

# What's on

## Mondays

6.00pm - 9.00pm  
**11-17 years**


-  **Youth Club - £1 per session**
-  Spend time with friends making arts and crafts, cooking, playing sports (football, pool, basketball, badminton) or just chilling. Free wifi. Laptops available for homework.
- 

5.00pm - 6.00pm  
**4&5 years**

-  **Toggers for Tots**
- Introduction to football skills. For more information, contact: frankmeadow510@gmail.com Up to 18<sup>th</sup> February.

## Tuesdays

6.00pm - 9.00pm  
**11-23 years**

-  **New Beginnings**
- Closed Group - A great youth group for LGBTQI+ young people to make friends, get support, have fun and help other LGBTQI+ youth. For further information please contact new.beginnings@sefton.gov.uk or telephone New Beginnings on 07947 267 767


## Wednesdays

4.30pm - 5.30pm  
**5+ years**

-  **LFC Foundation - Open Goals**
- Multi sports activity sessions. For families with children. For more information, contact: katie.ellis@liverpoolfc.com or visit [www.liverpoolfc.com/foundation](http://www.liverpoolfc.com/foundation)

## Thursdays


3.15pm - 4.15pm  
**13-19 years**

-  **C-Card Drop-in (Pickup & Registration)**
- Free condoms, sexual health advice and support. Confidential service.

6.00pm - 9.00pm  
**11-17 years**

-  **Youth Club - £1 per session**
-  Spend time with friends making arts and crafts, cooking, playing sports (football, pool, basketball, badminton) or just chilling. Free wifi. Laptops available for homework.
- 

6.00pm - 7.30pm  
**7+ years**

-  **Shotokai Karate Club - Children £4/Adults £4.50 per session**
- Learn self defence, build confidence and make new friends. First session free with no sign up fee. Please direct all enquiries to Sensei Lee on 07850 283538 or Sensei Sarah 07913 416365

## Fridays

6.30pm - 8.00pm  
**5+years (inc adults)**

-  **Master Key Martial Arts Academy**
- We teach a comprehensive martial arts system. First session is free, plus free suit and belt when you join as a member. For more information about the sessions and for membership fees, please call the instructor on 07565 723606.

Please note that during school holidays, some activities may be on different days or times to what's advertised.

Please contact the indicated person for each session to confirm.

### Support Us...


In Crosby over 200 young people are registered with an average of 40 attending each session which has tripled since last summer. Unfortunately we do not receive sufficient funding allowing us to employ more youth workers as our sessions continue to grow each month. We would also like to be able to open earlier to provide an afterschool/ homework club but lack the funds to do so.

Please can you consider making a donation for as much or as little as you can afford via BTDDonate, to help us achieve this and keep the Clubs and Centre open.


<https://mydonate.bt.com/charities/alchemyyouth>

## Saturdays

9.30am - 10.30am  
**All ages**


-  **Zumba - £4.50 per class (discounts available if also attending BlockFit)**
- Take the work out of workout by combining all elements of fitness, cardio, muscle conditioning, balance and flexibility to boost energy!

10.30am - 11.30am

-  **BlockFit - £4.50 per class (discounts available if also attending Zumba)**
- 4 workouts in one class - fusing dance, combat, high and low interval training with yoga inspired moves and meditation.

## Sundays

9.00am - 9.45am  
**4-5 years**


-  **Football - £5 per session (after a free trial session)**
- Fun and developmental football session with a UEFA B licenced coach. Call 07769 312999 or visit [fb.me/CrosbyYouth](http://fb.me/CrosbyYouth) to book.

10.00am - 10.45am  
**6-7 years**

-  **The Art Gang - £4 per child**
- Fun and creative art group delivered by a qualified art teacher. Drop off your little ones each Sunday and we will create lovely pieces of art for you. For more details and to book your place, please call Jo Griffin on 07530 510478.

11.00am - 12.00pm  
**3-11 years**

6.30pm - 8.00pm  
**5+years (inc adults)**

-  **Master Key Martial Arts Academy**
- We teach a comprehensive martial arts system. First session is free, plus free suit and belt when you join as a member. For more information about the sessions and for membership fees, please call the instructor on 07565 723606.

### Key to symbols:

-  **Booking Essential** (See activity for details)
-  **Drop-in**
-  **Waiting List** (Please call us on 0151 920 7137)
-  **Alchemy Youth** (11-19yrs)
-  **Run by Parenting 2000**

## Services

### Youth Drop-ins

Various activities and groups throughout the week for young people aged 11-17 years. See overleaf for details of sessions. For more information please call on 0151 920 7137.



### 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 (telephone 0151 920 7137 or 01704380047) or from your GP. More information can be found in our Therapeutic Services leaflet.



### Sefton C-Card



Contraception, sexual health advice and support for 13-19 year olds. You can access pick up each day at main reception, or come along on Thursdays from 3.30 - 4.30pm to register and collect.

### Room Hire

We have various sized rooms and a sports hall available for private groups and meetings. Either pop in to the centre during reception hours or telephone us on 0151 920 7137 for room rates and further information.

## General information

### Reception Opening Hours

Although the building is in constant use, the main office and reception are only staffed during the following hours (subject to change):

**Monday - Thursday** 9.00am - 5.00pm  
**Friday** 9.00am - 4.00pm

## Our supporters

We'd like to say a huge thanks to Tesco, Hugh Baird College, Fare Share and Domino's for their continued support in our Youth Drop-ins.



CROSBY INTRUDER ALARMS



Thank you - your support means a great deal - especially to all those who attend our sessions!

## Parenting 2000

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

Crosby Youth & Community  
Centre,  
58 Coronation Road,  
Crosby, Liverpool,  
L23 5RQ  
T: 0151 920 7137

W: [www.parenting2000.org.uk](http://www.parenting2000.org.uk) E: [admin@parenting2000.org.uk](mailto:admin@parenting2000.org.uk)

### Find us on Social Media

 @Parenting2000 @AlchemyYouth @TyredRides

 Southport: @AlchemyYouth Crosby: @AlchemyCrosby

 Crosby: @AlchemyCrosby

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

# Parenting 2000 Crosby Youth & Community Centre



## What's on at the Centre January 2019

58 Coronation Road, Crosby, Liverpool, L23 5RQ  
Telephone: 0151 920 7137

Website: [www.parenting2000.org.uk](http://www.parenting2000.org.uk)

Facebook: [www.facebook.com/Parenting2000](http://www.facebook.com/Parenting2000)