

Parenting Newsletter- Summer

Welcome to the first of our quarterly parenting newsletters! I want to ensure you all have the most up to date information for our parenting offer here in Blackburn with Darwen. It has been great to work in partnership with so many of you as part of the exciting transformation to our Family Hubs. The launches were a huge success and it was such a pleasure to see our local families being such huge part of this, the children and young people did an amazing job of cutting the ribbons!



Please see below details of the parenting offer across our Family Hubs over the summer holidays and what will be on offer from September, please contact me if you have any questions or queries. All of our parenting programmes are evidenced based programmes facilitated by our highly knowledgeable and skilled parenting team and a crèche is provided. Please see [here](#) for more details about our programmes and how to make a referral for a family.

August HAF activities

HENRY Fussy Eaters workshops- These workshops are for parents and carers and can support with, how to encourage your child to try new foods –and begin to enjoy them! Ideas for child-friendly foods that provide what they need to grow and be healthy, ideas for happier family mealtimes. A crèche is also available. No need to book just come along!

Where?	When?
Livesey Family Hub	Monday 14 th August 9:30-11:30am
Little Harwood Family Hub	Thursday 24 th August 9:30-11:30am
Darwen Family Hub	Thursday 10 th August 9:30-11:30am
Shadsworth Family Hub	Thursday 31 st August 1-3pm

Holiday HENRY workshops- these workshops are to share some key HENRY messages and will provide space and opportunity for parents and carers to play, read, chat and sing with their children. Free HENRY resources will be provided for families at the end of each session, no need to book just come along!

Darwen Family Hub	Little Harwood Family Hub	Livesey Family Hub	Shadsworth Family Hub
Tues 8 th 1-3	Friday 11 th 9-12	Mon 7 th 1-3	Wed 9 th 10-12
Thurs 17 th 1-3	Friday 18 th 9-12	Tues 15 th 9:30-11:30	Wed 16 th 10-12
Mon 21 st 10-12	Friday 25 th 9-12	Wed 23 rd 1-3	Mon 21 st 1-3
Wed 30 th 10-12	Friday 1 st Sept 9-12	Thurs 31 st 9:30-11:30	Tues 29 th 10-12

We will also be holding some coffee morning to provide parents/carers an opportunity to pop in and meet the team and gather some more information about our parenting programmes.

Where?	What?	When?
Livesey Family Hub	Incredible Years baby	22 nd August 10-12am
Darwen Family Hub	Healthy families growing up	30 th August 2-4pm
Shadsworth Family Hub	Healthy Relationships	6 th September 1-3pm
Little Harwood Family Hub	HENRY 0-5	8 th September 10am-12pm

Parenting Programmes

Where?	What?	When?
Livesey Family Hub	Healthy Families right from the start 0-5 years	Monday 9.30am -11.30am starting on 11.09.2023 For 8 weeks
Livesey Family hub	Incredible babies Programme 0-1 year	Monday 12.30pm -2.30pm Starting on 11.09.2023 for 8 weeks
Shadsworth Family Hub	Healthy Relationships	Tuesday 9.30am – 11.30am Starting on 12.09.2023 For 5 weeks
Darwen Family Hub	Healthy Families Growing Up 5-11 years	Wednesday 12.30pm – 2.30 pm starting on 06.09.2023 for 8 weeks
Darwen Family Hub	Healthy Families right from the start 0-5 years	Thursday 12.30 pm – 2.30pm starting on 07.09.2023 For 8 weeks
Little Harwood Family Hub	Healthy Families right from the start	Friday 9.00am -11.30am starting on 08.09.2023 For 8 weeks

Nicola Mortenson will be our Family Hub Parenting Link Worker, Nicola will be the first line of appropriate information to support expectant and new parents during the transition to parenthood. Nicola will support the delivery of our evidence based parenting programmes across the Family Hubs and contribute to the planning and delivery of identified work activities and intervention packages that support children young people and families to work towards achieving positive outcomes - Nicola.mortenson@blackburn.gov.uk 01254 666890

I hope you all have a wonderful summer, please make contact with me if there is anything all you would like to discuss.

Thank You

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Family Hub



Darwen | Little Harwood | Livesey | Shadsworth