

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

Tuesday

9.30am - 11.30am - Cub and Calf Parent Hub, CH48 4HA

9.30am - 11.30am - Eastham Clinic, CH62 9AN

Wednesday

9.30am - 11.30am - Bromborough Family Hub, CH62 7BW

9.30am - 11.30am - Health Visiting Room, Ganneys Meadow Nursery School & Family Hub, CH49 8HA

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 3980** for more information or email fis@wirral.gov.uk

Universal Antenatal courses

Booking essential: Please speak to your midwife to book on to a 3-week antenatal course to help you prepare for your new baby. The course covers, Birth and Labour, caring for your new baby and building connections.

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 Family Hub.

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

Register your interest at your local Family Hub.

Support for Families

Family Hubs 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' at your local Family Hub

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

Register your interest at your local Family Hub.

Online Support :

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.

SENDLO: SENDLO brings together information about the local services and support available across education, health and social care for families with children and young people aged 0-25 who have special educational needs and/or disabilities.

Mums Matter: Mums Matter is a support programme for women who are experiencing mental health problems linked to early motherhood, with low moods, anxiety, worry thoughts and feelings.

It is an eight-week course in a relaxed and friendly environment with new mums experiencing similar feelings.

We also provide a creche to give you the space and time you need to work through different themes, gain tools and skills to help you to feel yourself again.

Booking is essential via Wirral Mind on

Mumsmatter@wirralmind.org.uk or call 0151 512 2200

Look out for updates on our website:
wirral.gov.uk/familyhubs 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

7th September -11th December 2026

**South and West Wirral Team
bringing you services at:**



Bromborough Family Hub

Ganneys Meadow Family Hub

Cub and Calf Satellite Hub

**Pensby Primary and Stanley School
Family Hub**

Blackhorse Hill Infant School

Christchurch Parish Centre

**My
Child
Can...**

 **WIRRAL**

Mon	Baby Play 10.30am-11.30am 0-12 Months Bromborough Family Hub	Rainbow Group 1.30pm-2.30pm 0-5 years Bromborough Family Hub	Breastfeeding Group 12noon- 2pm Cub and Calf Parent Hub, CH48 4HA	Are you concerned about your child's speech & language? Contact Bromborough Family Hub for more information about our Wellcomm screenings or to make arrangements to discuss your concerns.		For More information follow us on Facebook: MyChildCan 	
Tue	Tweenie Play 10am-11am 11-24months Bromborough Family Hub	Baby Play 10am-11am 0-12 months Ganneys Meadow Family Hub, CH49 8HA	Stay and Play 9:30am-10:30am 0-5 years Christchurch Parish Centre CH46 0PA	Breastfeeding Group 12noon- 2pm St Mary's Upton CH49 6JZ	Stay & Play 1:30pm-2:30pm 0-5 years Bromborough Family Hub		
Wed	Bumps to Babies 10.30am-11.30am Pregnancy-12 months Bromborough Family Hub	Breastfeeding Group 10am-12noon Bromborough Family Hub	Stay & Play 10am-11am 0-5 years Ganneys Meadow Family Hub, CH49 8HA	Stay & Play 10.30am-11.30am 0 - 5 years The Annex Black Horse Hill Infant School, CH48 6DS	Healthy Child Clinic Drop-In 9.30am-11.30am Bromborough Family Hub		Healthy Child Clinic Drop-In 9.30am-11.30am Ganneys Meadow Family Hub, CH49 8HA
Thu	Baby Play 10:00-11:00 0- 12 months Cub and Calf Parent Hub, CH48 4HA	Childminders Drop-in 9.30am-11.30am 0-5 years Bromborough Family Hub	Stay & Play 1.30pm-2.30pm 0-5 years Bromborough Family Hub	SEND Sensory Invite only 10:30-11:30 Bromborough Family Hub	PEEP TALK 1:30pm -2:30pm 12 months + Ganneys Meadow Family Hub, CH49 8HA		Citizens Advice Wirral Drop-In 9.30am-11.30am Citizens Advice Wirral, advisors are available to support with Benefit, Housing, Debt and much more. Please call 0151 666 3246 for more information.
Fri	Rhyme Time 10am-11am 12 Months-5 years Bromborough Family Hub	Positivitree coffee Morning 9:00am-10:30am Ganneys Meadow Family Hub, CH49 8HA	Sensory Play for Babies 1:30pm-2:30 pm 0-12 Months Bromborough Family Hub	My Baby Club 1:00pm- 3:00pm Antenatal group Booking essential Bromborough Family Hub	1st and 3rd Wednesday of the month at: Ganneys Meadow Family Hub, CH49 8HA 2nd and 4th Wednesday of the month at: Bromborough Family Hub		

Session Information

Baby Play: 0-12 months. Early learning group to support you and your child in all areas of development while sharing quality time together.

Breastfeeding Group: A friendly support group for new or expectant mothers from Wirral.

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.

Childminders Drop-In: 0-5 years. A chance for professional childminders to introduce their minded children to different experiences and opportunities to extend their play and enhance their social skills.

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.**

Healthy child clinic: A drop in opportunity to get your child weighed and ask questions to the health visiting team.

My Baby Club: An antenatal group for parents to be from 32 weeks gestation. The group covers all aspects of practical care of your newborn baby and offers an opportunity to meet other parents to be and ask questions. Please call **0151 604 7682**. **Booking essential.**

Peep TALK: drop-in play session group to support children's speech and language development through everyday interactions. 12 months +. PEEP TALK is an early intervention program designed by people in collaboration with speech and language therapists to help families foster their young child's speech, language and communication skills. We will provide activities to emphasise the importance of everyday interactions in enhancing communication skills

Rainbow Group: 0-5years. For children with social and communication difficulties or autism. This group is supported by Autism Together.

Positivitree coffee morning: A welcoming drop-in peer support group for parents and carers raising children or adults with additional needs, disabilities or Health conditions.

Rhyme Time: 12 months plus. Enjoy fun activities including arts and crafts, rhymes, songs and stories.

SEND Sensory (for children with additional needs): Delivered by the Early intervention team Sensory play for children with additional needs and limited mobility.
Booking essential

Sensory Play for Babies: 0-12 months. A group for babies to explore and enhance their development through sensory play.

Stay & Play: 0-5 years. Drop-in session for all to enjoy learning and development play opportunities.

Tweenie Play: 11-24 months. Drop-in group to allow young children to have fun exploring activities to aid their development

Bookable sessions

Baby Babble: 6-12 months. Learn ways to Encourage your baby to learn and love language through songs, rhymes and signs. **Booking is 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. A 6-week programme which encourages language and independence skills through fun and interactive activities. **Booking essential.**

For more information about any of the sessions or to book a place please contact Bromborough Family Hub 0151 666 3246