

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 Hub, Woodchurch CH49 8HA (term time only)

9.15 am - 11.15am - Grove Street Primary School & Family Hub, 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

Citizens Advice Wirral

Drop-in Wednesday 9.30-11.30am at Ganneys Meadow Nursery School & Family Hub (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 child's confidence has grown since coming to sessions and mixing with other children.'

'The group has given my child a safe space for them to explore messy and sensory play'

'Using a sand timer at home has improved the routine of all my children and made family life much more manageable.'

'Coming to baby groups has really helped my child with starting nursery, they were really confident to go off and play with other children.'

'I am so grateful for being able to drop in and collect essential food for me and my family'

Look out for updates on our website: 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

April to
July 2024



South and West Wirral Locality

Based at Bromborough Family Hub

Gratrix Road, Bromborough CH62 7BW

0151 666 3246

My
Child
Can...

 **WIRRAL**

Mon	PANDAs Drop-In 10am - 11.00am. Bromborough Family Hub	Baby Play 10.30am - 11.30am. 0 - 12 months. Bromborough Family Hub	Breastfeeding Group 12.30pm - 2.30pm. Cub & Calf Parent Hub, West Kirby, CH48 4HA	Rainbow Group 1.30pm - 2.30pm. 0 - 4 years. Bromborough Family Hub	Development Reviews 1.30pm - 4.30pm. Booking essential. To book on, please call 0151 514 0219. Bromborough Family Hub	
Tue	Tweenie Play 10am - 11am. 11 - 24 months. Bromborough Family Hub	Baby Play 10am - 11am. 0 - 12 months. Ganneys Meadow Nursery School & Family Hub, CH49 8HA	Development Reviews 9am - 5pm. Booking essential. To book on, please call 0151 514 0219. Bromborough Family Hub	Are you concerned about your child's speech & language? Contact Bromborough Children's Centre for more information about our WellComm screenings or to make arrangements to discuss your concerns.		
Wed	Bumps to Babies 10.30am - 11.30am. Pregnancy - 12 months. Bromborough Family Hub	Breastfeeding Group 10am - 12noon. Bromborough Family Hub	Healthy Child Clinic Drop-In 9.30am - 11.30am. Bromborough Family Hub	Healthy Child Clinic Drop-In 9.30am - 11.30am. Ganneys Meadow Nursery School & Family Hub, CH49 8HA	Citizens Advice Wirral Drop-In 9.30am - 11.30am. 1st & 3rd Wed of the month. Ganneys Meadow Nursery School & Family Hub, CH49 8HA	Citizens Advice Wirral Drop-In 9.30am - 11.30am. 2nd & 4th Wed of the month. Bromborough Family Hub
Thu	Pensby Play 10am - 11am. 0 - 24 months. Pensby Primary School. CH61 5UE	Childminders Drop-In 9.30am - 11.30am. 0 - 5 years. Bromborough Family Hub	Development Reviews 9am - 5pm. Booking essential. To book on, please call 0151 514 0219. Bromborough Family Hub	Stay & Play 1.30pm - 2.30pm. 0 - 4 years. Bromborough Family Hub		Stay & Play 1.30pm - 2.30pm. 0 - 4 years. Ganneys Meadow Nursery School & Family Hub, CH49
Fri	Rhyme Time 10am - 11am. 12 months plus. Bromborough Family Hub	Stay & Play 10.30am - 11.30am. 0 - 4 years. The Annexe, Black Horse Hill Infant School, CH48 6DS	Relaxed Tots 10.30am - 11.30am. 2+ years. Booking essential. To book on, please call 0151 666 3246. Bromborough Family Hub	Positivtree Coffee Morning 9am - 11am. Ganneys Meadow Nursery School & Family Hub, CH49 8HA	My Baby Club 1pm - 3pm. Booking essential. To book on, please call 0151 604 7682. Bromborough Family Hub	

Session Information	Baby Babble 6 - 12 months. Encourage your baby to learn and love language through songs, rhymes and sign. Booking essential.	Bumps to Babies 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.	Development Reviews A review of your child's development offered by the South and West Health Visiting Team. Please call 0151 514 0219 for more information. Booking essential.	Positivtree A weekly coffee morning providing emotional, mental and practical wellbeing support to families of children with additional needs.	SEND Sensory (for children with additional needs) Sensory play for children with additional needs and limited mobility. Booking essential.
	Baby Massage 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. Booking essential.	Chatter Tots 18 months plus. 6-week programme which encourages language and independence skills through fun and interactive activities. Booking essential.	My Baby Club 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 0151 604 7682. Booking essential.	Rainbow Group 0 - 4 years. For children with social and communication difficulties or autism. This group is supported by Autism Together.	Stay & Play 0 - 4 years. Drop-in session for all to enjoy learning and development play opportunities.
	Baby Play 0 - 12 months. Early learning group to support you and your child in all areas of development while sharing quality time together.	Childminders Drop-In 0 - 5 years. A chance for childminders to introduce their minded children to different experiences within the Children's Centre environments.	PANDAs Clinic Drop-in 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 pandaswirral@hotmail.com	Relaxed Tots A six week course of relaxing peaceful play sessions for children aged 2 plus, who may need support to understand their own feelings: for parents/ cares to be given the guidance and strategies to understand their child's emotions and behaviour, big or small through play and activities.	Tweenie Play 11 - 24 months. Drop-in group to allow young children to have fun exploring activities to aid their development.
	Baby Yoga 12 weeks to pre-mobile. Baby Yoga can help with bonding and attachment and physical development. Booking essential.	Citizens Advice Wirral Drop-In CAW advisors are available to support with Benefit, Housing, Debt and much more. Please call 0151 666 3246 for more information.		Rhyme Time 12 months plus. Enjoy fun activities including arts and crafts, rhymes, songs and stories.	
	Breastfeeding Group A friendly support group run by Koala North West for new or expectant mothers from Wirral.				

For the latest news and to find out what's on, follow us on facebook:  [mychildcan](#)