

Antenatal education

An antenatal education session for birthing people to attend at any time during your pregnancy, covering all topics relating to pelvic health during pregnancy and beyond. Sessions are provided by your local Perinatal Pelvic Health Physiotherapy service.

Early Postnatal Exercise Class

A 6-week course of gentle exercise to build strength and promote pelvic floor health and education post birth. Suitable from 6 weeks postnatal. Babies welcome! Sessions are provided by your local Perinatal Pelvic Health Physiotherapy service. Booking essential via referral from midwife, HV or GP.

Do you have concerns that your child may have a Special Educational Need?

Please call us on 0151 666 3323 or email mychildcanbh@wirral.gov.uk to find out how we may be able to support you.

30 hours FREE childcare for working parents

If you are a working parent with childcare costs, your 3 & 4 year olds may be able to get 30 hours free childcare. For more information contact Wirral's Early Childhood Services, email: fis@wirral.gov.uk

Funding for 2 year olds

2 year olds who live in Wirral may be eligible to receive 15 hours per week free childcare. Please call **0151 666 3323** for more information.

Citizens Advice Wirral

Drop-in Friday 9am-12noon at Brassey Gardens for Advice on Benefits, Housing, Debt and much more. Please call us on **0151 666 3323** for more information.

What is the Family Toolbox?

Familytoolbox.co.uk is a free online hub available to all Wirral's parents and carers. It aims to make resources and support more readily available, putting the power right in the hands of families to work out what you want to change, and what steps you want to take to do that.

Support for Families

Children's Centres can offer one to one support in the home to provide support with any of the following:

- Breastfeeding
- Behaviour and Parenting support
- Emotional support
- Support to access services to meet your needs
- Healthy lifestyle choices
- Domestic Abuse
- Budgeting

If you require support with something that's not on this list, let us know, we may be able to help.

Parents Forum

Come along and 'have your say' in local Children Centre

We hold regular Parent Forum sessions and value your support and feedback.

Register your interest at your local children's centre.

Volunteering Opportunities

Been out of the workplace for a while?

Want to build up your knowledge and confidence?

Have a few hours to spare?

Try volunteering at your local children's centre.

You will receive a comprehensive training and support package to enhance your knowledge and skills to date.

Register your interest at your local children's centre.

Look out for updates on our website:
wirral.gov.uk/cc or call **0151 666 3323**
(Birkenhead Children's Centre for all enquiries).

Brassey Gardens Family Hub

2 Brassey Street, Birkenhead CH41 8DA Tel: 0151 666 3323

Rock Ferry Children's Centre (Satellite)

Ionic Street, Rock Ferry CH42 2BL Tel: 0151 666 3151

St. Stephens Church (Outreach)

Prenton Lane, Prenton. CH42 8LA Tel: 0151 608 3638

What's on

January to March 2024

Birkenhead Children's Centres and in the community



Brassey Gardens (Family Hub)
Rock Ferry (Satellite)
St. Stephens Church (Outreach)

My
Child
Can...

 **WIRRAL**

Mon	Childminders 9.30am - 11.30am. Brassey Gardens Family Hub	Baby Play 10am - 11am. 0 - pre-walking. Rock Ferry Children's Centre	Breastfeeding Support Group 11am - 11.45am. 0 - 5 years. Rock Ferry Children's Centre	Messy Play 1.30pm - 2.30pm. 0 - 5 years. (Please bring children wearing old clothes as they will get messy). Brassey Gardens Family Hub		
Tue	Healthy Child Clinic Drop-in 9.30am - 12noon. 0 - 5 years. Brassey Gardens Family Hub	SEND/Pre-portage group 9.30am - 10.30am. Invite only Brassey Gardens Family Hub	EAL (English as an Additional Language) Stay & Play 10.00am - 11.00am. 0 - 5 years Rock Ferry Children's Centre	Chattertots 1.30pm - 2.30pm 18 Months+ Rock Ferry Children's Centre	Stay & Play 1.30pm - 2.30pm. 0 - 5 years. St. Stephen's, Prenton Lane, Prenton CH42 8LA	
Wed	Stay & Play 9.30am - 10.30am. 0 - 5 years. Manor Primary School	Little Listeners 10.30am - 11.30am. 0 - 5 years. Brassey Gardens Family Hub	Healthy Child Clinic Drop-In 1pm - 4pm. 0 - 5 years. St Catherine's Health Centre	For the latest news and to find out what's on , follow us on facebook:  mychildcan		
Thu	Healthy Child Clinic Drop-In 9.30am - 12noon. 0 - 5 years. St Catherine's Health Centre	Stay & Play 10.00am - 11.00am. 0 - 5 years. Brassey Gardens Family Hub	Healthy Child Clinic Drop-In 1pm - 4pm. St Catherine's Health Centre	Stay & Play 1.30pm - 2.30pm. 0 - 5 years. King's Church, 1 Victoria Fields, Birkenhead CH42 0PF	Stay & Play 1.30pm - 2.30pm. 0 - 5 years. Rock Ferry Children's Centre	School Nurse Drop in 4.00pm - 6.00pm. School aged children. St Catherine's Health Centre
Fri	Citizens Advice Wirral Drop-in 9am - 12noon. For families with children under 5 years. Brassey Gardens Family Hub	Healthy Child Clinic Drop-In 9.15am - 11.15am. 0 - 5 years. Rock Ferry Children's Centre	Rainbows Group 9.30am - 11am. 0-4 years 11 months To book on, please call: 0151 666 3323. Brassey Gardens Family Hub	Little Listeners 10.30am - 11.30am. 0 - 5 years. Rock Ferry Children's Centre	Baby Play 1.30pm - 2.30pm. 0 - pre-walking. Brassey Gardens Family Hub	

Session Information	Baby Play 0 - Walking. A range of activities and resources to enable babies to explore all of their senses.	Little Listeners 0 - 5 years. A group which helps to develop your child's language and communication skills through sharing stories and engaging in activities linked to a book.
	Chattertots Drop in structured group focused on speech and language development from 18months +. Ideal for those waiting for Speech and language intervention.	Messy Play Please bring children wearing old clothes as they will get messy.
	Breastfeeding Support Group 0-5 years. Drop in support and advice on breastfeeding including antenatal information.	Rainbows Group 0 - 4 years 11 months. For children with social and communication difficulties or Autism. Supported by Autism Together. Please call 0151 666 3323 to book.
	EAL (English as an Additional Language) Stay & Play 0-5 years. A group for children and families who do not use English as their 1st language.	Sensory Room (Rock Ferry Children's Centre) Our specially equipped Sensory Room is free and available to book for 1 hour slots. Please call 0151 666 3151 to book.
	Healthy Child Clinic Supported by the Birkenhead Health Visiting Team. Offering advice and support around weaning, diet, weight checks, sleep, behaviour concerns and signposting/referrals to other services.	Stay & Play 0 - 4 years 11 months. An opportunity for parents and children to play and make friends together. Enjoy fun activities including arts and crafts, games, songs and stories.

Book On Courses

Please call 0151 666 3323 for more information and to book a place on our courses listed below:

Baby Massage
 6 weeks - pre-mobiles.
 A 3-week course which can help babies with sleeping patterns, eating habits and all round wellbeing. Please call **0151 666 3323** or **0151 666 3151** to book a place.

Baby Babble
 6 - 18 months.
 A 3-week fun early learning group for parents and babies to share quality time together. Please call **0151 666 3323** or **0151 666 3151** to book a place.

Would you like to talk about your child's speech and language?

Enquire about our WellComm screenings for more information, and to arrange your child's screening.