

## Healthy Child Clinics offered by the 0-19 health visiting service

### Monday

9.30am – 11.30am – Hoylake Community Centre, Hoyle Rd, Hoylake, CH47 3AG

### Tuesday

9.30am – 11.30am – Cub and Calf Parent Hub, 2A Grange Road, West Kirby, CH48 4HA

9.30am – 11.30am – Eastham Clinic, 21 Eastham Rake, CH62 9AN

### Wednesday

9.30am – 11.30am – Bromborough Family Hub, Gratrix Road, Bromborough, CH62 7BW

9.30am – 11.30am – Health Visiting Room, Ganneys Meadow Nursery School & Family Centre, Woodchurch CH49 8HA (term time only)

9.15 am – 11.15am – Grove Street Primary School, New Ferry, CH62 5BA (term time only)

### Friday

9.30am – 11.30am – Heswall Clinic, 270 Telegraph Road, Heswall, CH60 7SG

## 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 is essential via referral from your midwife, health visitor or GP.**

## 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 3246** for more information or email [fis@wirral.gov.uk](mailto:fis@wirral.gov.uk)

## Citizens Advice Wirral

**Drop-in Wednesday 9.30-11.30am** at Ganneys Meadow Nursery School & Family Centre (1st & 3rd Wed of the month) and at Bromborough Family Hub (2nd & 4th Wed of the month) for Advice on Benefits, Housing, Debt and much more. Please call us on **0151 666 3246**.

## 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

Family Hub staff 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.

## Parent's comments

'My son has enjoyed all of the activities especially the arts!'

'Nice to mix again and speak to other mums.'

'Fab activities and lovely environment for the children. All the staff were so lovely and helpful.'

'I found the programme very nice and very helpful, certainly for my son that was very excited and enjoyed a lot.'

'Great activities set up for the children. Loved the natural resources that allowed wonderful exploration and activities that encouraged movement.'

'What a wonderful way for early years to come together and explore the joys of being connected.'

'I am so glad to find an event to bring my lockdown baby to after not being able to go to any mum and baby groups.'

Look out for updates on our website: [wirral.gov.uk/cc](http://wirral.gov.uk/cc) or call **0151 666 3246** (Bromborough Family Hub) for all enquiries.

## Bromborough Family Hub

Gratrix Road, Bromborough CH62 7BW  
Tel: 0151 666 3246

# What's on

## January to March 2024



## South and West Wirral Locality

Based at Bromborough Family Hub

Gratrix Road, Bromborough CH62 7BW  
0151 666 3246

My  
Child  
Can...

 **WIRRAL**

<b>Mon</b>	<b>PANDAs Drop In</b> 10.00am - 11.00am. <a href="#">Bromborough Family Hub</a>	<b>Baby Play</b> 10.30am - 11.30am. 0 - 12 months. <a href="#">Bromborough Family Hub</a>	<b>Breastfeeding Group</b> 12.30pm - 2.30pm. <a href="#">Cub &amp; Calf Parent Hub, West Kirby, CH48 4HA.</a>	<b>Rainbow Group</b> 1.30pm - 2.30pm. 0 - 4 years. <a href="#">Bromborough Family Hub</a>	<b>Development Reviews</b> 1.30pm - 4.30pm. <b>Booking essential.</b> To book on, please call <b>0151 514 0219.</b> <a href="#">Bromborough Family Hub</a>	
<b>Tue</b>	<b>Tweenie Play</b> 10am - 11am. 11-24 months. <a href="#">Bromborough Family Hub</a>	<b>Baby Play</b> 10am - 11am. 0 - 12 months. <a href="#">Ganneys Meadow Nursery School &amp; Family Centre, CH49 8HA</a>	<b>Development Reviews</b> 9am - 5pm. <b>Booking essential.</b> To book on, please call <b>0151 514 0219.</b> <a href="#">Bromborough Family Hub</a>	<b>Are you concerned about your child's speech &amp; language?</b> Contact Bromborough Children's Centre for more information about our WellComm screenings or to make arrangements to discuss your concerns.		
<b>Wed</b>	<b>Citizens Advice Wirral Drop-In</b> 9.30am - 11.30am. 1st & 3rd Wed of the month. <a href="#">Ganneys Meadow Nursery School &amp; Family Centre, CH49 8HA</a>	<b>Citizens Advice Wirral Drop-In</b> 9.30am - 11.30am. 2nd & 4th Wed of the month. <a href="#">Bromborough Family Hub</a>	<b>Healthy Child Clinic Drop-In</b> 9.30am - 11.30am. <a href="#">Bromborough Family Hub</a>	<b>Healthy Child Clinic Drop-In</b> 9.30am - 11.30am. <a href="#">Ganneys Meadow Nursery School &amp; Family Centre, CH49 8HA</a>	<b>Breastfeeding Group</b> 10am - 12pm. <a href="#">Bromborough Family Hub</a>	<b>Bumps to Babies</b> 10.30am - 11.30am. Pregnancy - 12 months. <a href="#">Bromborough Family Hub</a>
<b>Thu</b>	<b>Development Reviews</b> 9am - 5pm. <b>Booking essential.</b> To book on, please call <b>0151 514 0219.</b> <a href="#">Bromborough Family Hub</a>	<b>Childminders Drop-In</b> 9.30am - 11.30am. 0 - 5 years. <a href="#">Bromborough Family Hub</a>	<b>Pensby Play</b> 10am - 11am. 0 - 24 months. <a href="#">Pensby Primary School ,CH61 5UE</a>	<b>Art Play</b> 10am - 11.30am. 0 - 4 years. <a href="#">Lady Lever Art Gallery, CH62 5EQ</a>	<b>Stay &amp; Play</b> 1pm - 2pm. 0 - 4 years. <a href="#">Ganneys Meadow Nursery School &amp; Family Centre, CH49 8HA</a>	<b>Stay &amp; Play</b> 1.30pm - 2.30pm. 0 - 4 years. <a href="#">Bromborough Family Hub</a>
<b>Fri</b>	<b>Rhyme Time</b> 10am - 11am. 12 months plus. <a href="#">Bromborough Family Hub</a>	<b>Stay &amp; Play</b> 10.30am - 11.30am. 0 - 4 years. <a href="#">Black Horse Hill Infant School CH48 6DS (in annex)</a>	<b>Relaxed Tots</b> 10.30am - 11.30am. 2+ years. <a href="#">Bromborough Family Hub</a>	<b>Positivtree Coffee Morning</b> 9am - 11am. <a href="#">Ganneys Meadow Nursery School &amp; Family Centre, CH49 8HA</a>	<b>My Baby Club</b> 1pm - 3pm. <b>Booking essential.</b> To book on, please call <b>0151 604 7682.</b> <a href="#">Bromborough Family Hub</a>	

<b>Session Information</b>	<b>Art Play</b> 0-5 Years. Term time drop in session. Art and craft, messy play and activities for children to enjoy. Facilitated by Lady Lever Art Gallery.	<b>Breastfeeding Group</b> A friendly support group run by Koala North West for new or expectant mothers from Wirral.	<b>Development Reviews</b> A review of your child's development offered by the South and West Health Visiting Team. Please call <b>0151 514 0219</b> for more information. <b>Booking essential.</b>	<b>Positivtree</b> A weekly coffee morning providing emotional, mental and practical wellbeing support to families of children with additional needs	<b>SEND Sensory (for children with additional needs)</b> Sensory play for children with additional needs and limited mobility. <b>Booking essential.</b>
	<b>Baby Babble</b> 6 - 12 months. Encourage your baby to learn and love language through songs, rhymes and sign. <b>Booking essential.</b>	<b>Bumps to Babies</b> Pregnancy-12 months. An opportunity to meet with other new parents/parents to be in a safe, stimulating environment, to share experiences and to promote babies development.	<b>My Baby Club</b> An antenatal group for parents to be from 32 weeks gestation. The group covers all aspects of practical care of your new born baby, and offers an opportunity to meet other parents to be and ask questions. Please call <b>0151 604 7682.</b>	<b>Rainbow Group</b> 0 - 4 years. For children with social and communication difficulties or autism. This group is supported by Autism Together.	<b>Stay &amp; Play</b> 0 - 4 years. Drop-in session for all to enjoy learning and development play opportunities.
	<b>Baby Massage</b> 0 - 6 months. Baby massage can support with bonding and attachment for you and your baby, as well as sleeping patterns and all round wellbeing. <b>Booking essential.</b>	<b>Chatter Tots</b> 18 months plus. 6-week programme which encourages language and independence skills through fun and interactive activities. <b>Booking essential.</b>	<b>PANDAs Clinic Drop-in</b> Please feel free to drop in – you do not need a referral or appointment. We welcome all parents who may be struggling with their mental health & those supporting a parent who may be struggling. We're here to be a listening ear, a platform for you to share & a place to meet others who may have similar concerns. For more information email <a href="mailto:pandaswirral@hotmail.com">pandaswirral@hotmail.com</a>	<b>Relaxed Tots</b> A course of relaxing, peaceful play sessions for children aged 2 years plus who may need support to understand their own feelings; for parents/carers to be given the guidance and strategies to understand their children's emotions and behaviour, big or small, through play and fun activities. <b>Booking is essential</b> as this is a small group session.	<b>Tweenie Play</b> 11-24 months. Drop-in group to allow young children to have fun exploring activities to aid their development.
	<b>Baby Play</b> 0 - 12 months. Early learning group to support you and your child in all areas of development while sharing quality time together.	<b>Childminders Drop-In</b> 0 - 5 years. A chance for childminders to introduce their minded children to different experiences within the Children's Centre environments.		<b>Rhyme Time</b> 12 months plus. Enjoy fun activities including arts and crafts, rhymes, songs and stories.	
	<b>Baby Yoga</b> 12 weeks to pre-mobile. Baby Yoga can help with bonding and attachment and physical development. <b>Booking essential.</b>	<b>Citizens Advice Wirral Drop-In</b> CAW advisors are available to support with Benefit, Housing, Debt and much more. Please call <b>0151 666 3246</b> for more information.			

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