

Blackpool Central activities for you and your family

1 April – 31 July 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	Mobile farm 13 April 10am to 12pm 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 11 May 8 June 13 July 10.30am to 12pm
	Well Baby Clinic 9.30am to 11am	HENRY Starting Solids workshop 9 July 9.30am to 11.30am	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	
	Baby Group 9.30am to 11am	Babbling Babies 16 April to 21 May 11 June to 16 July 10am to 11am	Save and Play 10 April 8 May 12 June 10 July 10am to 11am	Triple P Group Parenting Program 9.30am to 11.30am Booking essential	Baby Rover 5 April 5 July 12.30pm to 2pm	
	HENRY drop in 9.30am to 11am	Under 5's Holiday session 2 and 9 April 28 May 4 June 10am to 11am	Healthy Relationships Program 12.30pm to 2.30pm Booking essential	Private Fostering drop in 25 April 25 July 11.30am to 12.30pm	Baby steps 1pm to 3pm Booking essential	
	Blackpool Art at the Start 15 April to 20 May 10 June to 15 July 1pm to 2pm	Parent Carer Panel 9 April 12pm to 1.30pm	Chatting with Children 17 April to 22 May 12 June to 17 July 1pm to 2.15pm	Baby steps 1pm to 3pm Booking essential		
	Triple P Baby Parenting Program 1pm to 3pm Booking essential	Parent Carer Panel 14 May 11 June 9 July 11am to 12.30pm	 Tiny Tangerines multi sports 1 May to 5 June 1pm to 2pm	HENRY BEARS Stay and Play – Infant Feeding support 1pm to 2.30pm		
	Horizon Family Support recovery drop in 1.30pm to 3pm	Sip and Share with Hannah 11am to 12pm				
	Dads Peer support group pre-birth 1.30pm to 2.30pm					
	Dads Peer support group post-birth 4pm to 5pm					

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Central Family Hub</p> <p>Gorton Street, Blackpool FY1 3JW T: 01253 951190</p>		<p>Triple P Teen Parenting Program 12.30pm to 2.30pm Booking essential</p> <p>HENRY Starting Solids workshop 9 April 1.30pm to 3.30pm</p>	<p>Lego Club 17 April to 22 May 12 June to 17 July 3.15pm to 4.30pm</p>	<p>HENRY Preparing to feed my baby workshop 28 March 1.30pm to 3.30pm</p>		
<p>Westminster Academy</p> <p>Westminster Road, Blackpool FY1 2QE T: 01253 621703</p>	<p>Baby Massage Primary Mental Health drop in 2pm to 4.30pm</p> <p>HENRY Starting Solids workshop 3 June 1.30pm to 3.30pm</p>			<p>Baby steps 1pm to 3pm Booking essential</p>		

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Central Library Queen Street, Blackpool FY1 1PX		Bounce and Rhyme 10.30am to 11am	Meet and Make group 12 to 18 years old 24 July 31 July 2.30pm to 3.30pm	Facebook live toddler time 10.30am Scan QR code to watch  Children's story and craft session 5 to 11 years old 25 April 30 May 28 June 25 July 3.30pm to 4.30pm	Board Games group 26 April 31 May 28 June 26 July 2.30pm to 4.30pm	Build and Play sessions 10.30am to 12pm
Revoe Library 1 Revoe Street, Blackpool FY1 5HN			Bounce and Rhyme 11am to 11.30am	Facebook live toddler time 10.30am Scan QR code to watch  SCAN ME		Build and Play sessions 10am to 12pm
Devonshire Primary Academy Devonshire Rd, Blackpool FY3 8AF		Primary Mental Health drop In Second Tuesday of each month 2pm to 4.30pm				

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Blackpool North activities for you and your family

1 April – 31 July 2024

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
North Family Hub 31 Dingle Avenue, Blackpool FY3 7NX T: 01253 476480	Café 9am to 1.30pm	Café 9am to 1.30pm	Café 9am to 1.30pm	Café 9am to 1.30pm	Café 9am to 1.30pm	Family Stay and Play 4 May 1 June 6 July 10.30am 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	Dad peer support group (post-birth) 13 & 27 April 11 & 25 May 8 & 22 June 6 & 20 July 10.30am to 11.30am
	Stop Smoking Service - Blackpool Midwifery 9am to 3pm Booking essential	Chatting With Children 9 April to 21 May 11 June 10am to 11.15am	Stay and Play 10.15am to 11.30am	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential	Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential	Triple P Parenting Program 12 April to 7 June 11.30am to 1.30pm Booking essential	Dad peer support group (post-birth) 13 & 27 April 11 & 25 May 8 & 22 June 6 & 20 July 10.30am to 11.30am
	Healthy Relationships Program 9.30am to 11.30am Booking essential	Under 5's Holiday Session 2 April & 28 May 4 June 10am to 11.15am	Citizens Advice Bureau 9.30am to 12.30pm Booking essential	Babbling Babies 11 April to 3 May 13 June to 18 July 10am to 11am	Babbling Babies 11 April to 3 May 13 June to 18 July 10am to 11am	Stay and Play for deaf and hearing-impaired children 1pm to 2pm Booking essential Term time only	Mobile farm 27 April 10am to 12pm Booking essential
	Blackpool Art at the Start 8 April to 20 May 10 June to 15 July 10am to 11am	Triple P Group Parenting Program 23 April to 18 June 10.30am to 12.30pm Booking essential	Functional Skills English 24 April to 17 July 9.30am to 11.30am Booking essential	Under 5's Holiday Session 4 April 30 May 6 June 10am to 11am	Under 5's Holiday Session 4 April 30 May 6 June 10am to 11am	Stay and Play for deaf and hearing-impaired children 1pm to 2pm Booking essential Term time only	Mobile farm 27 April 10am to 12pm Booking essential
	Lego Club 3.30pm to 4.30pm	Well Baby Clinic 1pm to 2.30pm	First Stages of Pregnancy 2pm to 4pm Booking essential	Triple P Baby Parenting Program 25 April to 20 June 10.30am to 12.30pm Booking essential	Triple P Baby Parenting Program 25 April to 20 June 10.30am to 12.30pm Booking essential	Stay and Play for deaf and hearing-impaired children 1pm to 2pm Booking essential Term time only	Mobile farm 27 April 10am to 12pm Booking essential
	Baby Steps 10am to 12pm Booking essential	HENRY Bears stay and play – Infant Feeding support 1pm to 2.30pm	Save & Play 18 April 16 May 20 June 1pm to 2pm	Save & Play 18 April 16 May 20 June 1pm to 2pm	Save & Play 18 April 16 May 20 June 1pm to 2pm	Dad Peer Support group (pre-birth) 4pm to 5pm	Mobile farm 27 April 10am to 12pm Booking essential

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
North Family Hub 31 Dingle Avenue, Blackpool FY3 7NX		Primary Mental Health Drop In Third Tuesday of every month Afternoon drop in				
Layton Library Talbot Road, Blackpool FY3 7BD	Sensory play 10am to 11am Drop in Generations Friends 12.45pm Drop in		Bounce and Rhyme 10.30am Drop in	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 to 4 years 10am to 10.45am		Chapter Chats 3.30pm to 4.30pm Scrabble Club 1pm to 3pm	Adult Chess Group 1pm to 3pm A good Yarn 2pm to 3pm	Bounce and Rhyme 10am to 11am	Family Chess Club 1pm to 3pm
Kincraig School Kincraig Road, Blackpool, FY2 0HN			Stay and Play 1.15pm to 2.15pm			
Moor Park Health & Leisure Centre Bristol Avenue, Blackpool, FY2 0JG						

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Anchorsholme Library Luton Road, Blackpool FY5 3RS			Generations Friends 10.15am to 11.15am	Bounce and Rhyme 10.30am Scrabble Club 1.15pm to 3.30pm IT drop in session 2pm to 3pm		
Layton Methodist Church 1 Westcliffe Drive, Blackpool, FY3 7DZ					Sip and Share with Hannah 10am to 11am Sensory Time From birth to crawling 11am to 12pm Parent Carer Panel 12 April 3 May 14 June 12 July 10am to 11am	
Greenlands 24 Low Moor Road, Blackpool, FY2 0PG					Sensory Time From birth to crawling 1.30pm to 2.30pm	

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Blackpool South activities for you and your family

1 April – 31 July 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
<p>South Family Hub</p> <p>207 St Annes Road, Blackpool FY4 2AP T: 01253 476550</p>	<p>Midwifery clinic 9am to 5pm Booking essential</p> <p>Stop Smoking Blackpool Addiction Service 9am to 5pm Booking essential</p> <p>Citizens Advice Bureau 10am to 12pm Booking essential</p>	<p>Midwifery clinic 9am to 5pm Booking essential</p> <p>Private Fostering drop in 25 June 11.30am to 12.30pm</p> <p>Sensory Time From birth to crawling 1pm to 2pm</p> <p>Primary Mental Health Drop in 2 April 7 May 4 June 2 July 2pm to 5pm</p> <p>Casher 6pm to 7.30pm</p>	<p>Midwifery clinic 9am to 5pm Booking essential</p> <p>Stop Smoking Service - Blackpool Midwifery 9am to 5pm Booking essential</p> <p>Well Baby Clinic 9.30am to 11am</p> <p>Baby Group 9.30am to 11am</p> <p>HENRY drop in 9.30am to 11am</p> <p>Sip and Share with Hannah 11.30am to 12.30pm</p> <p>Parent Carer Panel 10 April 1 May 12 June 10 July 11am to 12pm</p> <p>Baby Rover 5 June 11am to 12.30pm</p>	<p>Midwifery clinic 9am to 5pm Booking essential</p> <p>Stop Smoking Service - Blackpool Midwifery 9am to 1pm Booking essential</p> <p>Chatting with Children 11 April to 24 May 13 June to 19 July 10am to 11.15am</p> <p>Childcare Funding drop in sessions 11 April to 24 May 13 June to 19 July 10am to 11.15am</p> <p>Under 5's Holiday session 11 April 30 May & 6 June 10am to 11.15am</p> <p>Blackpool Art at the Start 18 April to 23 May 14 June to 19 July 1pm to 2pm</p> <p>Dad's Peer Support Group Pre-birth 2pm – 3pm Post-birth 4pm – 6pm</p>	<p>Midwifery clinic 9am to 5pm Booking essential</p> <p>Horizon Family Support Recovery Drop in 9.30am to 12.30pm</p> <p>Babbling Babies 12 April to 25 May 14 June to 20 July 10am to 11am</p> <p>Henry Bears Stay and Play – Infant Feeding support 1pm to 2.30pm</p> <p>Under 5's Holiday session 5 April 10am to 11.15am</p>	<p>Mobile farm 20 April 10am to 12pm Booking essential</p> <p>Family Stay and Play 18 May 15 June 20 July 10.30am to 12pm</p>

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Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>South Family Hub</p> <p>207 St Annes Road, Blackpool FY4 2AP</p>			<p>Save and Play 24 April 29 May 26 June 1.30pm to 2.30pm</p> <p>Lego Club 17 April to 22 May 12 June to 18 July 3.15pm to 4.30pm</p> <p>Triple P Teen Parenting Program 6pm to 8pm Booking essential</p>			
<p>Palatine Library</p> <p>St Annes Road FY4 2AP</p>	<p>Bounce & Rhyme 11am to 11.30am</p>	<p>Triple P Baby Parenting Program 9.30am to 11.30am Booking essential</p> <p>Baby Steps 1pm to 3pm Booking essential</p>	<p>Baby Steps 10am to 12pm Booking essential</p>	<p>Facebook live toddler time 10.30am Scan QR code to watch</p>  <p>Libraries sensory storytime 11 & 25 April 9 & 23 May 6 & 23 June 18 July 11am to 11.45am</p>	<p>Healthy Relationships Program 9.30am to 11.30am Booking essential</p> <p>Triple P Group Parenting Program 12pm to 2pm Booking essential</p>	<p>Build and Play 10am to 1pm</p>
<p>Langdale Library and wash room</p> <p>Langdale Road, Blackpool FY4 4TR</p>		<p>Tiddly om pom poms 10.30am to 11.30am Term time only</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.

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 their babies can play and explore in a warm welcoming learning environment

Baby Rover

Would you like to get ten items of baby and children's clothes for £1? If so, come along to this monthly session and sign up for Baby Rover. Registration fee is £2.50 for a lifetime membership.

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.

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 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 OR refer yourself using our quick and easy Self-Referral Form <https://www.bfwh.nhs.uk/our-services/stop-smoking-service/>.

A safe place for young people to come, talk to peers and staff, and enjoy arts and crafts, quizzes, board games.

Chatting with Children

Come along to our free, fun and friendly Stay and Play session which focusses 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.

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

6 to 10 Whitegate Drive, FY3 9AQ

Offering outreach sessions in the North and South Family Hubs. Please book an appointment T: 01253 308405 or 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. It will offer a safe place for dads to come together and provide peer support to each other. The aim of the group is to:

- 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.

Please contact John for more details 07585606815

Family Stay & 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. There will be a wide range of activities for all ages of children. These are run at Central second Saturday of the month, South third Saturday of the month and North last Saturday of the month.

First Stages of Pregnancy

Delivered by the midwifery health trainers, advice for parents in early pregnancy. Booking required. Please self-refer through the Blackpool Teaching Hospital website/maternity services

Functional Skills English

Brush up your English skills and work towards a qualification.

Join our small, friendly class and learn skills to help at home, for work or to keep up with the kids.

Contact Blackpool Learning Rooms on 01253 478131 to book your place.

Functional Skills Maths

Brush up your maths skills and work towards a qualification.

Join our small, friendly class and learn skills to help at home, for work or to keep up with the kids.

Contact Blackpool Learning Rooms on 01253 478131 to book your place

Healthy Relationships

Healthy Relationships is a group based program 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, Starting Solids.

HENRY Preparing to feed my baby workshop

This is a free two 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 follow the link here: <https://links.henry.org.uk/bplregistrationptfmb>

You can also contact us Monday - Friday 9am - 5pm on 01253 746788 Or email us here: blackpool@henry.org.uk

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Please look at the timetable for dates and times.

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

For further information or support you can contact us Monday - Friday 9am - 5pm on 01253 746788 or email blackpool@henry.org.uk

Horizon Recovery Family Support Drop in

Drop in and access support with alcohol and substance issues, talk in a safe, confidence and relaxed space for parents. Discuss your recovery in a more appropriate environment.

Lego Club

This one is for the Lego lovers out there! Let your child's imagination run wild as they build amazing creations at our Lego Clubs. 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.

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.

Private Fostering in Blackpool

Private fostering is a private arrangement by a child's parent or someone with parental responsibility for the child to live with someone who is not a close relative. A close relative is defined as: grandparent, sibling, uncle / aunt, or step-parent by marriage. Private fostering only applies to a child under 16 years, or under 18 years if the child is disabled. If the arrangement is expected to last more than 28 days, it becomes a private fostering arrangement. Privately fostered children are not in the care of the Local Authority.

Why not call in to our 'drop in' events held in our Family Hubs to find out more.

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 ensuring that you are accessing the correct services.

Save and Play

A fun play session for 0-4 years with lots of ideas of low-cost activities to try at home, Better Start connectors will be available to give advice on the cost of living.

School Readiness

Starting School in September? 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 necessary.

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 will be facilitated by the 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.

Stay and Play Group

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

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 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 details.

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

Tiddly Om Pom Poms

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

Tiny Tangerines Multi Sports

Our Tiny Tangerines sessions aim to help prepare children for school PE by engaging them in physical activities that help support a variety of EYFS targets being met. Blackpool Football Club Community coaches will create a fun learning environment that will promote physical and social development through activities that incorporate both numeracy and literacy.

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.

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