Parenting Newsletter- Winter

Welcome to our Winter parenting newsletter 2025. I want to continue to ensure you all have the most up to date information for our parenting offer here in Blackburn with Darwen

Its been another busy season and we are just coming to the end of our last programme delivery of 2025, please see all information for the new year and continue to signpost families to the Family hub website, click here to access the website or scan the QR code below.

Scan me

Family Hub

Darwen | Little Harwood | Livesey | Shadsworth

HENRY Core training for professionals

This course will help you gain the knowledge, skills and confidence needed to provide effective support to parents and carers, enabling them to give their children a healthy and happy childhood. The programme focuses on building parental confidence and strength, exploring key themes such as; emotional well-being, whole family lifestyle habits, mealtimes, TV, sleep, food, parenting and physical activity. Attending this core training will help you to understand how to embed the key messages and approaches into your current role working with families.

To book on to the training below, please email- Jacqueline.dearn@blackburn.gov.uk

- 12th & 13th January 2026

HENRY 0-2 offer

Danielle Morrison our HENRY family support co-ordinator continues to deliver our parenting offer for 0-2 year olds;

Please contact Danielle to find out more information about upcoming programmes and workshops, these can also be found on the Family Hub website.

Danielle.morrison@henry.org.uk

henry
Healthy Start, Brighter Future

Summer offer

This year we teamed up with the Early Years Development team to make our offer the strongest its ever been, by doing this we were able to offer groups from all the Family Hubs every day, with excellent attendance, 2699 people attended all together over the summer. The programmes were a combination of messy play, sensory play and outdoor activities, all of our groups were inspired by

HENRY key messages around healthy living, play and stimulation and parent/infant relationship and communication.

The groups also gave families the opportunity to visit our family hubs, meet the team and understand what the parenting offer is, we also had a lot of enquires about our Family Hub nurseries.

The programmes that have been offered throughout the summer support parents with ideas for play and stimulation at home, it also supports with routine as many parent where attending a morning programme, having their free lunch and then attending the afternoon programme.

Winter activities and workshops

Where?	What?	When
Family Hub Livesey	Christmas Sensory play for babies 0-9 months	1st December 10.30am-11.30am
Family Hub Livesey	Christmas Sensory play for babies 0-9 months	8th December 10.30am-11.30am
Family Hub Livesey	Christmas Sensory play for babies 0-9 months	15th December 10.30am-11.30am
Family Hub Livesey	Christmas Sensory play for babies 0-9 months	22nd December 10.30am-11.30am
Family Hub Little Harwood	Understanding Childrens Behaviour Workshop	10th December 09.30am-11.30am

January Parenting Programmes and Workshops

Where?	What?	When?
Family Hub Shadsworth	Preparation for Parenthood	Thursday 5.30-7.30pm starting 26/02/2026 for 8 weeks
Family Hub Livesey	HENRY 5-12	Monday 9.30-11.30am starting 19/01/26 for 8 weeks
Family Hub Livesey	IY Baby	Monday 12.30-2.30pm starting 19/01/26 for 8 weeks
Family Hub Livesey	Riding the Rapids	Tuesday 12.30-2.30pm Riding the Rapids 13/01/26 for 10 weeks
Earcroft Centre	HENRY 0-5	Wednesday 12.00-2.30pm starting 14/01/26 for 8 weeks
Family Hub Little Harwood	Triple P	Thursday 09.30-11.30pm starting 15/01/26 for 5 weeks
Earcroft Centre	Riding the Rapids teenager	Thursday 12.30-2.30pm starting 15/01/26 for 10 weeks
Family Hub Little Harwood	Healthy Relationship Group	Friday 9.30-11.30am starting 16/01/26 for 7 weeks
Family Hub Little Harwood	Understanding Childrens Behaviours	Wednesday 21/01/26 1-3pm – 2 hour one off workshop
Family Hub Little Harwood	Starting Solids	Tuesday 06/01/26 9.30-11.30am – 2 hour one off workshop
Family Hub Shadsworth	Looking After Ourselves	Friday 06/02/26 9.30-11.30am – 2 hour one off workshop
Family Hub Livesey	Starting Solids	Thursday 26/02/26 9.30-11.30am – 2 hour one off workshop
Family Hub Livesey	Healthy Teeth	Thursday 05/03/26 9.30-11.30am – 2 hour one off workshop
Childrens Centre Hancock	Starting Solids	Tuesday 24/03/26 12.30-2.30am – 2 hour one off workshop
Family Hub Darwen	Fussy Eaters	Friday 17/04/26 11.30-1.30pm – 2 hour one off workshop
Family Hub Livesey	Starting Solids	Thursday 02/04/26 9.30-11.30am – 2 hour one off workshop

We are now offering a Riding the Rapids programme aimed at parents of neurodiverse teenagers, the criteria or the programme is children need to be under a predication and be on the pathway for a diagnosis.

Over the winter period we are offering a space for parents and carers to meet our parenting team, attend a workshop or activity and find out more about our programmes. Please promote these sessions, our team will support families to register for the upcoming programmes and provide advice and signposting to further Family Hub services where needed.

We really encourage wider family members to attend our workshops and programmes, anyone who has caring responsibility for a child can access our parenting offer, this enables consistency for children and helps build strong family support networks.

I hope you have a wonderful winter period and festivities, please do contact myself if there is anything you would like to discuss or if you are interested in a workshop or programme being delivered in your setting.

Helen Hartley

Family Help Team Leader

01254 666807

Helen.hartley@blackburn.gov.uk

Family Hub

Blackburn with Darwen Borough Council

Darwen | Little Harwood | Livesey | Shadsworth