



WHAT'S ON

HIGHFIELD FAMILY HUB

(Wright St, PR6 0SL)

Updated for April 2024

Monday

Mini Move and Groove – 10-11:30am

Mini Move and Groove is a great session for children to build social skills, have fun together and make friends. The activities available will boost your child's development and encourage a healthy lifestyle. This session is for parents or carers and children under 5.

Development Matters / Transitions – 1pm-2:30pm

Development Matters is a lovely session for your child to be able to learn, play and socialise with other children. This session is for parents or carers and suitable for children under 5.

Inside Out – 3.30pm-5pm call 01257 516466 to book

Using creative activities and discussions to help children understand their negative feelings, work out their emotions and give them strategies to manage them going forward.

Midwife clinic – appointments bookable through midwifery

The dedicated team of midwives on hand to support you through your antenatal journey.

Tuesday

Infant Massage – 1:30-2:30pm – call 01257 516466 to book

Infant massage is a blissful way for you and your baby to bond. This session is for parents or carers and suitable for babies from 6 weeks old to crawling stage. The sessions will help support your baby's development and strengthen your attachment.

Triple P Group/ Teen – 6pm-8pm– call 01257 516466 to book

A programme that offers a toolbox of ideas where you choose the strategies you need and the way you want to use them. By parenting in a positive way you can learn how to manage your child's behaviour.

Perinatal Mental Health – parenting support – ask your midwife/ health visitor for further information

Beacon Trust – Appointment only

Support for anyone affected by gambling related harms - refer via <https://beaconcounsellingtrust.co.uk/get-support>

Wednesday

SGO Carers Stay and Play– 1pm-2:30pm (1st Wednesday of the Month)

Support group for carers who have a special guardianship order.

Health Visitor appointments / 2 ½ year development reviews 1pm-4.30pm- appointment only by health visiting team

This appointment with your Health Visitor gives you the chance to discuss any ongoing concerns around development.

Thursday

Healthy Relationships– 1pm-2:30pm call 01257 516466 to book

The course aims to work in a solution focused way, enabling and empowering you to understand your conflict with others and see how to resolve the issues yourselves.

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Maternity Stop Smoking Services 12.30pm to 4.30pm – Ask your midwife for further information and to make an appointment.

Friday

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