

# What's on this month

## Every Day

**Monday to Friday**  
8.00am - 4.00pm  
*Term time only*  
Starts 8th Jan  
**2-5 years**

◆ **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

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

● **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.

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

♥ **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.

## Mondays

5.30pm - 7.00pm

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

## Tuesdays

09.30pm - 12.00pm

● **Solicitor** Free half hourly consultations.

2.00pm - 3.30pm  
*First Tuesday of each month*

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

5.30pm - 8.30pm  
**11-17 years**

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

5.30pm - 7.00pm

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

7.00pm - 9.00pm

● **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

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

5.00pm - 7.30pm  
**11-17 years**

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

5.30pm - 6.00pm

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

5.30pm - 8.30pm  
**11-17 years**

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

6.00pm - 8.00pm  
**11-13 years**

◆ **Adventure Service Challenge** Preparation for DoE

6.00pm - 8.00pm  
**14+ years**

◆ **Bronze Duke of Edinburgh's Award** The DofE is the world's leading youth achievement award, giving millions of young people the opportunity to be the very best they can be.

## Thursdays

10.30am - 12.30pm

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

5.15pm - 6.15pm

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

6.30pm - 9.15pm  
*Term time only*

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

8.00pm - 9.30pm  
*Last Thursday of the month*

▲ **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.

8.00pm - 10.00pm

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

## Fridays

10.00am - 2.30pm

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

10.00am - 1.00pm

● **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.

1.00pm - 2.30pm

▲ **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.

## Saturdays

10.00am - 11.00am  
**4-7 years**

● **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.

11.00am - 12.00pm  
**8-11 years**

12.00pm - 1.00pm  
**12+ years**

*Term time only*

### Key to symbols:

- **Need to book** (See activity for details) ▲ **Drop-in**  
♥ **Run by Parenting 2000** ◆ **Alchemy Youth** (11-19yrs)  
◆ **Youth Activities** (See activity for age range)

## 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 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.

New opportunities including Bronze Duke of Edinburgh's Award, Adventure Service Challenge, all with a sense of raised community and environmental awareness.

See overleaf for times of sessions. For more information please call Sue O'Connor (Youth & Community Lead) on 01704 380047 (Option 6). Parents welcome anytime during club sessions to meet youth workers Sue and Mel.



### 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,  
Morningside 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](http://www.parenting2000.org.uk) E: [info@parenting2000.org.uk](mailto: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, Morningside Road, Southport, PR9 0TS. T: 01704 380047

# Parenting 2000 Southport Centre

## What's going on at P2K from May 2018

Drop-ins

Youth Activities

Clinics, Groups & Classes

Help, Support & Advice

Counselling

Play Sessions

The Lodge, Morningside Road, Southport, PR9 0TS  
Telephone: 01704 380047  
Email: [info@parenting2000.org.uk](mailto:info@parenting2000.org.uk)  
Website: [www.parenting2000.org.uk](http://www.parenting2000.org.uk)  
Facebook: [www.facebook.com/Parenting2000](http://www.facebook.com/Parenting2000)