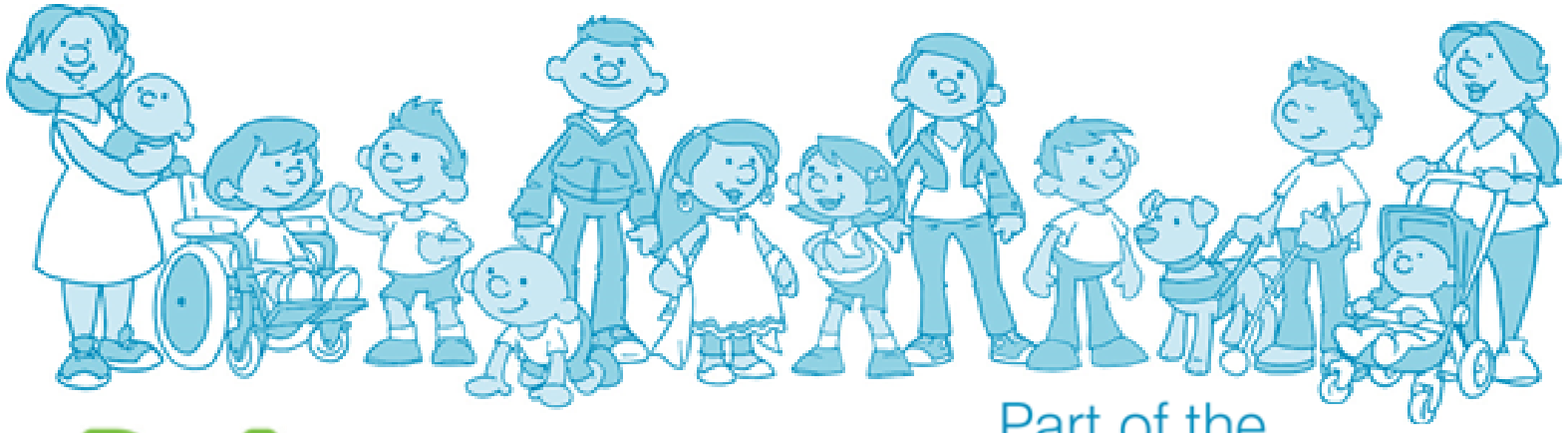
Atherton Start Well Family Centre

Covering Atherton, Tyldesley, Mosley Common & Astley

Activity Timetable

From 10th January - 18th February 2022



The Deal

Part of the
Start Well Family Network

All Together Making a Contribution
ATHERTON · TYLDESLEY · MOSLEY COMMON

01942 879012 / 07825 832685

Atherton_cc@wigan.gov.uk

www.facebook.com/athertonstartwellcentre

Wigan Council

Atherton Area

Monday

Healthy Routes & Community Link Worker Drop In
9am - 12pm
Come along for more information on:
- Weight Management
- Mental Well Being
- Stop Smoking
- Alcohol Reduction
- Physical Activity

Atherton SWFC

Baby Massage £
9.30am - 10.30am
A block of massage classes for babies aged 0-6 months
Booking Required
Atherton SWFC

A Place of Welcome
10am - 12.00pm
Free tea, coffee and Refreshments - why not come along for a chat, children welcome
01942 888382
Atherton Salvation Army

Tuesday

Parenting Support Drop In
9am - 10am
Come along for advice and support on parenting
Atherton SWFC

Level 2 Supporting Teaching & Learning
9.30am - 12pm
12.30pm - 3pm
A qualification for adults wanting to work in schools
To book please email Adult Learning @wigan.gov.uk or
Atherton SWFC

Ready Steady Play
9.45am - 10.45am
A fantastic interactive session for children aged 18m - 4 years
Booking Required
Atherton SWFC

Wednesday

Childminder Drop In
9am - 11.30am
A stay & play session for childminders
Atherton SWFC

Meadow Mini's
9.30am - 10.30am
For children from 18 months
Meadowbank Primary School

Mum & Baby Yoga £
10am - 11am
Please book on by following the website:
www.ToniMarieYoga.com
Fit'N'Funky Ladies Gym

Thursday

All Angels Play Group £
9-10.30am
For children aged 0-5 years. Refreshments will be available and a range of play activities
£2.50
St Michael's Primary School

Well Baby Weigh Clinic
9.15am - 11.30am
Please ring **01942 483011** to make an appointment
Atherton SWFC

Friday

Helping & Working in Schools
9.30am - 11.30am
A qualification for adults wanting to work in schools
To book please email AdultLearning @wigan.gov.uk or ring 01942 879012
Atherton SWFC

Bouncing Bunnies Toddler Group £
9:15am - 11.15am
For children 0-5 years, refreshments provided
Mondays and Fridays
£2.50 per child or £3.50 per family
Atherton Baptist Church

Fun & Floats
Be Well
Various times throughout the week
To book please call 01942 870403
Howe Bridge Sports Centre

Atherton Area

Monday

Let's Talk with your Baby
11.30am - 12.30pm
Communication session for babies aged 0-12 months
Booking Required
Atherton SWFC

Forest Friends
1pm - 2pm
Come along and let your little ones explore in the woods for children 2 - 4 years
Sacred Heart Primary School
Booking Required
Atherton SWFC

Mini Explorers
2pm - 3pm
A lovely interactive session for children crawling to 2 years
Booking Required
Atherton SWFC

Tuesday

Breastfeeding Support Group
1pm - 2.30pm
Sessions are facilitated by WWL NHS Community Infant Feeding Team, we can support with positioning and attachment, expressing and much more!
Booking Required
Atherton SWFC

Accredited as Baby Friendly Gold
unicef UNITED KINGDOM

Level 2 Supporting Teaching & Learning
12.30pm - 3pm
A qualification for adults wanting to work in schools
To book please email AdultLearning @wigan.gov.uk or
Atherton SWFC

Wednesday

Bump & Buggy Walk
10:30am - 11:30am
Meet at *Atherton Start Well Family Centre*
Free refreshments after the session
No need to book, just turn up!!

Brunch with Baby
11:30 - 12:15pm
Informal session for parents to chat to share ideas
Tea & Toast provided
Atherton SWFC

Term Time Only

Thursday

A Place of Welcome
10am - 12.00pm
Free tea, coffee and Refreshments why not come along for a chat, children welcome
01942 888382
Atherton Salvation Army

NEW!

WellBeing for Tots £
1:45pm - 2.30pm
For children 1-5 years
£2 per child and £1 for each additional child
Relaxing meditation
Pre School YOGA
Puppets, parachutes and sensory toys
Atherton SWFC

Jigsaw Group
1.15 - 2.45pm
Peer support group for parents of children with special educational needs and disabilities
Atherton SWFC

Friday

Shogun Karate Club £
7.00pm - 8.00pm
For more information please call 07801098938
Dorset Road Community Centre

Be Well

Swim Tots at Howe Bridge £
For babies from 4 months up to 4 years
Thursday 9.15am & 11.35am
Friday 11.15am
£2.80 per session
To book please call 01942 870403
Howe Bridge Sports Centre

Tyldesley Area

Monday

Mini Giants Parent & Toddler Group £
Every day Mon - Fri
9.30am - 11.30am
A fun group for ages 0 - 5 years
Please book online:
www.facebook.com/minigiantswigan/
Kings Church Centre

Peace at Last Yoga

Childminder Drop In
9.30am - 11.30am
A stay & play session for childminders
Tyldesley SWFC

"Play is our brain's favourite way of learning"

Tuesday

Healthy Routes & Community Link Worker Drop In
9am - 12pm
Come along for more information on:
- Weight Management
- Mental Well Being
- Stop Smoking
- Alcohol Reduction
- Physical Activity

Atherton SWFC

Story & Rhyme
9:45am - 10:30pm
For children 0-5 years, come along and enjoy some fabulous stories
Booking Required
Tyldesley Library

Baby Massage £
9.45am - 10.45am
Baby Yoga £
11am - 12pm
Please book online:
www.peaceatlastyoga.co.uk
Pelican Centre

Wednesday

Parenting Support Drop In
9am - 10am
Come along for advice and support on parenting
Tyldesley SWFC

Baby Yoga £
9.45am - 10.45am
Yoga for you and your little one - from 12 weeks until they're walking
Please book online:
www.peaceatlastyoga.co.uk/
Pelican Centre

Morning Crafts
10am - 12pm
Drop in craft session for children. Come along and have a chat!
Refreshments provided!
Shakerley Community Centre

Thursday

Mini Explorers
10am - 11am
A lovely interactive session for children crawling to 2 years
Booking Required
Tyldesley SWFC

Let's Talk with your Baby
1pm - 2pm
Communication session for babies aged 0-12 months
Booking Required
Tyldesley Site

Looking at your face is the best way for babies to learn. Talking, listening and smiling triggers oxytocin and helps your baby's brain grow

Term Time Only

Friday

Adult Learning

Introduction to Beauty
10am - 12noon

Steps to Confidence and Wellbeing
12.45pm - 2.45pm

6 week course starting Friday 14th January.

Booking Required, please call 01942 879012

Tyldesley Site

Family Swim £
Various times throughout the week
Please book online:
www.pelicantyldesley.co.uk
Pelican Centre

Tyldesley Area

Monday

NEW!

WellBeing for Tots £
12pm - 12.45pm
For children 1-5 years
£2 per child and £1 for each additional child
Relaxing meditation
Pre School YOGA
Puppets, parachutes and sensory toys
Tyldesley Site

Forest Friends
1pm - 2pm
Come along and let your little ones explore in the woods for children 2 - 4 years
Booking Required
Sacred Heart Primary School

Tuesday

1001 Club Pregnant & new mums
1 - 3pm
£4 per session
www.facebook.com/comeoninandhaveachat
Complete Kindness CIC

Well Baby Weigh Clinic
1.30pm - 3.30pm
Please ring **01942 483011** to make an appointment
Tyldesley Site

Fun, Floats & Diving
1.30pm - 2.30pm
Please book online:
www.pelicantyldesley.co.uk
Pelican Centre

Supporting Teaching and Learning Level 2
4.30pm - 8pm
16 Week Course
Please contact Discover **to book on**
01942 356580
Tyldesley Site

Wednesday

Mini Maestro's £
11.00am - 11.45am
A fun musical session for children aged 2+
£2 per child £1 for each additional child
Tyldesley Site

Baby Massage £
11am - 12pm
Suitable from birth until pre-walking.
Helps with bonding, wind, colic, reflux and more.
Aqua Natal £
8pm - 9pm
Please book online:
www.peaceatlastyoga.co.uk
Pelican Centre

Thursday

Supporting Teaching and Learning Level 3
4.30pm - 8pm
26 Week Course
Please contact Discover to book on
01942 356580
Tyldesley Site

Pregnancy Yoga £
6:30pm - 7:30pm
Please book online:
www.peaceatlastyoga.co.uk
Pelican Centre

Term Time Only

Sessions with a £ may have a small charge

Friday

Homework Club
Tues - Friday
4pm - 5pm
£3 per session, refreshments included!
For children in Year 5/6

Please pre-book by following the link
www.facebook.com/comeoninandhaveachat

Complete Kindness CIC

Saturday

MatCH
(Men and their Children)
Anytime between
10 - 12pm

A chance for dads and male carer's to chill out and get to know each other with children 0-5 years.
Call 01942 879012 to book
Tyldesley Site

Astley / Mosley Common Area

Monday

Mama And Me £
Babywearing Dance
10am - 11am
11.15am - 12.15pm
For babies aged 8 weeks plus.
www.bookwhen.com/mamaandmeuk
Astley Pensioners and Community Hub

NEW

WellBeing for Tots £
1.30pm - 2.15pm
For children 1-5 years
£2 per child and £1 for each additional child
Relaxing meditation
Pre School YOGA
Puppets, parachutes and sensory toys
St John's Mosley Common Site

Zumba £
2pm - 3pm
Contact Gabby to book on 07841117029
Tai Chi £
7:15pm - 8:15pm
contact Kath on 07534086447 to book
Beehive Community Centre

Tuesday

Tae Kwondo Classes
Little Tiger Cubs
4pm - 4.45pm (3-5 Yrs)
Active Tigers 5+
4.45pm - 5.45pm
FREE TRIAL LESSON
www.uktc.co.uk
Beehive Community Centre

Adult Yoga £
Tuesdays & Thursdays
6pm - 7pm
Please call Donna to book on 077065 70646
Beehive Community Centre

Wednesday

Zumba £
1.30pm - 2.30pm
Contact Gabby to book on 07841117029
Beehive Community Centre

Self Defence £
7.30pm - 9.30pm
Contact Dave to book on 07910984331
Beehive Community Centre

"Parents are children's first and most enduring educators"

Term Time Only

Sessions with a £ may have a small charge

Thursday

Toddler Group £
9.30am - 11.00am
A friendly group for children age 0-5years
St John's Church

Yoga £
12:30pm - 1:30pm
contact Donna on 07706570646 to book
Tai Chi £
contact Kath on 07534086447 to book
Pilates £
6pm - 7pm
Please call Donna to book on 077065 70646
Beehive Community Centre

All Together Making a Contribution
Atherton Tyldesley Mosley Common

Friday

Baby Massage £
1.30-2.30pm
A block of massage classes for babies aged 0-6months
Booking Required
Mosley Common Site

Baby Brunch £
10.30am - 11.30am
Baby Massage followed by lunch
Contact Linda on 075814 35504
Dam House

Shop £
open for food, clothing, books, DVD's and toys
Monday - Thursday
9.30am - 11.30am
Friday & Saturday
9am - 1pm

Café £
open
9.30am - 11.30am
Beehive Community Centre

A-Z Session Overview

Adult Learning
Various adult learning opportunities please contact Atherton Start Well Family Centre for more information

Ante-Natal Drop In
Pregnant mums' to be can meet our midwife and enjoy all your ante-natal care from the comfort of your local Start Well Centre
Booking Essential

Baby Massage 0 - 6 Months
This is a nice way to bond with your baby and learn some relaxing massage techniques that you can do at home through nurturing touch.

Breastfeeding Support Group
A Friendly drop-in group for pregnant ladies an breastfeeding mums offering support and advice.

Brunch with Baby
An informal session for all families with new babies to come along to, chat, relax and enjoy some FREE refreshments

Bump & Buggy Walk
A Free Walk – suitable for pregnant ladies & prams get out and about with our fun, friendly guided health walks! They are a great way to get back into being active

Childminder Drop In
An opportunity for local childminders to meet and share best practice. Also a chance for the children in their care to enjoy some social time, games and stories with their friends.

Forest Friends
Come along and let your little ones explore in the woods for children aged 2 - 4 years

Healthy Routes & Community Linker worker Drop In
- Weight Management
- Mental Well Being
- Stop Smoking
- Alcohol Reduction
- Physical Activity

Helping & Working in School Level 1 & 2
For adults who wish to work within education helping teachers to develop and deliver lessons to children and young adults.

Let's Talk with your Baby 0 - 12 Months
This session is about helping your baby to develop their communication & language skills. There are lots of exciting things to do including messy play, tummy time, water play, twinkle lights and making foot prints. The session also includes time for parents and carers to chat to each other to share ideas and get support.

Meadow Mini's
Fun interactive session for children 18 months plus, to help get them ready for school

Mini Explorers 1 - 2 Years
This session is a chance to explore using our senses. Involves messy play and physical activities. It gets very messy so old clothes are essential and maybe even a change of clothes. The children love it and the best bit – you get to leave all the mess here!

Mini Maestros 2 Years +
Come along for some musical fun £2 for the 1st child and £1 for each child after that.

Ready Steady Play
A fantastic interactive play session with lots of activities to try at home and prepare your child for Nursery for children aged 18m - 4years

Story & Rhyme 0-5 years
Story session at Tyldesley Library

Volunteer Training
2 hours per week over 8 weeks everything you need to know in order to become a successful volunteer.

Well Baby Clinic
Our Clinics will support, advise and assist you to keep your little-ones healthy and happy. Call in to weigh and measure your baby and to meet your local Health Visitor.

Well Being for Tot's
For children walking to 2 1/2 years
Relaxing, meditation, pre-school, yoga, puppets, parachutes and sensory toys

Wigan Family Directory

Find more information on:

- **Your local Start Well Family Centre**
- **Local activities and events**
- **Childcare choices**
- **Special Educational Needs and disability information**
- **Free 2 year old provision & 30 hours childcare**

Start Well Registration

You can register by completing the Start Well registration form online:

Or you can pop into Atherton SWFC or one of our link sites to

Volunteering

Would you like the chance to learn a new skill, gain training and help others?

By becoming a Start Well Family Centre Volunteer we can offer you this and much more!

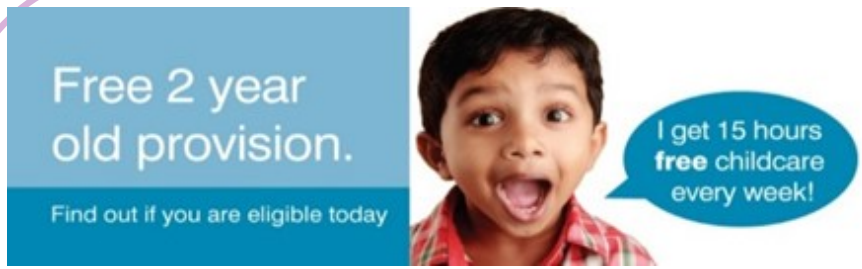
To find out more about volunteering opportunities in your area call

01942 879012

Save a Baby's Life

This workshop covers infant life support, choking and drowning and is suitable for anyone who cares for a baby (parent, siblings, grandparents and carers.)

To book a place call 01942 879012



Free childcare for your 2-year-old

Certain 2-year olds may be eligible to 15 hours care and education per week if:

- A family has an income of less than £16,190 (£15,400 if on Universal Credit)
- They are Asylum seekers
- Or a child is looked after
- Or adopted
- Or the child is in receipt of Disability Living Allowance

What are the benefits for your child?

We send postcards to parents when the government inform as us of eligible parents. If you don't receive a postcard and you feel you meet the criteria, complete an online application at: **www.wigan.gov.uk/2yearoldfunding**

What are the next steps?

1. Choose a childcare provider: **www.wigan.gov.uk/familydirectory**
2. Take your postcard, online application eligibility letter, your child's adoption certificate or DLA award letter along to the childcare provider of your choice
3. Your child can start childcare the term after their 2nd birthday

All three and four-year-old children are entitled to free early education and childcare for 15 hours per week for 38 weeks a year. Some children are also entitled to an additional 15 hours a week of childcare providing their parents meet the qualifying criteria.

For more information telephone: 01942 489004,
Visit: www.wigan.gov.uk/familydirectory or Email: fsd@wigan.gov.uk

SCAN ME

FIRST STEPS NUTRITION TRUST

www.firststepsnutrition.org

change 4 life

Eat well Move more Live longer

https://www.nhs.uk/change4life

https://nhsattend.vc/WWLInfantfeeding

Parenting Support

Solihull Parenting Training
https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Wellfest/Family-Tent/Parenting-advice.aspx

Ante Natal video workshops:

- Brain development and early communication antenatal to 6-8 weeks
- Transition womb to world
- Feeding your baby
- Managing expectation
- Nappies and bathing
- Midwives labour and birth

Captain Seaweed's Pirate Park

Atherton Start Well Centre,

Formby Avenue, Atherton, M46 0HX

A fabulous play area open

Monday to Friday 9am - 4.30pm

For **ALL** families and children aged under 7

Health Visiting Service

The health visiting service offer is available to all children and families, they provide advice, information and support to families and children and help parents make decisions that improve their family's future health and well-being.

If you scan this QR code you will be able to get in touch with your local health visiting team as well as have access to lots of information and advice that covers topics such as:

- Maternal mental health week
- Maternal, Paternal & Partner health & well being
- Toileting and potty training
- Sleep routines
- Infant feeding and healthy eating
- Speech and language
- School readiness

The Importance of play!

"Your child loves it when you chat, play and read with them, even when they're too young to understand it all."

Our sessions promote

Hungry Little Minds is a campaign that aims to help parents understand that they have a BIG impact on their child's learning and that reading, playing and chatting with them is a simple thing they can do to help them develop.

Parents can access the website:
www.hungrylittleminds.campaign.gov.uk

- Learning through play helps young children be ready for school, encourages their imagination and helps them with literacy & numeracy skills.
- Role play games can help your child make sense of the world, and aid in their emotional and physical development

Children learn though play. Simple!

- Outdoor play and nature is beneficial to your child as they learn about the world around them and helps their sensory needs to too!

Sessions to capture their imagination!

"Our sessions are created by our Early Years Workers, based on the early learning curriculum. They are all play based, fun activities for new born to five years old, to help develop those essential skills."

"Children learn and develop by playing alongside their peers and they will make better progress if they are happy mixing with other children and adults."

"What we do really matters!"

Getting your child ready for school!

Our sessions provide various courses and activities which are fun for the whole family, including learning opportunities for parents and children. A child who is ready for school is more likely to meet their full potential when they start school and in life beyond the school gates. What ourchildren experience before school really does matter...

Our sessions help to.....

- Support children's independence
- Build up children's social and emotional skills
- Encourage early literacy and number skills
- Establishing routines and structure
- Promote a curiosity about the world and a desire to learn

Atherton Start Well Family Centre

Start Well Advisory Board

The Start Well Advisory Board provides support and challenge for Atherton Start Well Family Centre and its link sites.

The Advisory Board has representatives from partner agencies, Wigan Council, Health professional, Early Years providers, the local community and most importantly local parents.

If you would be interested in being a member of the Advisory Board and would like more information, please contact us:

01942 879012

Atherton_cc@wigan.gov.uk

Health Information

Midwife

If you need to contact your local Midwife please contact 01942 264004
Between 9am - 10am

Health Visitors

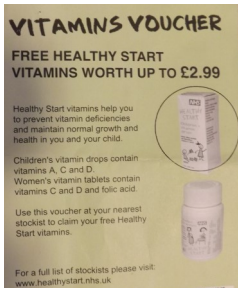
We provide advice, support and information to parents to help them make decisions that improve their families future health and wellbeing. Our service is open to all families including children with additional needs. Please see our local offer at www.wwl.nhs.uk Tel: 01942 481018

Healthy Routes

Weight Management - Stop Smoking - Mental Well Being,
Alcohol Reduction - Physical Activity
The Healthy Routes team have a drop in session at Atherton Start Well Family Centre every Monday 9am - 12noon or Tyldesley every Tuesday 9am - 12 noon, please call in and have a chat with them.

Healthy Start Vitamins

You can get your vitamins from ;
Atherton Start Well Family Centre *everyday*
Tyldesley Linked Site - *During session times*
Mosley Common Linked Site – *During session times*
VITAMINS FREE
Please bring along your green vitamin voucher if you have one

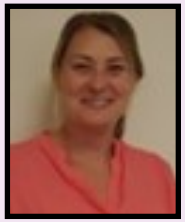


Early Years Worker

Some of the Start Well Sessions are delivered by our Early Years Workers; Nicola and Kelley. They have lots of experience and qualifications in Early Years and a passion for working with children and their families.
Their fun sessions focus on encouraging learning & development through play!

You can contact them with any queries or suggestions on their mobiles or by contacting the Start Well Family Centre on 01942 879012.

Nicola



Kelley

Facebook

For regular updates, please visit our Facebook page

www.facebook.com/athertonstartwellfamilycentre

Venue Addresses

Atherton

Atherton Start Well Family Centre (ASWFC),

Formby Ave, Atherton, M46 0HX

Atherton Baptist Church, Tyldesley Road, Atherton, M46 9DQ

Dorset Road Community Centre Dorset Road, M46 9GJ 01942 884184

Fit'N'Funky Ladies Gym, Bolton Road, Atherton, M46 9JQ

Meadowbank Primary School, Formby Avenue, Atherton, M46 0HX

Howe Bridge Sports Centre, Eckersley Fold Lane, M46 0PJ 01942 870403

Salvation Army, 6-8 George Street, M46 0EL 01942 888382

Sacred Heart Primary School, Lodge Lane, Atherton, M46 9BN

St Michael's Primary School, Leigh Road, Atherton M46 0PA

Tyldesley

Tyldesley Site, Poplar Street, Tyldesley, M29 8AX

Complete Kindness Café, 249 Elliott Street, Tyldesley, M29 8DG

Kings Church Centre, Upper George St, M29 8HQ 01942 797951

Pelican Centre, Castle St, M29 8EG 01942 882722

Sacred Heart Primary School, Lodge Lane, Atherton, M46 9BN

Tyldesley Library, 13 Stanley St, Tyldesley, Manchester M29 8AH

Mosley Common

Mosley Common Linked Site, Commonside Road, Mosley Common, M28 1AE

St John's Church, Mosley Common Road, M28 1AN

Astley Tots Plot, Parkfield Ave, M29 7EF 01942 879012

Beehive Community Centre, Lindale Hall, Lindale Road. M28 1BG 01613768229

St Ambrose Barlow Church Hall Manchester Road, M29 7DZ 01942 883912

Wigan Borough Domestic Abuse Service

DROP IN'S

FREE, CONFIDENTIAL ADVICE AND SUPPORT

AVAILABLE TO ANYONE AFFECTED BY DOMESTIC ABUSE

NO APPOINTMENT OR REFERRAL NEEDED

HELPLINE MON - FRI 8AM-7PM 01942 311365

WIGAN

9.30am - 1.30pm
Monday to Friday

DIAS Domestic Violence Centre
Rodney House, King Street, Wigan, WN1 1BT

DROP IN'S OPEN 5 DAYS A WEEK

APPOINTMENTS WITHIN THE COMMUNITY AVAILABLE ON REQUEST

LEIGH

9.30am - 1.30pm
Monday to Friday

Well Women Centre, Leigh
55 Church Street, Leigh, WN7 1AZ
Female only/ appointments available for men within the community.

The Deal

Wigan Council