

# Blackpool Central activities for you and your family

1 January – 31 March 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	<b>Café</b> 9am to 1.30pm  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Well baby clinic</b> 9.30am to 11am  <b>Baby Group</b> 9.30am to 11am  <b>Triple P Baby Programme</b> 12.30pm to 2.30pm Booking required  <b>Horizon Family Support Recovery Drop In</b> 1.30pm to 3pm  <b>Dad's peer support group</b> Pre-birth 1.30pm to 2.30pm  <b>Post-birth</b> 4pm to 5pm	<b>Café</b> 9am to 1.30pm  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Babbling Babies</b> 9 Jan to 6 Feb 20 Feb to 26 March 10am to 11am  <b>Under 5's Holiday session</b> 13 Feb 10am to 11am  <b>Blackpool Art at the Start</b> 0 - 4 years 9 Jan to 6 Feb 20 Feb to 26 March 10am to 11am  <b>Sip and Share with Hannah</b> 11am to 12pm  <b>Triple P Teen Parenting Programme</b> 12.30pm to 2.30pm Booking required	<b>Café</b> 9am to 1.30pm  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Save and Play</b> 10 Jan 14 Feb 13 March 10am to 11.30am  <b>Healthy Relationships Program</b> 12.30pm to 2.30pm Booking required  <b>Chatting with Children</b> 10 Jan to 7 Feb 21 Feb to 27 March 1pm to 2.30pm  <b>Nursery Funding drop in sessions</b> 10 Jan to 7 Feb 21 Feb to 27 March 1pm to 2.30pm  <b>Under 5's Holiday session</b> 14 Feb 1pm to 2.15pm	<b>Café</b> 9am to 1.30pm  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Stop Smoking Service – Blackpool Midwifery</b> 9am to 3pm Booking required  <b>Triple P Group Program</b> 10am to 12pm Booking required  <b>Parent Carer Panel</b> 8 Feb 7 March 11am to 12.30pm  <b>Baby Massage</b> 22 Feb to 21 March 1pm to 2.30pm Booking required  <b>Baby Steps</b> 1pm to 3pm Booking required  <b>HENRY Bears</b> Starting 25 Jan 1pm to 2.30pm	<b>Café</b> 9am to 1.30pm  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>First stages of pregnancy</b> 9.30am to 11.30am Appointment only  <b>Baby Sensory sessions</b> From birth to crawling age 10am to 11.30am  <b>Baby Rover</b> 5 Jan 12.30pm to 2pm  <b>Toddler sensory sessions</b> From walking to two years 23 Feb to 22 March 1pm to 2.30pm  <b>Baby Steps</b> 1pm to 3pm Booking required	<b>Family Stay and Play</b> 13 Jan 10 Feb 9 March 10.30am to 12pm

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>Central Family Hub</b>  Gorton Street, Blackpool FY1 3JW			<b>HENRY Preparing to feed my baby workshop</b> 17 Jan 1.30pm to 3.30pm  <b>HENRY Starting Solids workshop</b> 24 Jan 7 Feb 1.30pm to 3.30pm  <b>Blackpool Tobacco Addiction Service</b> 9am to 5pm Booking required  <b>Lego club</b> 5+ years 3.15pm to 4.30pm Term time only Drop in session	<b>HENRY Preparing to feed my baby workshop</b> 28 March 1.30pm to 3.30pm		
<b>Westminster Academy</b>  Westminster Road, Blackpool FY1 2QE <b>T: 01253 621703</b>	<b>Baby Massage</b> 15 Jan to 12 Feb 10am to 11.30am Booking required  <b>HENRY Preparing to feed my baby workshop</b> 29 Jan 19 Feb 9.30am to 12.30pm  <b>Primary Mental Health Drop In</b> 2pm to 4.30pm			<b>Stay and Play</b> 9.30am to 11am Term time only		

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Central Library</b>  Queen Street, Blackpool FY1 1PX		<b>Bounce and Rhyme</b> 10.30am	<b>Board Games Group</b> 5+ years 17 Jan 21 Feb 20 March 2.30pm to 4.30pm	<b>Facebook live toddler time</b> 10.30am Scan QR code to watch  <b>Children's crafts</b> 5-11 years 25 Jan 29 Feb 7 March 3.30pm to 4.30pm		<b>Build and Play sessions</b> 10.30am to 12pm
<b>Revoe Children Centre</b>  Grasmere Road, Blackpool FY1 5HP				<b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Over 55's Coffee Morning</b> 10am to 12pm	<b>Blackpool Tobacco Addiction Service</b> 9am to 5pm Booking required  <b>Story time and Stroll</b> First Friday of each month 9.30am to 11am	
<b>Revoe Library</b>  1 Revoe Street, Blackpool FY1 5HN			<b>Bounce &amp; Rhyme</b> 11am to 11.30am			<b>Build and Play sessions</b> 10am to 12pm
<b>Devonshire Primary Academy</b>  Devonshire Rd, Blackpool FY3 8AF		<b>Primary Mental Health Drop In</b> Second Tuesday of each month 2pm to 4.30pm				

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# Blackpool North activities for you and your family

1 January – 31 March 2024

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>North Family Hub</b>  31 Dingle Avenue, Blackpool FY3 7NX	<b>Café</b> 9am to 1.30pm  <b>Healthy Relationships Program</b> 9.30 to 11.30am Booking required  <b>Blackpool Art at the Start</b> 0-4 years 8 Jan to 7 Feb 19 Feb to 25 March 10am to 11am  <b>Stop Smoking Service - Blackpool Midwifery</b> 9am to 3pm Booking required  <b>Midwifery Clinic</b> 9am to 5pm Booking required  <b>Lego Club</b> Aged 5+ 3.30pm to 4.30pm Drop in session	<b>Café</b> 9am to 1.30pm  <b>Midwifery Clinic</b> 9am to 5pm Booking required  <b>Chatting With Children</b> 9 Jan to 6 Feb 20 Feb to 26 March 10am to 11.15am  <b>Childcare Funding drop in sessions</b> 9 Jan to 6 Feb 20 Feb to 26 March 10am to 11.15am  <b>Under 5's Holiday Session</b> 13 Feb 10am to 11.15am  <b>Triple P Group Parenting Program</b> 10.30 to 12.30pm Booking required  <b>Baby Steps</b> Starts 13 Feb 12.30pm to 2.30pm Booking required  <b>Parent Carer Panel</b> 9 Feb 8 March 11am to 12.30pm	<b>Café</b> 9am to 1.30pm  <b>Stay and play</b> 10.15am to 11.30am  <b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Baby Massage</b> Starts 21 Feb 10am to 11am Booking required  <b>Citizens Advice Bureau</b> 9.30am to 12.30pm Booking required  <b>First stages in pregnancy</b> 2pm to 4pm Booking required  <b>Baby Rover</b> 7 Feb 12.30pm to 2pm Drop in	<b>Café</b> 9am to 1.30pm  <b>Babbling Babies</b> 11 Jan to 8 Feb 22 Feb to 28 March 10am to 11am  <b>Under 5's Holiday Session</b> 15 Feb 10am to 11am  <b>Triple P Teen Parenting Program</b> 10.30am 12.30pm Booking required  <b>Midwifery Clinic</b> 9am to 5pm Booking required  <b>Blackpool Tobacco Addiction Service</b> 9am to 5pm Booking required  <b>Save and Play</b> 18 Jan 22 Feb 21 March 1pm to 2.30pm	<b>Café</b> 9am to 1.30pm  <b>Midwifery Clinic</b> 9am to 5pm Booking required  <b>Triple P Baby Parenting Program</b> 11.30am to 1.30pm Booking required  <b>Baby Steps</b> Starts 25 Jan 1pm to 3pm Booking required  <b>Dad Peer Support Group</b> 4pm to 5pm	<b>Family Stay and Play</b> Last Saturday of every month 10.30am to 12pm  <b>Dad Peer Support Group</b> 6 and 20 January 3 and 17 February 2, 16 and 30 March 10.30am to 11.30am

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

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>North Family Hub</b>  31 Dingle Avenue, Blackpool FY3 7NX		<b>Well Baby Clinic</b> 1pm to 2.30pm  <b>HENRY Bears stay and play - Infant Feeding support</b> 1pm to 2.30pm  <b>Primary Mental Health Drop In</b> Every third Tuesday of every month Afternoon drop in				
<b>Layton Library</b>  Talbot Road, Blackpool FY3 7BD	<b>Sensory play</b> 10am to 11am Drop in session  <b>Generations Friends</b> 12.45pm Drop in session		<b>Bounce and Rhyme</b> 10.30am Drop in session	<b>Facebook live toddler time</b> 10.30am Scan QR code to watch  		<b>Family Board Games</b> 10am to 12.30pm Drop in session
<b>Moor Park Library</b>  Bristol Avenue, Blackpool, FY2 0JG	<b>Kiddie craft and play</b> 2-4 years 10am to 10.45am Drop in session		<b>Chapter Chats</b> 3.30pm to 4.30pm Drop in  <b>Scrabble Club</b> 1pm to 3pm Drop in session	<b>Adult Chess Group</b> 1pm to 3pm  <b>A good Yarn</b> 2pm to 3pm Drop in session	<b>Bounce and Rhyme</b> 10am to 11am Drop in session	<b>Family Chess Club</b> 1pm to 3pm
<b>Kincraig School</b>  Kincraig Road, Blackpool, FY2 0HN			<b>Stay and Play</b> 1.15pm to 2.15pm Drop in session			

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<b>Moor Park Health &amp; Leisure Centre</b>  Bristol Avenue, Blackpool, FY2 0JG						
<b>Anchorsholme Library</b>  Luton Road, Blackpool FY5 3RS			<b>Generations Friends</b> 10.15am to 11.15am Drop in session	<b>Bounce and Rhyme</b> 10.30am Drop in session  <b>Scrabble Club</b> 1.15pm to 3.30pm Drop in session  <b>IT drop in session</b> 2pm to 3pm		
<b>Layton Methodist Church</b>  1 Westcliffe Drive, Blackpool, FY3 7DZ					<b>Sip and Share</b> 10am to 11am Drop in coffee morning  <b>Baby Sensory</b> 0-2 years 11am to 12pm	

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# Blackpool South activities for you and your family

1 January – 31 March 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>South Family Hub</b>  207 St Annes Road, Blackpool FY4 2AP	<b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Citizens Advice Bureau</b> 10am to 12pm Booking required  <b>Stop Smoking Blackpool Addiction Service</b> 9am to 5pm Booking required  <b>Baby Massage</b> 8 Jan to 5 Feb 1pm to 2.30pm Booking required	<b>Midwifery clinic</b> 9am to 5pm Booking required   <b>Baby Sensory</b> Birth – crawling Starting 16 Jan 1pm to 2pm  <b>Primary Mental Health Drop in</b> 2 Jan 6 Feb 5 March 2pm to 5pm  <b>Casher</b> 6pm to 7.30pm	<b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Well Baby Clinic</b> 9.30am to 11am  <b>Baby Group</b> 9.30am to 11am  <b>HENRY drop in</b> 9.30am to 11am  <b>Parent Carer Panel</b> 7 Feb 6 March 11am to 12pm  <b>Baby Rover</b> 6 March 12pm to 1.30pm  <b>Save and Play</b> 24 Jan 28 Feb 27 March 1.30pm to 3pm  <b>Lego Club</b> 3.15pm to 4.30pm Drop in session  <b>Triple P Teen Parenting Program</b> 31 Jan to 20 March 6pm to 8pm Booking required	<b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Stop Smoking Service -Blackpool Midwifery</b> 9am to 1pm Booking required  <b>Chatting with Children</b> 11 Jan to 8 Feb 22 Feb to 28 March 10am to 11.30am  <b>Childcare Funding drop in sessions</b> 11 Jan to 8 Feb 22 Feb to 28 March 10am to 11.30am  <b>Sip and Share with Hannah</b> Starts 25 Jan 11.30am to 12.30pm  <b>Under 5's Holiday session</b> 15 Feb 10am to 11.30am  <b>Blackpool Art at the Start</b> 0-4 years 11 Jan to 15 Feb 29 Feb to 28 March 1pm to 2pm	<b>Midwifery clinic</b> 9am to 5pm Booking required  <b>Horizon Family Support recovery drop in</b> 9.30am to 12.30pm  <b>Babbling Babies</b> 12 Jan to 9 Feb 23 Feb to 29 March 10am to 11am  <b>Under 5's Holiday session</b> 16 Feb 10am to 11am	<b>Family Stay and Play</b> 20 Jan 17 Feb 16 March 10.30am to 12pm

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

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>South Family Hub</b>  207 St Annes Road, Blackpool FY4 2AP				<b>Dad's Peer Support Group</b> Pre-birth 2pm to 3pm Post-birth 4pm to 6pm		
<b>Palatine Library</b>  St Annes Road FY4 2AP	<b>Sip and Share with Hannah</b> 10.30am to 11.30am  <b>Bounce and Rhyme</b> 11am to 12pm	<b>Triple P Baby Parenting Program</b> 16 Jan to 5 March 9.30am to 11.30am Booking required  <b>Baby Steps</b> 30 Jan 19 March 1pm to 3pm Booking required	<b>Baby Steps</b> 10 Jan 21 Feb 10am to 12pm Booking required	<b>Library Baby Sensory Storytime</b> Fortnightly from 4 Jan 11am to 11.45am	<b>Triple P Group Parenting Program</b> 19 Jan to 8 March 12pm to 2pm Booking required	<b>Build and Play</b> 11am to 12pm
<b>Langdale Library and wash room</b>  Langdale Road, Blackpool FY4 4TR		<b>Tiddly om pom poms</b> 10.30am to 11.30am Term time only				

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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.

## Family Hubs

For up-to-date information about groups, activities and events at the Blackpool Family Hubs please visit Facebook by searching 'Blackpool Family Hubs'

### North Family Hub

31 Dingle Ave, Grange Park, FY3 7NX

T: 01253 476480

E: NorthFamilyHub@blackpool.gov.uk

### Central Family Hub

Gorton Street, FY1 3JW

T: 01253 951190

E: CentralFamilyHub@blackpool.gov.uk

### South Family Hub

Palatine Leisure Centre,

207 St Anne's Road, FY4 2AP

T: Coming soon (call Central Family for now)

E: SouthFamilyHub@blackpool.gov.uk

## Babbling Babies

**Aged 0 - 17 months**

A friendly group in a warm and welcoming space where you and baby can learn, play and meet new people together. It's a one-stop-shop for advice, support and tips on how to support your developing baby.

## Baby Group

These sessions are aimed at parents and carers with baby's from newborn all the way up to walking. Families have the opportunity to meet other local parents and carers whilst baby plays and explores in a warm, welcoming learning environment.

## Baby Massage

**Aged 0 - 12 months**

IAIM Infant Massage is a 5-week course provided by the Parent and Infant service (PaIRS). This course follows the IAIM (International Association of Infant Massage) programme and provides a wonderful opportunity for you to learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.

Our groups are small and welcoming, with caregivers and their babies. To secure your place, contact your local Family Hub.

## Baby Rover

Would you like to get 10 items of baby and children's clothes for £1? If so, come along to this monthly session and sign up for Baby Rover.

There is a registration fee of £2.50 and this offers you a lifetime membership.

## Baby Steps

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

## Baby Sensory Sessions

**For babies from birth to crawling**

These popular sessions are aimed at families with children from birth up to crawling. Sensory play provides an important role in a child's learning and development, just as much of our learning comes throughout our ability to use our senses to retain information. This fun session is facilitated by our hub family workers.

## Baby Sensory Story Time

This sensory session has a themed story each time, which focuses on the importance of speech through senses whilst reading stories or rhymes. These sessions are facilitated by Blackpool Libraries.

## Blackpool Art at the Start

**Aged 0 - 4 years**

Fancy some messy play with your little one but not at home? If you said yes, our sessions are perfect for you! These sessions are designed to be messy, with a focus on parent and infant relationships. These sessions are child led and offer your child the chance to get creative with different paints.

## Blackpool Libraries

Please check the timetable for sessions and venues. Please contact the relevant library to book your 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 yours and your family's health. Call 0808 196 4324 to book an appointment at one of our face-to-face clinics at a location, day and time that suits you, OR refer yourself using our quick and easy Self-Referral Form

Scan the QR code to see the referral form



## Casher

**Aged 18 and under**

A safe place for young people to come and talk to peers and staff. These sessions host arts and crafts, quizzes and board games. Cashier is suitable for children and young people aged 18 and under with:

- Anxiety
- Depression
- Feelings of worry or upset
- Low self esteem
- A need for someone to talk to

To book a place, please contact your local Family Hub to find out more.

## Chatting with Children

**Aged 18 months – 5 years**

Come along to our fun and friendly Stay and Play session which focuses on developing your child's speech, language and communication through play, interaction and story/rhyme time. Siblings welcome!

## Childcare Funding drop in

From April 2024, support for childcare is expanding. Come along to a drop-in session for more information on what you could be eligible for, how to apply and help finding childcare.

## Citizens Advice Bureau

Citizens Advice is an independent organisation specialising in confidential information and advice to assist people with legal, debt, consumer, housing and other problems. Please book an appointment by calling on 01253 308405 or visit [www.blackpoolcab.org.uk](https://www.blackpoolcab.org.uk)

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## Dad's peer support group

The Dad's Place provides support for dads-to-be and dads with children aged 0-2. It offers a safe place for dads to come together and chat with others in the similar situation.

### The aim of the group is to:

- Share experiences of being a dad
- Provide voices to dad's
- Give dad's 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.

Please contact John for more details on 07585606815.

## Family Stay and Play

Come along and enjoy some playtime with your child, meet other parents, and pick up tips on how to support your child's learning and development.

## First stages of pregnancy

Delivered by midwifery health trainers, this session provides advice for parents in early pregnancy. Booking is required, so please self-refer through the Blackpool Teaching Hospitals website.

Just scan the QR code



## Healthy Relationships Course

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 - breastfeeding, formula feeding, combi feeding and starting solids.

## HENRY Preparing to feed my baby workshop

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
- Explore breastfeeding
- Learn the importance of responsive bottle feeding
- Discover the infant feeding support that is available to you

To book your place on this workshop please scan the QR code



You can also contact HENRY Monday to Friday 9am to 5pm on 01253 746788, or email the team at [blackpool@henry.org.uk](mailto:blackpool@henry.org.uk)

## HENRY Starting solids workshop

Introducing your baby to solid food can be both a daunting and exciting time. HENRY's 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, please scan the QR code



For further information or support, you can contact HENRY Monday to Friday 9am to 5pm on 01253 746788 or email [blackpool@henry.org.uk](mailto:blackpool@henry.org.uk)

## Horizon Recovery Family Support Drop in

Drop in and access support with alcohol and substance issues. Talk in a safe, confidential and relaxed space for parents and discuss your recovery in a safe and comfortable environment.

## Lego Club

### Aged 5-12 years

This one is for the Lego lovers out there! Let your child's imagination run wild as they build amazing creations at our Lego Club. This session is aimed at children ages 5 to 12 years old and runs during term time.

## Midwifery clinics

Midwifery appointments are taking place in the Family Hubs, please contact your midwife to book your appointment.

## Over 55's coffee morning

Coffee morning for anyone over 55 to come and enjoy a brew and a chat.

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

## Parent Ideas Factory

Where you spot the lightbulb, these activities have been created through the Parents Ideas Factory. Find out more: [blackpoolbetterstart.org.uk/pif](http://blackpoolbetterstart.org.uk/pif)

## Primary Mental Health Drop in

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

## Save and Play

### Aged 0-4 years

A fun play session for children aged 0-4 years with lots of ideas of low-cost activities to try at home. Members of the team will also be available to give advice on cost of living.

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## 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 local parents and chat about what's happening in the hubs and the community over a free brew.

## Stay and Play Group

### Aged 5 and under

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

## Stop Smoking Service – Blackpool Midwifery

This service supports expecting families who would like to give up smoking. Please speak to your midwife who will refer you to the Blackpool Midwifery Stop Smoking Service. You will receive one-to-one 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 call 01253 952226.

## Story and Stroll

### Aged 4 and under

Come and meet other parents and children, listen to a story, go for a walk and have a chat. There's a free snack provided too. Suitable for all with children under 4.

## Tiddly Om Pom Poms

### Aged 0-4 years

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

## Toddler sensory sessions

### Up to 2 years old

These sessions are aimed at families with children who are walking, up to 2 years old. Sensory play plays an important role in a child's learning and development. This fun session will be facilitated by our Hub family workers.

## Triple P Parenting Courses

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

Group is suitable for families with children aged 2-12 years and Teen is suitable for families with children aged 13-16 years. Please contact your local Family Hub for more details and to book a place.

## Well Baby Clinic

This is a Health Visitor led clinic for babies up to preschool age 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 if required, you should seek advice from your GP or call 111.

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