

TRAFFORD FAMILIES

Spring Guide

What's On

[Holiday Activities and Food Programme \(HAF\)](#)

[Easter Holiday Activities](#)

[Special Educations Needs and Disabilities Activities](#)

[Trafford Directory](#)

[Link Newsletter](#)

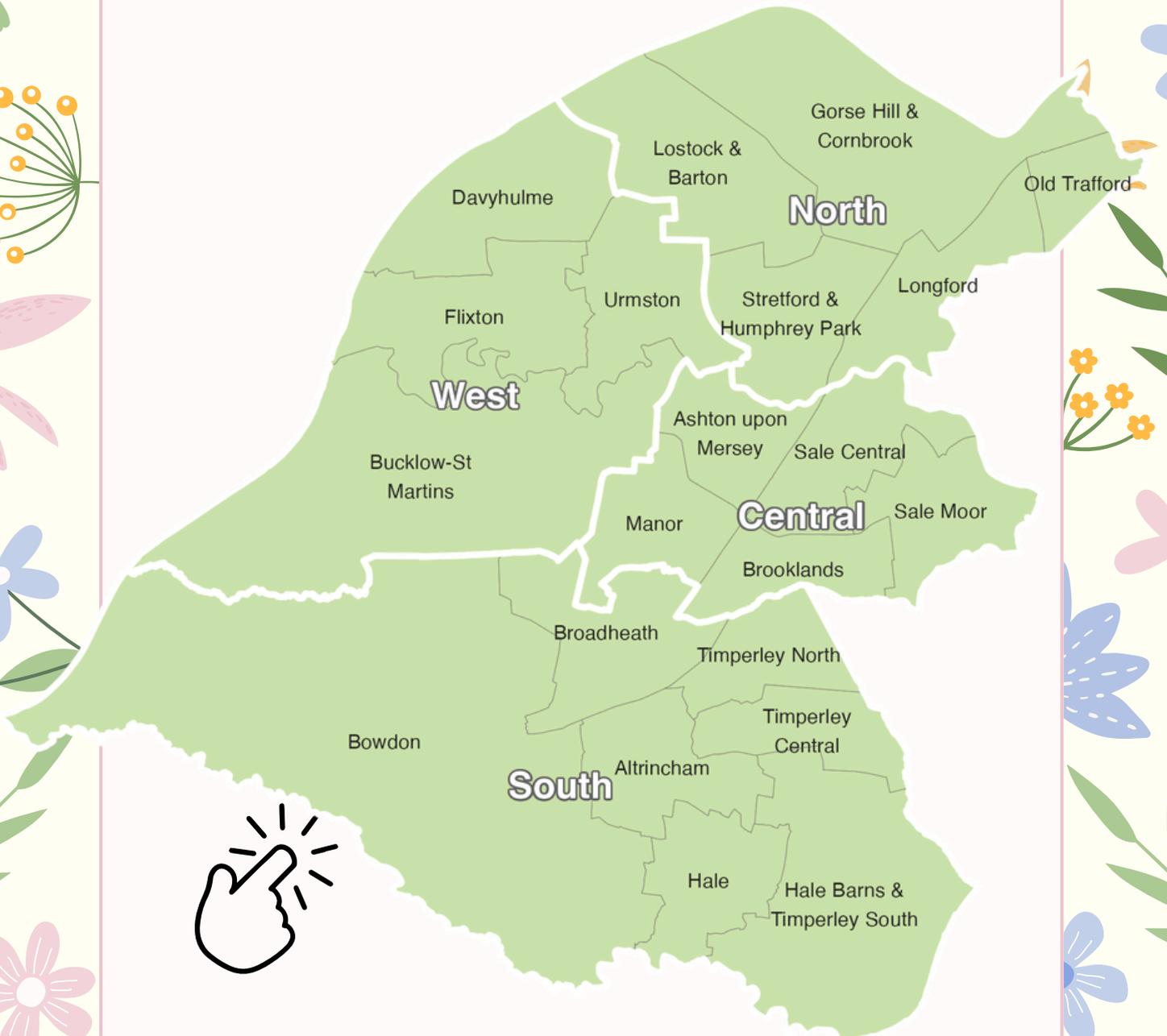
Advice

For general advice for your family you can contact [Family Information Service \(FIS\)](#) by telephone or by dropping into one of the community hubs.

FIS: 0161 912 1053

Open hours: 8:30 - 5:30 Monday - Friday

What's on in your area of Trafford



Click on your area on the map

Padlets



padlet

Trafford Council Padlet's are online live platforms which share information including videos, links and leaflets about resources, services and activities that can support Trafford residents.

Family Help



Start for Life offer -
0-5 years and families

Click titles to explore

Thrive - mental
health and
emotional wellbeing

Special Educational
Needs and Disability
(SEND)

5-11 years

Barriers to Education &
Emotionally Based School
Non-Attendance (EBSNA)

11 - 25 years

Family Help App

Trafford families Family Hubs has partnered with Greater Manchester and Essential Parent to offer a FREE app for parents, parents-to-be and carers

The app includes videos and articles to support you from pregnancy through to your child's teenage years. Information is personalised by adding your child's date of birth.

The app includes details of local groups and services in Trafford. You'll also get updates from your local Family Hub team.



The Essential Parent GM Family Hub app

[App store \(iOS\)](#)

[Google Play store
\(Android\)](#)

Once downloaded, choose Trafford to get started

THE TRAFFORD GM FAMILY HUB APP



A one-stop shop of health information from pregnancy to teenage years for you and your family

- 75 languages
- Tailored information for YOUR family
- Details of support services local to you

Download the app by scanning the QR codes below and start using it today!

Download
the app by
**SCANNING
THE QR CODE**



APPLE



ANDROID

TOGETHERNESS

Bringing the Solihull Approach to the world

Solihull approach has had a rebrand to TogetherNESS. This is the NHS emotional health digital learning hub funded in your area.

Your family has free access to expert learning about childhood development, wellbeing, brain changes, and much more to help you to connect with your children. These interactive courses can be accessed any time online

[Understanding your child: from toddler to teenager](#)

[Understanding your child's mental health and wellbeing](#)

[Understanding your baby](#)

[For further information and access to other courses please visit the TogetherNESS website here](#)

Use Access Code
WATERPARK

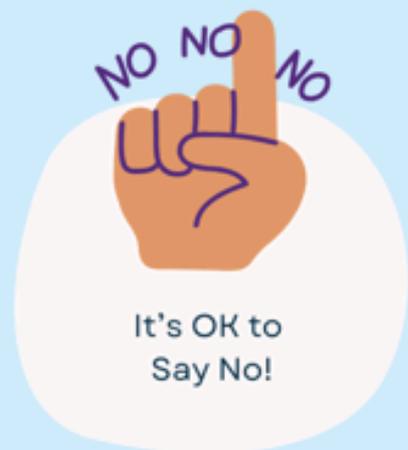
FREE

Starting Strong...



Support and Guidance for Parents and Carers of children in Trafford schools presenting with special educational needs.

Book online to secure your place:
www.thecfc.org.uk/sendparents



Join us from 28.04.2026 (Tuesdays) for 6 weeks to take part in our online workshops - 12:30pm - 2:30pm

These workshops are facilitated by qualified counsellors from:

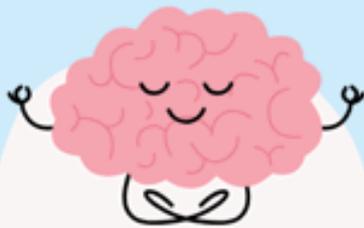
cfc | The Counselling & Family Centre

Starting Strong...



Support and Guidance for Parents and Carers of children in Trafford schools presenting with special educational needs.

Book online to secure your place:
www.thecfc.org.uk/sendparents



Healthy Mind Platter



Coping with Overwhelm & Communication



It's OK to Say No!



Self Care & Dealing with Critical Thought



Managing Anxiety & Your Child's Wellbeing



The Importance of Smaller Steps

Join us from 10.06.2026 (Wednesdays) for 6 weeks to take part in our online workshops - 12:30pm - 2:30pm

These workshops are facilitated by qualified counsellors from:

Connect

Dad's Stay & Play

FREE

FREE monthly play sessions
for Dads, Grandads, Step-dads,
male carers & their children.

**Activities suitable for
under 4 yrs**



10am - 12noon
1st Saturday of Month
Next Dates: 3rd Jan, 7th
Feb, 7th March, 4th April,
2nd May, 6th June

No need to book - just turn up
FREE refreshments available

**Venue: Broomwood
Community Centre,
Mainwood Road,
Timperley, WA15 7JU**



Connect

Dad's

Trafford
Methodist
Circuit

Stay & Play

10am - 12noon

3rd Saturday of Month

Free Tea/Coffee/Toast

**Dads, Stepdads, Grandads & Male Carers,
come along to our monthly play sessions.**

No need to book.

Activities suitable for children 0-5 yrs



**Next Dates: 17th Jan, 21st Feb, 21st Mar, 18th
April, 16th May, 20th June**

**Venue: Sevenways Methodist Church,
Stretford M32 9RD
£3 *Voluntary donation***

JOIN US!

Have Your Voice Heard!



Who are we?

The Trafford Youth Cabinet is a group of passionate young people who aim to make change to policies decisions and services. Making sure that everyone has their voice heard and shaping the future of Trafford.

Accomplishments

- 📅 UK youth Parliament
- 🌈 Trafford Youth Pride Event
- 🗣️ Attended GMYCA meetings
- 🚗 Primary Secondary and SEND conference
- 🎯 Team Building sessions

Why Join?

- ✅ Develop new skills and qualities for your future
- ✅ Enhance your CV and future Career Prospects
- ✅ Have your say on issues that matter to you
- ✅ Make new friends and expand your network
- ✅ Influence yours and other's futures

✅ Open to young people aged 11-18 working or studying in Trafford

✅ Meeting every Wednesday, 5pm-7pm

✅ No experience is needed - just passion and commitment

📅 Sign up today! Email: nathan@gorsehillstudios.co.uk

People should join TYC because there has never been a more important time where young people are needed to shape their communities and bring hope, not hate! (Mackenzie)



Check about our
Social media

*Are you disabled and/or neurodivergent
and living in Trafford? Join...*

TRAFFORD OUT LOUD

*A Youth Voice Group for disabled
and/or neurodivergent Young
People in Trafford*

**EVERY SECOND
MONDAY
5 PM - 7 PM**

*Sale Moor
Community Centre*

To register interest:

SCAN ME



*or contact
liv.malone@gmyn.co.uk*



2026 DATES*

APRIL

13th
20th

MAY

4th
18th

JUNE

1st
15th

JULY

13th
28th

AUGUST

10th
24th

SEP

7th
21

OCT

5th
19th

NOV

2nd
16th
30th

DEC

14th

**Some dates may change due to unforeseen cancellation. Where possible we will rearrange these sessions for the following week.*