

# Blackpool Central activities for you and your family

1 Jan - 29 March 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
<p><b>Central Family Hub</b></p> <p>Gorton Street, Blackpool FY1 3JW T: 01253 951190</p>	<p><b>Café</b> 8.30am to 1pm</p> <p><b>Midwifery clinic</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>Cost of living advice drop in</b> 6 January 3 February 3 March 10am to 11am</p> <p><b>Blackpool Children and Young Persons Advocacy drop in</b> 27 January 24 February 31 March 11am to 12pm</p> <p><b>Parent Carer Panel</b> 20 January 11am to 12.30pm</p> <p><b>Mini Park Rangers</b> 11am to 12pm</p> <p><b>Baby Park Rangers</b> 1pm to 2pm</p>	<p><b>Café</b> 8.30am to 1pm</p> <p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Babbling Babies</b> 7 Jan to 11 Feb 25 Feb to 1 April 10am to 11am</p> <p><b>Sensory Time</b> 1pm to 2pm</p> <p><b>HENRY Preparing to feed my baby workshop</b> 28 January 6pm to 8pm Booking required</p>	<p><b>Café</b> 8.30am to 1pm</p> <p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential</p> <p><b>Triple P Parenting programme</b> Booking essential</p> <p><b>Baby Massage</b> 10am to 11.30am Booking essential</p> <p><b>Sip and Share</b> 11am to 12pm</p> <p><b>Chatting with Children</b> 8 Jan to 12 Feb 26 Feb to 2 April 1pm to 2.15pm</p> <p><b>3 Little Pigs story session</b> 19 February 1pm to 2pm</p> <p><b>Baby Steps</b> 1pm to 3pm Booking essential</p>	<p><b>Café</b> 8.30am to 1pm</p> <p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>Stop Smoking Service – Blackpool Midwifery</b> 9am to 3pm Booking essential</p> <p><b>Ready Steady School</b> 10am to 11.30am</p> <p><b>SENDIASS drop in</b> 27 February 9.30am to 11am</p> <p><b>HENRY Bears Stay and Play – Infant feeding support</b> 1pm to 2.30pm</p> <p><b>HENRY Starting Solids workshop</b> 6 March 1.30pm to 3pm Booking essential</p> <p><b>After school fun</b> 9 Jan to 13 Feb 27 Feb to 3 April 3.30pm to 4.45pm</p>	<p><b>Café</b> 8.30am to 1pm</p> <p><b>Midwifery clinic</b> 9am to 5pm Booking essential</p> <p><b>First Stages of Pregnancy</b> 9.30am to 11.30am Booking essential</p> <p><b>Cook Stars</b> 17 Jan to 7 Feb 10am to 11.15am Booking essential</p> <p><b>Blackpool Art at the Start</b> 10 Jan to 14 Feb 27 Feb to 4 April 10.30am to 11.30am</p> <p><b>Baby Massage</b> 1pm to 2.30pm Booking essential</p>	<p><b>Family Dance and Move</b> 11 January 10.30am to 12pm</p> <p><b>Family small world session</b> 8 February 10.30am to 12pm</p> <p><b>SEND Saturday</b> 22 February 10am to 12pm</p> <p><b>Family board games session</b> 8 March 10.30am to 12pm</p>

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	<p> <b>Sing and sign</b> 24 February 3 March 10 March 17 March 1pm to 2pm Booking essential</p> <p><b>Horizon Family Support Recovery drop in</b> 6 January 3 February 3 March 1.30pm to 3pm</p> <p><b>Dads Peer Support group (pre-birth) (post-birth)</b> 1.30pm to 2.30pm 4pm to 5pm</p>		<p><b>SEND after school session</b> 8 January 5 February 5 March 3.30pm to 5.30pm</p>			
<p><b>Blackpool Sports Centre</b> West Park Drive, Blackpool FY3 9HQ</p>					<p> <b>Balance Bikes</b> 2-5 years 10 Jan to 28 March 10am to 11am</p>	
<p><b>Central Library</b> Queen Street, Blackpool FY1 1PX</p>		<p><b>Bounce and Rhyme</b> 10.30am to 11am</p> <p><b>Story Talk</b> 28 January 25 February 25 March 2.30pm to 3.30pm Booking essential</p>		<p><b>Facebook live Toddler Time</b> 10.30am to 11am Scan QR code to watch</p>  <p><b>Children's Story and Craft</b> 30 January 27 February 27 March 3.30pm to 4.30pm</p>	<p><b>Silent book group</b> 1.30pm to 3pm Booking essential</p> <p><b>Board games group</b> 31 January 28 February 28 March 2pm to 4.30pm</p>	<p><b>Build and play sessions</b> 10am to 3.30pm</p>

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<p><b>Revoe Library</b> 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 to 11am 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>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>It takes two</b> 10 Jan to 14 Feb 9.30am to 12pm</p> <p><b>SEND Sing and Sign</b> 28 Feb to 28 March 9.30am to 10.30am</p> <p><b>SEND Stay and Play</b> 28 Feb to 28 March 10am to 11.30am</p> <p><b>Sip and Share</b> 12pm to 1pm</p> <p><b>Blackpool Art at the Start</b> 10 Jan to 14 Feb 28 Feb to 28 March 1pm to 2pm</p>	


<p><b>Revoe Children's Centre</b> Grasmere Road, Blackpool FY1 5HP</p>	<p><b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential</p> <p><b>Blackpool Art at the Start</b> 6 Jan to 10 Feb 24 Feb to 31 March 10.30am to 11.30am</p> <p><b>HENRY Starting Solids workshop</b> 10 February 9.30am to 11.30am</p> <p> <b>3 Little Pigs story session</b> 17 February 1pm to 2pm</p> <p><b>Chatting with Children</b> 6 Jan to 10 Feb 24 Feb to 16 March 1.15pm to 2.30pm</p> <p><b>SEND after school drop in</b> 20 Jan 24 Feb 17 March 3.30pm to 5.30pm</p>	<p><b>Baby Steps</b> Booking essential</p> <p> <b>Sing and sign</b> 4 March to 25 March 10am to 11am</p> <p><b>Healthy Relationships</b> Booking essential</p> <p><b>Ready Steady School</b> 14 January 28 January Invite only</p> <p><b>Baby Massage</b> 1pm to 2.30pm Booking essential</p> <p><b>Busy Builders</b> 7 Jan to 11 Feb 25 Feb to 1 April 3.30pm to 4.30pm</p>	<p><b>Primary Mental Health drop in</b> 8 January 12 February 9am to 11am</p> <p><b>Chill and Chat</b> (Run by Revoe Learning Academy) 2pm to 3pm</p>	<p><b>Triple P Teen Parenting programme</b> Booking essential</p> <p><b>Triple P Group Parenting programme</b> Booking essential</p> <p><b>Sip and Share</b> 12pm to 1pm</p> <p><b>Babbling Babies</b> 9 Jan to 13 Feb 27 Feb to 3 April 1pm to 2pm</p> <p><b>After school fun</b> 9 Jan to 13 Feb 27 Feb to 3 April 3.30pm to 4.30pm</p>		
<p><b>Claremont Community Centre</b> Claremont Rd, Blackpool FY1 2QJ</p>			<p><b>The Big Food Truck</b> Text your name to 07378905774 to register for collection 1.30pm to 2.30pm</p>			

**Devonshire  
Primary Academy**

Devonshire Rd,  
Blackpool FY3 8AF

**Primary Mental Health  
drop in**

7 January  
11 February  
11 March  
2pm to 4.30pm

**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)

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# Blackpool North activities for you and your family

1 Jan - 29 March 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	
<b>North Family Hub</b> 31 Dingle Avenue, Blackpool FY3 7NX T: 01253 476480	<b>Café</b> 8.30am to 1pm	<b>Café</b> 8.30am to 1pm	<b>Café</b> 8.30am to 1pm	<b>Café</b> 8.30am to 1pm	<b>Café</b> 8.30am to 1pm	<b>Family Dance and Move</b> 4 January 10.30am to 12pm	
	<b>Midwifery Clinic</b> 9am to 3pm 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>SEND Saturday</b> 25 January 10am to 12pm
	<b>Stop Smoking Service - Blackpool Midwifery</b> 9am to 3pm Booking essential	<b>Horizon family support recovery drop in</b> 14 January 11 February 11 March 9am to 12pm	<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>Family small world session</b> 1 February 10.30am to 12pm	
	<b>Birth registrations</b> 9am to 3.30pm Booking essential	<b>HENRY Starting Solids workshop</b> 14 January 9am to 12pm Booking essential	<b>Chatting with Children</b> 8 Jan to 12 Feb 26 Feb to 2 April 10am to 11.15am	<b>Cook Stars</b> 6 March to 27 March 9.30am to 10.45am Booking essential	<b>Stay and Play</b> For deaf and hearing-impaired children 10am to 11am Invite only	<b>Family board games session</b> 1 March 10.30am to 12pm	
	<b>Healthy Relationships</b> Booking essential	<b>Sing and sign</b> 21 Jan to 18 Feb 10am to 11am Booking essential	<b>Ready Steady School</b> 1pm to 2.30pm	<b>SENDIASS drop in</b> 20 March 9.30am to 11am	<b>Dads Peer Support Group (pre-birth)</b> 4pm to 5pm	<b>Dads Peer Support Group (post-birth)</b> 4, 18 January 1, 15 February 1, 15, 29 March 10.30am to 11.30am	
	<b>Blackpool Art at the Start</b> 6 Jan to 10 Feb 24 Feb to 31 March 10am to 11am	<b>Sip and Share 0-3 months</b> 7 Jan to 11 Feb 25 Feb to 1 April 12pm to 1pm	<b>HENRY Starting Solids workshop</b> 26 February 1pm to 3pm Booking essential	<b>Cost of living advice drop in</b> 16 January 20 February 20 March 9.30am to 11am	<b>Babbling Babies</b> 9 Jan to 13 Feb 27 Feb to 3 April 10am to 11am		
	<b>3 Little Pigs story session</b> 17 February 10am to 11.15am	<b>Blackpool Children and Young Person's Advocacy drop in</b> 28 January 25 February	<b>First stages of pregnancy</b> 2pm to 4pm Booking essential				
	<b>Baby Steps</b> 1pm to 3pm		<b>After school fun</b> 8 Jan to 12 Feb 26 Feb to 2 April 3.30pm to 4.45pm				
	<b>Busy Builders</b> 3.30pm to 4.45pm						

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25 March  
12.30pm to 2.30pm

**Well Baby Clinic**  
1pm to 2.30pm

**Henry Bears Stay and Play –  
Infant Feeding Support**  
1pm to 2.30pm

**Primary Mental Health  
drop in**

21 January  
18 February  
18 March  
2pm to 4.30pm

**SEND after school activity**

14 January  
18 February  
25 March  
4pm to 5.30pm

**HENRY Preparing to feed my  
baby workshop**

18 March  
6pm to 8pm  
Booking essential

**Baby Massage**  
1pm to 2.30pm  
Booking essential

**Baby Steps**  
1pm to 3pm  
Booking essential

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<p><b>Kincraig School</b> Kincraig Rd, Blackpool FY2 OHN</p>			<p><b>Happy Street</b> 8 Jan to 12 Feb 26 Feb to 2 April 10am to 12pm Booking essential</p> <p><b>Babbling Babies</b> 8 Jan to 12 Feb 26 Feb to 2 April 1.30pm to 2.30pm</p> <p><b>Busy Builders</b> 8 Jan to 12 Feb 26 Feb to 2 April 3.30pm to 4.15pm</p>			
<p><b>Layton Library</b> Talbot Rd, Blackpool FY3 7BD</p>	<p><b>Sensory play</b> 10.30am to 11.30am Term time only</p>		<p><b>Bounce and Rhyme</b> 10.30am</p>	<p><b>Facebook live Toddler Time</b> 10.30am to 11am Scan QR code to watch</p> 		<p><b>Family board games</b> 10am to 12.30pm</p>
<p><b>Anchorsholme Library</b> Luton Rd, Blackpool FY5 3RS</p>				<p><b>Bounce and Rhyme</b> 10.30am</p>		<p><b>Build and play session</b> 0-4 years (older siblings welcome) 10am to 12.30pm</p>
<p><b>Moor Park Library</b> Bristol Ave, Blackpool FY2 OJG</p>			<p><b>Chapter Chats</b> 6 to 11 years 3.30pm to 4pm</p>	<p><b>Facebook live Toddler Time</b> 10.30am to 11am Scan QR code to watch</p> 	<p><b>Bounce and Rhyme</b> 0-2 years 10am to 10.30am</p>	<p><b>Build and play session</b> 0 to 4 years (older siblings welcome) 10am to 1pm</p> <p><b>Family Chess Club</b> 1pm to 3pm</p>


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<p><b>Moor Park Health and Leisure Centre</b> Bristol Ave, Blackpool FY2 0JG</p>	<p> <b>Balance Bikes</b> 2-5 years 6 Jan to 24 March 10am to 11am</p>					
<p><b>Layton Methodist Church</b> 1 Westcliffe Drive, Blackpool FY3 7DZ</p>				<p><b>The Big Food Truck</b> Text your name to 07378905774 to register for collection 2pm to 3pm</p>	<p><b>Sip and Share</b> 10 Jan to 14 Feb 28 Feb to 4 April 10am to 11am</p> <p><b>Sensory Time</b> From birth to crawling 11am to 12pm</p>	

**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)

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# Blackpool South activities for you and your family

1 Jan - 29 March 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
<b>South Family Hub</b> 207 St Annes Road, Blackpool FY4 2AP T: 01253 476550	<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 Dance and Move</b> 18 January 10.30am to 12pm
	<b>Citizens Advice Bureau</b> 10am to 1pm Booking essential	<b>Baby Massage</b> 10am to 11.30am Booking essential	<b>Talking Therapies</b> 9am to 5pm Booking essential	<b>Stop Smoking Service – Blackpool Midwifery</b> 9am to 1pm Booking essential	<b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking essential	<b>Family small world session</b> 15 February 10.30am to 12pm
	<b>Ready Steady School</b> 10am to 11.30am	 <b>Balance Bikes</b> 2-5 years 7 Jan to 25 March 10am to 11am	 <b>Sing and Sign</b> 22 Jan to 19 Feb 1pm to 2pm Booking essential	<b>Breastfeeding Sip and Share</b> 9 Jan to 13 Feb 27 Feb to 3 April 9.30am to 10.30am	<b>Horizon Family Support Recovery drop in</b> 3 January 7 February 7 March 9.30am to 12.30pm	<b>Family board games session</b> 15 March 10.30am to 12pm
	 <b>Cook Stars</b> for over 5 years 13 Jan to 3 Feb 4pm to 5.15pm Booking essential	<b>Sensory Time</b> From birth to crawling 1pm to 2pm	<b>After school fun</b> 8 Jan to 12 Feb 26 Feb to 2 April 3.15pm to 4.30pm	<b>Chatting with Children</b> 9 Jan to 13 Feb 27 Feb to 3 April 10am to 11.15am	<b>Babbling Babies</b> 10 Jan to 14 Feb 28 Feb to 4 April 10am to 11am	<b>SEND Saturday</b> 22 March 10am to 12pm
		<b>Primary Mental Health Drop in</b> 7 January 4 February 4 March 2pm to 4.30pm		 <b>3 Little Pigs story session</b> 20 February 10.30am to 11.30am	<b>HENRY Bears Stay and Play – Infant Feeding support</b> 1pm to 2.30pm	
	<b>Casher</b> 6pm to 7.30pm			<b>Blackpool Art at the Start</b> 9 Jan to 13 Feb 27 Feb to 3 April 1pm to 2pm		
				<b>SEND after school activity</b> 13 February 13 March 4pm to 5.30pm		

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				<p><b>Dad's Peer Support Group</b>  <pre>(pre-birth) 2pm to 3pm (post-birth) 4pm to 5pm</pre></p>		
<p><b>South Family Hub  at Palatine  Library</b>  St Annes Road, Blackpool  FY4 2AP</p>	<p><b>Sip and Share</b>  6 Jan to 10 Feb  24 Feb to 31 March  11am to 12pm</p> <p><b>Triple P Parenting  programme</b>  Booking essential</p>	<p><b>Baby Steps</b>  1pm to 3pm  Booking essential</p>	<p><b>Baby Steps</b>  10am to 12pm  Booking essential</p> <p><b>Well Baby Clinic</b>  9.30am to 11am</p> <p><b>Blackpool Children and  Young Person's Advocacy  drop in</b>  29 January  26 February  26 March  9.30am to 11am</p> <p><b>SENDIASS drop in</b>  15 January  9.30am to 11am</p> <p><b>HENRY drop in</b>  9.30am to 11am</p> <p><b>Parent Carer Panel</b>  19 March  11am to 12.30pm</p> <p><b>Cost of living advice drop in</b>  22 January  11 February  11 March  10am to 12pm</p>			

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<p><b>Palatine Library</b> St Annes Road, Blackpool FY4 2AP</p>	<p><b>Bounce &amp; Rhyme</b> 11am to 11.30am</p>			<p><b>Facebook live toddler time</b> 10.30am Scan QR code to watch</p>  <p><b>Sensory Time drop in</b> 2pm to 4pm</p>		<p><b>Build and Play</b> 10am to 1pm</p>
<p><b>Langdale Library Washroom</b> Langdale Road, Blackpool FY4 4TR</p>		<p><b>Tiddly om pom poms</b> 14 Jan to 11 Feb 25 Feb to 1 April 10.30am to 11.30am</p>				

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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.

## Balance Bikes

These sessions will be taking place in the leisure centres across Blackpool, the best way for children to start riding a bike by starting out on a balance bike. Active Blackpool's FUN balance bike sessions will teach children aged 2-5 years all the basic skills of balancing, gliding and riding safely. All bikes and helmets are provided.

## Birth registrations

You can book online

[www.tinyurl.com/BirthRegistrations](http://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](mailto:registrars.bdm@blackpool.gov.uk) and leave your phone number and someone will call you back

Limited availability on selected Mondays at Blackpool 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 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 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

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 Park Rangers

Come along to these park rangers sessions, nature based activities where your little one can play in the mud, run around and explore the outdoors. Sessions go ahead in all weathers.

## 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)

## Cook Stars

Cook Stars offers structured sessions that centre around children making their own delicious dishes from scratch, classes offer interactive learning with plenty of opportunity for 'hands on' experience in a supportive learning environment. Everyone attending will take home the dish they have made along with a recipe card so they can make the dish again at home. Limited spaces available. Booking essential.

## 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.

## 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 board games session

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

## Family Dance and Move

Dance and move sessions where children can come along and have fun showing off their dance moves.

## 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.

## 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.

## 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 you will discuss:

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

## 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 Recovery Family Support drop in sessions

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](mailto:parentcarerpanel@blackpool.gov.uk)

## 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 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 from 10am to 12noon, in partnership with the 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.

## 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.

## SEND after school drop in

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 register and speak to a member of the SENDIASS team.

## Sing and Sign

Sing and Sign is an award-winning programme specialising in encouraging your baby's communication! 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. Booking essential as there are limited places. Please call the hub to book your place.

## 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 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**.

## Story session – 3 Little Pigs

Fun and interactive story session for families to come along and listen to the 3 Little Pigs story and join in activities based on the book.

## 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.