

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.

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 3980** for more information.

Pelvic Health Support sessions

Booking essential via referral from Midwife, Health visitor or GP.

Citizens Advice Wirral

Drop-in Tuesday 1pm-4pm at Seacombe Family Hub for Advice on Benefits, Housing, Debt and much more. Please call us on **0151 666 3506** 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 3506**
(Seacombe Family Hub for all enquiries).

Seacombe Family Hub

St Paul's Road,
Wallasey, CH44 7AN
Tel: 0151 666 3506

What's on

April to
July 2024

Seacombe Family Hub,
Leasowe, Moreton and
in the community



Seacombe Family Hub
St Paul's Road
Wallasey
CH44 7AN
Tel: 0151 666 3506

My
Child
Can...

 **WIRRAL**

Mon	Baby Sensory 10am - 11am. 0 - 12 months. Seacombe Family Hub	Stay & Play 10am - 11am. 0 - 5 years. St Andrews Church, New Brighton	Koala Breastfeeding Support Group 10am - 12noon. Seacombe Family Hub	Baby Massage 1pm - 2pm. Booking essential. Seacombe Family Hub	HENRY 1pm - 3pm. Booking essential. Seacombe Family Hub			
Tue	Fun Time Tuesday 9.30am - 10.30am. 0 - 5 years. Christchurch Parish Centre, CH46 0PA	Child Health Clinic Drop-in 9.30am - 11.30am Pasture Road (Moreton Group Practice) CH46 8SA	Childminder Drop-in 9.30am - 12noon. Seacombe Family Hub	Rainbows Group 10am - 11am. Under 5's. Seacombe Family Hub	Chatter Tots 10am - 11am. 18 months plus. Seacombe Family Hub	Baby Babble 1.30pm - 2.30pm. Booking essential. Seacombe Family Hub	Rainbows Group 1.30pm - 2.30pm. Under 5's. Millennium Centre, Twickenham Drive, CH46 1PQ	Citizens Advice Wirral Drop-In 1pm - 4pm. Seacombe Family Hub
Wed	Ready, Steady, Play 10am - 11am. 0 - 5 years. St Lukes Church, Poulton	Stay & Play 10am - 11am. 0 - 5 years. Seacombe Family Hub	Big Dish Little Dish 10.30am - 11.30am. 2 years plus. Booking essential. Seacombe Family Hub	My Baby Club 1pm - 3pm. Booking essential. Seacombe Family Hub				
Thu	Child Health Clinic Drop-in 9.30am - 11.30am Seacombe Family Hub	Ready, Steady, Play 10am - 11am. 0 - 5 years. Seacombe Family Hub	Baby Massage 10am - 11am. 0 - 12 months. Booking essential. Eastway Primary School, CH46 8T	Bumps to Babies 10am - 11am. 0 - 12 months. Seacombe Family Hub	Serpentine Stay & Play 1.30pm - 2.30pm. 0 - 5 years. Serpentine Road Church	Stay & Play 1.30pm - 2.30pm. 0 - 5 years. Millennium Centre, Twickenham Drive, CH46 1PQ		
Fri	Mini Movers Stay & Play 9.30am - 10.30am. 12 weeks - 1 year. Lingham Primary School CH46 7UQ	Little Explorers 10am - 11am. 12 months plus. Seacombe Family Hub	Makaton Signing for Babies 10am - 12noon. Seacombe Family Hub	SEND - Portage (for children with additional needs) 10.30am - 11.30am. Seacombe Family Hub	Baby Massage 1.30pm - 2.30pm. 0 - 12 months. Booking essential. Seacombe Family Hub	Toddler Stay & Play 1.30pm - 2.30pm. 1 - 5 years. Seacombe Family Hub		

Session Information

Baby Babble

5 - 12 months. 4-week Course. This group is a fantastic way to Encourage your baby to learn and love language through songs, stories, rhymes and sign. **Booking essential.**

Baby Massage

0 - 12 months. Massage can help babies with sleeping patterns, eating habits and all round wellbeing. 6-week course. **Booking essential.**

Baby Play

0 - 12 months. A wide range of stimulating and sensory play activities for both children and adults using messy play in a safe and welcoming environment. Please wear appropriate clothing.

Baby Sensory

0 - 12 months. A group for babies to enjoy exploring with their senses.

Big Dish Little Dish

2 years plus. 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. **Booking essential.**

Bumps to Babies

Pregnancy - 12 months. A wide range of stimulating and sensory play activities for both children and adults using messy play in a safe and welcoming environment.

Chatter Tots

18 months plus. A five week course to encourage language and independence skills through fun and interactive activities. Children will be WellComm screened.

Child Health Clinic Drop-in

Baby weighing and advice available. If you need to contact the Health Visitors please phone **0151 514 0219**.

Childminder Drop-In

Play sessions give childminders the opportunity to introduce children to many different types of play including creative, imaginative and messy play.

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.

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.

Fun Time Tuesday

Calling all families in the Moreton area with children 0 - 5. Come along, have some fun, meet other parents. It is a fun energetic and structured play programme designed to enhance your child's social and physical skills.

HENRY

What happens in childhood has lifelong effects on our health and wellbeing. HENRY supports families to provide the best possible start in life for babies and children.

Koala Breastfeeding Support Group

Support from trained healthcare professionals.

Little Explorers

12 months plus. Enjoy fun activities including arts and crafts, games, songs and stories.

Makaton Signing for Babies

A group for babies and pre-school children with Down Syndrome. For more information **07702 023 731**.

Mini Movers

12 weeks - pre-moving. Yoga for babies, encouraging movement and relaxation for parents and babies. Encouraging early bonding and physical development 5-week course. **Booking essential.**

My Baby Club

Join us at Seacombe Family Hub, for a class with the community Midwives team. We will have demonstrations, Q&A and a chance to meet other parents. Antenatally from 32 weeks. **Book via Lynne 0151 604 7682.**

Outdoor Garden Group

A session to enhance children's endless enthusiasm through fun sessions that build confidence, co-ordination and creativity.

Rainbows Group

Under 5's. This group is for children with social and communication difficulties. The group is supported by Autism Together where you can get advice and support.

Ready, Steady, Play

0 - 5 years. A fun, energetic and structured play programme designed to enhance your child's social and physical skills.

Sensory Time (for children with additional needs)

A fun Stay and Play session for children with additional needs, to gain practical ideas to support their overall development. **Booking essential.**

Stay & Play

Enjoy fun activities including arts and crafts, games, songs and stories

Serpentine Stay & Play

0 - 5 years. Enjoy fun activities including arts and crafts, games, songs and stories.

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.