

## 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](mailto: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](mailto: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 Brasseley 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 Family Hubs for all enquiries).

### Brasseley Gardens Family Hub

2 Brasseley 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

### King's Church (Outreach)

1 Victoria Fields, Tranmere. CH42 0PF

### Manor Primary School (Outreach)

Beechwood Drive, Prenton. CH43 7ZU

# What's on

## April to July 2024

## Birkenhead Family Hubs and in the community



Brasseley Gardens (Family Hub)  
Rock Ferry (Family Hub)  
St. Stephens Church (Outreach)  
King's Church (Outreach)  
Manor Primary School (Outreach)

My  
Child  
Can...

 **WIRRAL**

<b>Mon</b>	<b>Baby Play</b> 10am - 11am. 0 - pre-walking. <a href="#">Rock Ferry Family Hub</a>	<b>Healthy Child Clinic Drop-In</b> 9.15am - 11.30am. 0 - 5 years. <a href="#">Manor Primary School</a>	<b>Childminders Drop-In</b> 9.30am - 11.30am. <a href="#">Brassey Gardens Family Hub</a>	<b>Breastfeeding Support Group</b> 11am - 11.45am. 0 - 5 years. <a href="#">Rock Ferry Family Hub</a>	<b>Messy Play</b> 1.30pm - 2.30pm. 0 - 5 years. (Please wear old clothes as they will get messy). <a href="#">Brassey Gardens Family Hub</a>
<b>Tue</b>	<b>Healthy Child Clinic Drop-In</b> 9.30am - 12noon. 0 - 5 years. <a href="#">Brassey Gardens Family Hub</a>	<b>SEND/Pre-portage group</b> 9.30am - 10.30am. <b>Invite only</b> <a href="#">Brassey Gardens Family Hub</a>	<b>EAL (English as an Additional Language) Stay &amp; Play</b> 10am - 11am. 0 - 5 years <a href="#">Rock Ferry Family Hub</a>	<b>Messy Play</b> 1.30pm - 2.30pm. 18 Months+ (Please wear old clothes as they will get messy). <a href="#">Rock Ferry Family Hub</a>	<b>Baby Massage/Baby Babble</b> 1.30pm - 2.30pm. 0 - 5 years. Please call to book on. <a href="#">St. Stephen's, Prenton Lane, Prenton CH42 8LA</a>
<b>Wed</b>	<b>Stay &amp; Play</b> 9.30am - 10.30am. 0 - 5 years. <a href="#">Manor Primary School</a>	<b>Little Listeners</b> 10.30am - 11.30am. 0 - 5 years. <a href="#">Brassey Gardens Family Hub</a>	<b>Chatter Tots</b> 10am - 11am. 18 Months+ Please call to book on. <a href="#">Rock Ferry Family Hub</a>	<b>Healthy Child Clinic Drop-In</b> 1pm - 4pm. 0 - 5 years. <a href="#">St Catherine's Health Centre</a>	For the latest news and to find out what's on, follow us on facebook: <a href="#">mychildcan</a>
<b>Thu</b>	<b>Healthy Child Clinic Drop-In</b> 9.30am - 12noon. 0 - 5 years. <a href="#">St Catherine's Health Centre</a>	<b>Stay &amp; Play</b> 10.00am - 11.00am. 0 - 5 years. <a href="#">Brassey Gardens Family Hub</a>	<b>Stay &amp; Play</b> 1.30pm - 2.30pm. 0 - 5 years. <a href="#">King's Church</a>	<b>Stay &amp; Play</b> 1.30pm - 2.30pm. 0 - 5 years. <a href="#">Rock Ferry Family Hub</a>	
<b>Fri</b>	<b>Citizens Advice Wirral Drop-in</b> 9am - 12noon. For families with children under 5 years. <a href="#">Brassey Gardens Family Hub</a>	<b>Rainbows Group</b> 9.30am - 11am. 0 - 4 years 11 months To book on, please call: 0151 666 3323. <a href="#">Brassey Gardens Family Hub</a>	<b>Little Listeners</b> 10.30am - 11.30am. 0 - 5 years. <a href="#">Rock Ferry Family Hub</a>	<b>SEND/Pre-portage group</b> 12.30pm - 1.30pm. <b>Invite only</b> <a href="#">Rock Ferry Family Hub</a>	<b>Baby Play</b> 1.30pm - 2.30pm. 0 - pre-walking. <a href="#">Brassey Gardens Family Hub</a>

<b>Session Information</b>	<b>Baby Play</b> 0 - Walking. A range of activities and resources to enable babies to explore all of their senses.	<b>Messy Play</b> 0 - 5 years. Enjoy exploring and learning through messy play activities. Please wear appropriate clothing!	<b>Book On Courses</b>
	<b>Breastfeeding Support Group</b> Pre-Birth - 5 years. Drop in support and advice on breastfeeding and expressed milk, including antenatal information. Pregnant parents welcome!	<b>Rainbows Group</b> 0 - 4 years 11 months. For children with social and communication difficulties or Autism. Supported by Autism Together. <b>Please call 0151 666 3323 to book.</b>	
	<b>EAL (English as an Additional Language) Stay &amp; Play</b> 0 - 5 years. A group for children and families who do not use English as their 1st language.	<b>Sensory Room (<a href="#">Rock Ferry Family Hub</a>)</b> Our specially equipped Sensory Room is free and available to book for 1 hour slots. <b>Please call 0151 666 3151 to book.</b>	<b>Baby Massage</b> 6 weeks - pre-mobiles A 3-week course which can help babies with sleeping patterns, eating habits and all round wellbeing. Please call <b>0151 666 3323</b> or <b>0151 666 3151</b> to book a place.
	<b>Healthy Child Clinic</b> 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.	<b>Stay &amp; Play</b> 0 - 5 years. An opportunity for parents and children to play and make friends together. Enjoy fun activities including arts and crafts, games, songs and stories.	<b>Baby Babble</b> 6 - 18 months A 3-week course to encourage your baby to learn and love language, through songs, sign and rhymes. Please call <b>0151 666 3323</b> or <b>0151 666 3151</b> to book a place.
	<b>Little Listeners</b> 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.	<div style="border: 1px solid orange; padding: 5px;"> <b>Would you like to talk about your child's speech and language?</b>  Enquire about our WellComm screenings for more information, and to arrange your child's screening. </div>	<b>Big Dish Little Dish</b> 2 years+ Providing parents with up to date information regarding nutrition, health and oral health. For parents and children to actively take part in making cheap and healthy meals.
			<b>Chatter Tots</b> 18 months+ A structured group focused on speech and language development. Ideal for those waiting for Speech and language intervention teams.