hubs for our SEND drop-in sessions between 4pm and 5.30pm. Free fun activities for children and young people up to the age of 25 with special educational needs or disabilities.

SENDIASS drop in

SENDIASS is short for Special Educational Needs and Disability (SEND) Information, Advice Support Service (IASS) and exists to help parents and carers of children who have, or may have, special educational needs and/or disabilities, in matters

relating to their Education, Health or Social Care provision. Please come along to one of our drop-in sessions to and register and speak to a member of the SENDIASS team.

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 through our ability to use our senses to retain information. This fun session will be facilitated by our hub family workers.

Sing and Sign

Everyone knows nursery rhymes and action songs are great fun and musical activities help stimulate language development. Sing and Sign combines the benefits of both music and baby signing. Suitable for children from 6 months to 2 years old. Booking is essential as there are limited places. Please call our hubs to book your place.

Sip and Share

Come along to our informal coffee mornings 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 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 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 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 to 4.

Triple P Parenting programmes

Bringing up children is one of the hardest jobs there is! This is why Blackpool Family Hubs offer a range of free programmes to support parents/carers, throughout their parenting journey.

Are you a new parent?

You could join us for our Triple P for Baby programme. This 9 week programme provides friendly relaxed sessions that will help you to promote your babies development, build a strong bond with your baby, manage common difficulties of caring for babies and meet other new parents/carers of babies aged 0-12 months. This could be a really great way to start your parenting journey. This programme is available face to face or online. Contact your Local Family Hub to find out more and to register your interest in the programme.

Are you a parent/carers of a pre-school or school aged child?

You could join us for our Triple P for Children Programme (2-12 years). This 9-week programme offers friendly relaxed sessions which provide tips and ideas to help bring out the best in your children, whilst also positively managing common emotional and behavioural difficulties. Come along and meet other parents/carers who are in a similar

situation, whilst you navigate parenting your pre-school and school aged children.

This programme is available face to face. Contact your Local Family Hub to find out more and to register your interest in the programme.

Are you a parent/carer of a teenager?

You could join us for our Triple P Teen Programme. This 9-week programme offers friendly relaxed sessions which provide tips and ideas to help bring out the best in your teenager, whilst also positively managing common teenage emotional and behavioural difficulties. Come along and meet other parents/carers who are in a similar situation whilst you navigate parenting a teenager.

This programme is available face to face. Contact your Local Family Hub to find out more and to register your interest in the programme.

Are you a parent/carer of a child with an additional need?

You could join us for our Triple P Stepping Stones Programme. This 9-week programme offers friendly relaxed sessions which provide practical tips and ideas to support you in caring for a child with additional needs (2-12 years). Come along and meet other parents/carers who will understand the unique challenges that you face.

This programme is available face to face. Contact your Local Family Hub to find out more and to register your interest in the programme.

Are you a parent/carer of a child who has a lot of anxiety?

You could join us for our new Triple P Fear-Less Programme. This 7-week programme offers friendly relaxed sessions which provide opportunity for parents/carers to develop a range of tools and skills, to support children aged 6-14 years old in overcoming their anxiety. Come along and meet other parents/carers who will understand the unique challenges that you face.

This programme is available face to face. Contact your Local Family Hub to find out more and to register your interest in the programme.

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.