

What's on this month

Every Day

Monday to Friday
8.00am - 4.00pm
Term time only
Starts 5th Sept
2-5 years

Monday to Friday
9.00am to 5.00pm
16-25 years

Tuesdays, Wednesdays and Thursdays
9.00am - 5.00pm
(until 8.00pm on Thursdays)

Mondays

5.30pm - 7.00pm

Tuesdays

09.30pm - 12.00pm

2.00pm - 3.30pm
First Tuesday of each month

5.30pm - 8.30pm
11-17 years

5.30pm - 7.00pm

7.00pm - 9.00pm

◆ **The Frantastic Pre-School Nursery**
● Where early education, care and play go hand in hand. Telephone Fran Taylor on 07547 246417 or email frantaylor1966@gmail.com

● **Princes Trust** If you're aged 16 to 25, not currently employed or in full time education and want to learn new skills to build your CV, then the Princes Trust Team Programme is for you. For more details contact Amy on 07849 069574.

♥ **Counselling** Individual child and adult counselling, and group therapy sessions. Call us on 01704 380047 (Option 5) if you or a family member would like to see one of our counsellors.

▲ **Latvian School** Call us for more details.
◆

● **Solicitor** Free half hourly consultations.

▲ **Myeloma Support Group - FREE to attend with donation for refreshments.** Meet others from West Lancashire and Sefton, share experiences or learn more about myeloma.

◆ **Youth Club - £1 per session *FREE**
▲ See back page for detailed information. Young people must be registered with Alchemy to attend. Tuck shop available plus free wifi.

● **Guitar Lessons** People with additional needs are especially welcome! Contact 07484 717557 for more details.

● **Marriage Care** Relationship counselling. Telephone 0800 389 3801 for more information and to make an appointment. Mid week appointments also available.

Wednesdays

9.30am - 11.30am
Term time only

5.00pm - 7.30pm
11-17 years

5.30pm - 6.00pm

5.30pm - 8.30pm
11-17 years

Thursdays

10.30am - 12.30pm

5.15pm - 6.15pm
Term time only
Starts 13th Sept

6.30pm - 9.15pm
Term time only
Starts 13th Sept

8.00pm - 9.30pm
Last Thursday of the month

8.00pm - 10.00pm

▲ **Special Time** A chance to meet other families whose children have additional needs, for help and support.

◆ **Tyred Rides - £1 per session**
▲ Bicycle maintenance project. Help refurbish rundown donated bikes to sell back to the local community.
♥

● **Guitar Lessons** People with additional needs are especially welcome! Contact 07484 717557 for more details.

◆ **Youth Club - £1 per session *FREE**
▲ See back page for detailed information. Young people must be registered with Alchemy to attend. Tuck shop available plus free wifi.
♥

▲ **Macmillan 'In Stitches' Craft Group** For more information and details of weekly costs, please call Macmillan on 01704 533024.

● **Sefton Young Carers** Support group for children and young people who care for a family member. Call 0151 288 6060 for more information

● **Aiming High** Youth group for children and young people with disabilities. Telephone 0151 288 6811 for more details on how to attend.

▲ **Families Need Fathers** Information, advice and support group for separated parents on how to do the best for their children. For more information, call 07912 368 503.

▲ **Sefton Writers' Circle** Encouraging writing and writers of every kind! Come and join & share your work! Visit www.swconline.co.uk for more details.

* FREE Youth Club sessions during August

Key to symbols:

- **Need to book** (See activity for details)
- ♥ **Run by Parenting 2000**
- ◆ **Youth Activities** (See activity for age range)
- ▲ **Drop-in**
- ◆ **Alchemy Youth** (11-17yrs)

Fridays

10.00am - 2.30pm

10.00am - 1.00pm

1.00pm - 2.30pm

Saturdays

10.00am - 11.00am
4-7 years

11.00am - 12.00pm
8-11 years

12.00pm - 1.00pm
12+ years

Term time only

● **Sefton Credit Union** Telephone SCU on 0151 928 9471 for more details.

● **Help & Advice for Non-English Speakers** An opportunity for members of the Black & Minority Ethnic community to receive information and advice on health and legal matters, or help to access other services. Telephone Bobby Brennan at Sefton CVS on 0151 928 2233 (extension 209) for more information.

▲ **Sefton Shared Reading Group** Listen, relax, and have a chat. The group is free and informal - join in as often as the mood takes. There's no need to read anything at home as everything will be read aloud during the session.

● **Take A Bow Drama Club - £4 per session payable half termly**
◆ Encouraging young people to explore the art of theatre, to gain confidence and to learn life long skills. Telephone Victoria on 07732 369106 for more information. First session free.



Summer Youth Club

Tuesdays & Wednesdays, 5.30pm - 8.30pm
Alchemy Youth Club, Southport

Youth Club is usually £1 per session, however it's **FREE during the summer holidays**, along with a **FREE packed lunch style meal**. No need to book - just turn up. New members welcome!

See summer Youth Club flyer for more details of planned activities

Services

Therapeutic Services

Our registered therapists offer a range of holistic and therapeutic support programmes for people from all walks of life.

Access to counselling and individual support for children (from 6yrs), teenagers and families can be made via self referral by telephoning us on 01704 380047 (Option 5) or from your GP.

More information can be found in our Therapeutic Services leaflet.



Healthy Start Vitamins



Collect your vitamin tablets and drops from reception throughout the week - don't forget to bring along your yellow or orange vitamin card with you!

Application forms for free vitamins also available.

Youth Club Drop-ins

A safe and inclusive drop-in environment for 11-17 year olds, offering advice and information, personal support and development with informal education on a wide range of topics.

See overleaf for times of sessions.

Parents welcome anytime during club sessions to meet the youth workers.



Sefton C-Card



Contraception, sexual health advice and support for 14-19 year olds.

You can access this service each day (registration and pickup) at main reception.

General Information

Opening Times

Groups and sessions run at various times throughout the day and evening, however, the main office and reception are only staffed during the following hours:

Monday - Thursday	9.00am - 5.00pm
Friday	9.00am - 4.00pm
Weekends & Bank Holidays	Closed

Room Hire

We have various rooms throughout The Lodge and Alchemy that are suitable for groups and one-to-one sessions on a short or long term basis at negotiable prices.

For more information, pop into the centre or call us on 01704 380047.

If you are experiencing issues with domestic violence, please speak to a member of staff who will help you access support.

Parenting 2000

Southport Centre
The Lodge,
Mornington Road,
Southport, PR9 0TS
T: 01704 380047

Crosby Centre
58 Coronation Road,
Crosby, Liverpool,
L23 5RQ
T: 0151 920 7137 - 0151 932 1163

W: www.parenting2000.org.uk E: info@parenting2000.org.uk

Find us on Social Media

Facebook...
[@Parenting2000](#) [@AlchemyYouth](#) [@TyredRides](#)

Alchemy Youth are on Twitter...
Southport: [@AlchemyYouth](#) Crosby: [@AlchemyCrosby](#)

Alchemy Youth in Crosby are also on Instagram...
[@AlchemyCrosby](#)

Parenting 2000 is a registered charity (no. 1042989) & company limited by guarantee (no. 2997217). Registered office:
The Lodge, Mornington Road, Southport, PR9 0TS. T: 01704 380047

Parenting 2000 Southport Centre

What's going on at P2K from August 2018

Drop-ins

Youth Activities

Clinics, Groups & Classes

Help, Support & Advice

Counselling

Play Sessions

The Lodge, Mornington Road, Southport, PR9 0TS

Telephone: 01704 380047

Email: info@parenting2000.org.uk

Website: www.parenting2000.org.uk

Facebook: www.facebook.com/Parenting2000