

What's on this month

Every Day

Monday to Friday
8.00am - 4.00pm
2-5 years

NEW **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 for more information.

Mondays

5.00pm - 7.00pm

▲ **Latvian School**

Tuesdays

9.00am - 5.00pm

♥ **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.

10.00am - 12.00pm
Every other week:
11th & 25th October,
8th & 22nd November,
6th & 20th December.

● **Solicitor** Free half hourly consultations. Call us on 01704 380047 (Option 1) to make an appointment.

4.30pm - 9.00pm
11-19 years

◆ **Youth Drop-in - £1 per session**
▲ Spend time with friends playing games, watching films or just chilling. Free wifi. Homework support available.

7.00pm - 9.00pm

● **Marriage Care** Relationship counselling. Telephone 0800 389 3801 for more information and to make an appointment.

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

Key to symbols:

- Need to book (See activity for details) ▲ Drop-in
- ♥ Run by Parenting 2000 ◆ Alchemy Youth (11-19yrs)
- ◆ Children's Activities (From birth - see activity for age range)

Wednesdays

9.00am - 7.00pm

♥ **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.

9.30am - 11.30am

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

1.30pm - 3.30pm
Every other week:
12th & 26th October,
9th & 23rd November,
7th & 21st December.

● **Digital Inclusion with Sefton@Work** Universal Jobmatch search. For more details, telephone Sefton@Work on 0151 934 2610.

4.30pm - 9.00pm
11-19 years

◆ **Youth Drop-in - £1 per session**
▲ Spend time with friends playing games, watching films or just chilling. Free wifi. Homework support available.

5.00pm - 7.30pm
11-19 years

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

Thursdays

9.00am - 5.00pm

♥ **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.

4.00pm - 6.00pm
Term time only

● **Sefton Young Carers** Support group for children and young people who care for a family member. Telephone 0151 702 5502 for more information.

6.00pm - 8.45pm
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 - 10.00pm

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

Fridays

9.00am - 1.00pm

● **Complementary Therapies from Sefton Carers** Aromatherapy, Indian head massage and reflexology sessions for carers in Sefton. For more information and to book an appointment please call Sefton Carers on 0151 288 6060.

10.00am - 1.00pm

● **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

NEW **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. For more information call Anne-Marie at Sefton CVS on 0151 928 2233 ext 220.

4.00pm - 5.00pm
7-11 years
Starts again 14/10/2016

◆ **Friday Art Club (7-11 years)**
▲ **20p per session** Promoting health and wellbeing through arts and crafts.

Friday 28/10/2016
5.00pm - 9.00pm
11-18 years

ONE OFF **Halloween Event - £1 per person**
Fancy dress party with prize for best costume. Marshmallows and homemade soup plus spooky themed snacks, music, games and prizes. For more information please call Emma Weston on 01704 380047 (Option 6).

5.00pm - 6.00pm
11-19 years
Starts again 14/10/2016

◆ **Friday Art Club (11-19 years)**
▲ **20p per session** Promoting health and wellbeing through arts and crafts.

6.00pm - 9.00pm
11-19 years

◆ **Youth Drop-in - £1 per session**
▲ Spend time with friends playing games, watching films or just chilling. Free wifi. Homework support available.

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!

HEALTHY
START

Youth Drop-ins

Various activities and groups throughout the week for young people aged 11-19 years. See overleaf for details of sessions. For more information please call Emma Weston (Youth & Community Lead) on 01704 380047 (Option 6) or 07834 524987.



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, or during the youth sessions run in Alchemy.



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.

General Information

Opening Times

The main office & reception is staffed during the following hours.

Monday & Tuesday	8.30am - 4.30pm
Wednesday & Thursday	8.30am - 5.00pm
Friday	8.30am - 4.00pm
Weekends & Bank Holidays	Closed

Our Telephone Options

To make sure you get through to the relevant department when calling us on **01704 380047**, please press the correct option!

1 Main Office/Reception	2 Manager
3 Child Injury	4 Lilliput Creche
5 Therapeutic Services	6 Alchemy (Youth)

Please note these will be changing in the near future.

Room Hire

Do you need some space to run a group or have a party in? Perhaps you need an office for a few hours or even a full day? We have long and short term room bookings available at negotiable prices. Telephone 01704 380047 (Option 1) for details.

Parenting 2000

The Lodge, Morningside Road, Southport, PR9 0TS Tel: 01704 380047 Fax: 01704 535354	12 Alexandra Mount, Litherland, Liverpool, L21 7PN Tel: 0151 920 7137	58 Coronation Road, Crosby, Liverpool, L23 5RQ Tel: 0151 932 1163
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www.parenting2000.org.uk

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🔍 Parenting2000 🔍 AlchemyYouth 🔍 TyredRides

Parenting 2000 Southport Centre

What's going on at P2K from October 2016

Drop-ins

Youth Activities

Clinics, Groups
& Classes

Help, Support
& Advice

Counselling

Play Sessions

The Lodge, Morningside Road, Southport, PR9 0TS
Telephone: 01704 380047 Fax: 01704 535354
Website: www.parenting2000.org.uk
Facebook: www.facebook.com/Parenting2000