

# 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

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, Elliot Street Tyldesley, M29 8EH

## Mosley Common

**Mosley Common Linked Site, Commons 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**

# Atherton Start Well Family Centre

Covering Atherton, Tyldesley, Mosley Common & Astley

## Activity Timetable

From 12th September - 21st October 2022



**The Deal**

Part of the  
**Start Well Family Network**



01942 879012 / 07825 832685

[Atherton\\_cc@wigan.gov.uk](mailto:Atherton_cc@wigan.gov.uk)

[www.facebook.com/athertonstartwellcentre](http://www.facebook.com/athertonstartwellcentre)

**Wigan**   
**Council**

# Atherton Area

## Monday

### Healthy Routes Drop In with Hayley

9am - 12noon  
Come along for more information on:

- Weight Management
- Mental Well Being
- Stop Smoking
- Alcohol Reduction
- Physical Activity

**Atherton SWFC**

No need for an appointment just come along

### Baby Massage £★

9.30am - 10.30am  
A block of massage classes for babies aged 3-6 months

**Booking Required**  
**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**

## 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  
Qualification for adults wanting to work in schools

**To book please email Adult Learning @wigan.gov.uk or ring 01942 879012/ text 07825 832685**  
**Atherton SWFC**

### Mini Explorers

10am - 11am  
A lovely interactive session for children crawling to 2 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 - 4 Yrs  
**Meadowbank Primary School**

### Bump & Buggy Walk

9:30am - 10:30am  
**Meet at Atherton Start Well Family Centre**

Free refreshments after the session  
**No need to book, just turn up!!**

### Mum & Baby Yoga £

10am - 11am  
Please book on by following the website:  
[www.ToniMarieYoga.com](http://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**

Term Time Only ★



Community Run

Start Well Offer

## Friday

Healthy Routes with Jo **NEW!**  
10am - 1pm  
Weight management by appointment only on **01942 836 967**  
**ANY MORE INFO?**  
**Atherton SWFC**

### Zumbini Classes £

10am - 11am  
Songs, music & movement for children 0 - 4 Years  
6 week block  
free taster session on 2/9/22 Please book on by following the website:  
[www.feeltheheatfitness.co.uk](http://www.feeltheheatfitness.co.uk) or ring 07834 815797  
**Fit'N'Funky Ladies Gym**

### 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**

# 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](http://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 with Hayley at Atherton Start Well Family Centre every Monday 9am - 12noon or you can make an appointment to see Jo on a Friday 10am - 1pm, please contact them on 01942 836967

## 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 ARE CURRENTLY FREE FOR ALL CHILDREN 0-5 YEARS  
AND PREGNANT LADIES**

Please bring along your Healthy Start card 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 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](http://www.facebook.com/athertonstartwellfamilycentre)



“ Play is our brain’s  
favourite way of  
learning ”



## Free 2 year old provision.

Find out if you are eligible today



I get 15 hours free childcare every week!

### Your 2-year old may be able to access free childcare if :

- You and your family are in receipt of certain benefits and have an income of less than £16,190 (£15,400 if on Universal Credit),
- If you are a non-EEA citizen who cannot claim benefits, and get support under the Immigration and Asylum Act
- The child is Looked After by the Local Authority or previously been Looked After,
- They are Adopted,
- They are in receipt of Disability Living Allowance.
- They have been identified as 'a child in need', as they have a disability or a child protection plan



Those parents who are in receipt of benefits (Universal Credit or Child Tax Credit) will need to apply online to confirm eligibility. For Looked After, Adopted or children receiving DLA please go to step 2.

### What are the next steps?

1. Apply online at [www.wigan.gov.uk/2yearoldfunding](http://www.wigan.gov.uk/2yearoldfunding) or scan the QR code below.
2. Choose a childcare provider at [www.wigan.gov.uk/familydirectory](http://www.wigan.gov.uk/familydirectory)
3. Take your eligibility letter, your child's adoption certificate, or DLA award letter along to your chosen childcare provider
4. Your child can start the term after their 2<sup>nd</sup> birthday

## 30 hours childcare



I get 30 hours free childcare every week!

### Did you know?

All three and four-year-old children are entitled to free early education and childcare for 15 hours per week, term time only (38 weeks). Some children are also entitled to an additional 15 hours a week providing their parents meet the qualifying criteria. Find out more about the 30 hour entitlement at [www.gov.uk/30-hours-free-childcare](http://www.gov.uk/30-hours-free-childcare)



For more information visit [www.wigan.gov.uk/familydirectory](http://www.wigan.gov.uk/familydirectory)  
Email: [leyep@wigan.gov.uk](mailto:leyep@wigan.gov.uk)  
For information on support with your childcare costs visit [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

Term Time Only ★

# Atherton Area

## Monday

**Let's Talk with your Baby** ★  
11am - 12noon  
Communication session for babies aged 0-12 months  
**Booking Required**  
**Atherton SWFC**

**Gigantic Giants** ★  
1:30pm - 2:30pm  
A fantastic interactive session for our gigantic giants aged 18m - 4 years  
**Booking Required**  
**Atherton SWFC**

**Pregnancy Yoga £**  
8pm - 9pm  
Please book on by following the website:  
[www.ToniMarieYoga.com](http://www.ToniMarieYoga.com)  
**Fit'N'Funky Ladies Gym**

## 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!  
**Atherton SWFC**

**Level 1 NEW HAWIS**  
1pm - 3pm  
Qualification for adults wanting to work in schools  
**To book please email Adult Learning** ★  
**@wigan.gov.uk or ring 01942 879012/text 07825 832685**  
**Atherton SWFC**

**Moving Mayhem!** ★  
1:30pm - 2:30pm  
A fantastic physical outdoor session for children aged 18m - 4y  
**Booking Required**  
**Atherton SWFC**

## Wednesday

**Bloom Baby Classes**  
**Busy Bees £**  
10am - 6 - 14 months.  
**Caterpillar Club**  
11.05am - 0 - 6 mths.  
Pre-book online  
<http://www.bookwhen.com/bloomleighatherton>  
contact Sarah on 07810 863924  
**Dorset Road Community Centre**

**Brunch with Baby**  
10:30am - 11:15am  
Informal session for parents and to chat to share ideas  
**Non Mobile Babies**  
**Tea & Toast provided**  
**Atherton SWFC**

**Young Parents Group** ★  
1:15pm - 2:45pm  
**New group for young parents aged under 24?** Run with Health Visitor to answer any public health queries  
**Booking Required**  
**Atherton SWFC**

## Thursday **NEW!** ★

**Forest Friends** ★  
10am - 11am  
Come along and let your little ones explore in the woods for children 2 - 4 years  
**Sacred Heart Primary School**  
**Booking Required**



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

Community Run

Start Well Offer

## Friday

**Swim Tots / Family Swims £**  
Various times throughout the week  
**To book please call 01942 870403**  
**Howe Bridge Sports Centre**

Be Well

## Saturday

**MatCH (Men and their Children)**  
10 - 12noon  
A chance for dads and male carers to chill out with children 0-5 years.  
Call 01942 879012  
**Tyldesley Site**

## Sunday

**Kids Zumba Class**  
10.30am - 11.15am  
For children 6-11 Years, parents welcome to join too!  
Please book on by following the website:  
[www.feeltheheatfitness.co.uk](http://www.feeltheheatfitness.co.uk)  
**Fit'N'Funky Ladies Gym**



# 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/](http://www.facebook.com/minigiantswigan/)  
**NEW VENUE??**

“ 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 ”

### Childminder ★ Drop In

9.30am - 11.30am  
A stay & play session for childminders  
**Tyldesley SWFC**

Term Time Only ★

## Tuesday

### Messy Munchkins

10am - 11am ★  
For children 6 - 18 Months. Please bring spare clothes and a towel so you can enjoy the messy fun!

**Booking Required**  
**Tyldesley SWFC**

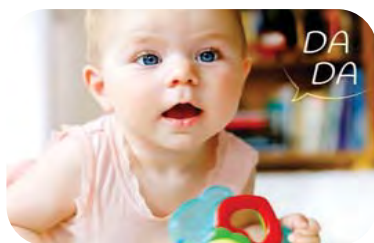
### Baby Yoga £

11am - 12pm  
Please book online:  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)  
**Pelican Centre**

### Story & Rhyme ★

1:30pm - 2:15pm  
For children 1-5 years, come along and enjoy some fabulous stories

**Booking Required**  
**Tyldesley Site**



## 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/](http://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

### Forest Friends

10am - 11am ★  
Come along and let your little ones explore in the woods for children 2 - 4 years

**Sacred Heart Primary School**  
**Booking Required**

### ★ Level 1 Health & Social Care

9:30am - 12:30pm  
Qualification for adults wanting to work in a caring role

**To book please email Adult Learning @wigan.gov.uk or ring 01942 879012/text 07825 832685**  
**Atherton SWFC**

### Let's Talk with your Baby ★

1pm - 2pm ★  
Communication session for babies aged 0-12 months  
**Booking Required**  
**Tyldesley Site**

## Friday

### Brunch with Baby

9:15am - 10am  
Informal session for parents and to chat to share ideas  
**Non Mobile Babies Tea & Toast provided**  
**Tyldesley Site**

### Bump & Buggy Walk

10am - 11am  
Meet at **Tyldesley Linked Site**  
**No need to book, just turn up!**

### Family Swim £

Various times throughout the week  
Please book online:  
[www.pelicantyldeley.co.uk](http://www.pelicantyldeley.co.uk)

**Pelican Centre**



# **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:

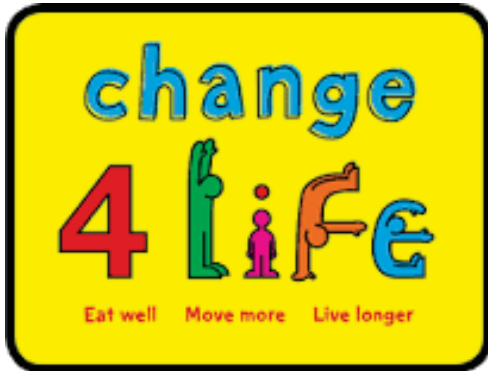
 **01942 879012** 

 **Atherton\_cc@wigan.gov.uk** 

# SCAN ME



[www.firststepsnutrition.org](http://www.firststepsnutrition.org)



<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



# Tyldesley Area

## Monday



**Fun 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**



Community Run

Start Well Offer

Term Time Only ★



## Tuesday

**1001 Club Pregnant & new mums**  
1 - 3pm  
£4 per session  
[www.facebook.com/comeoninandhaveachat](http://www.facebook.com/comeoninandhaveachat)  
**Complete Kindness CIC**

**Well Baby Weigh Clinic**  
1.30pm - 3.30pm  
with your local health visitor Please ring  
**01942 483011** to make an appointment  
**Tyldesley Site**

**Teaching Assistant Level 2 Course** ★  
4.30pm - 8pm  
12 Week Course starting 6/9/22  
Please contact Discover **to book on**  
01942 356580  
**Tyldesley Site**  
[leanne@discoverct.co.uk](mailto:leanne@discoverct.co.uk)



## 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 - 12noon  
Please book online:  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)  
**Pelican Centre**



**Mobile Babies £**  
2pm - 3pm  
**Simple yoga, movement and play for toddlers 1-3 years**  
Please book online:  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)  
**Pelican Centre**

## Thursday

**Introduction to Beauty** ★  
1pm - 3pm  
Come and find out more about basic beauty techniques  
**To book please email Adult Learning @wigan.gov.uk or ring 01942 879012/text 07825 832685**  
**Tyldesley SWFC**

**Pregnancy Yoga £**  
6:30pm - 7:30pm  
Please book online:  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)  
**Pelican Centre**



**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](http://www.facebook.com/comeoninandhaveachat)  
**Complete Kindness CIC**

## Saturday

**MatCH (Men and their Children)**  
**Anytime between 10 - 12noon**  
A chance for dads and male carers 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

For babies aged 8 weeks plus.

Call Shelley to book:  
07414 113312

**Astley Pensioners  
and Community Hub**

## 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](http://www.uktc.co.uk)

**Beehive Community  
Centre**

### Adult Yoga £ Tuesdays & Thursdays

6pm - 7pm

Please call Donna  
to book on  
077065 70646

**Beehive Community  
Centre**

Term Time Only ★

## 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"*

Community Run

Start Well Offer

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**

### Grow Baby

#### Sensory Group £

Starting 15/9/22

9.30am - 10:30am &

10:45am - 11:45am

A friendly group for babies 0 -  
12 Months

To book please contact  
Jamie on 07986 871202

[Upcoming events - Booking  
by Bookwhen](#)

**St Ambrose Parish Hall**

### Tai Chi £

2pm - 3pm

contact Kath on  
07534086447 to book

### Pilates £

6pm - 7pm

Please call Donna to  
book on  
077065 70646

**Beehive Community  
Centre**

## Friday

### Baby Massage £

10.30am - 11.30am

4 week block Contact

Linda on 075814

35504

**Dam House**



**Shop £  
open for food,  
clothing, books,  
DVD's and toys**

Tuesday - Thursday

9.30am - 11.30am

Friday & Saturday

9:30am - 1pm

### Café £

open

9.30am - 11.30am

**Beehive Community  
Centre**



## 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**



## 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



# A-Z Session Overview

## Adult Learning

Various adult learning opportunities

## 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 and 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 childminders to meet and share best practice and a chance for their children to enjoy some social time, games and stories

## Forest Friends

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

## Fun for Tot's

For children walking to 2 1/2 years Relaxing, meditation, pre-school, yoga, puppets, parachutes and sensory toys

## Gigantic Giants 18m - 4 years

A fantastic interactive session for children to help get them ready for school

## Healthy Routes & Community Linker worker Drop In

- Weight Management
- Mental Well Being
- Alcohol Reduction
- Stop Smoking
- 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.

## Introduction to Beauty

2 hours per week over 8 weeks an introduction into beauty therapy

## Let's Talk with your Baby 0 - 12 Months

This session is about helping your baby to develop their communication & language skills. Lots of exciting things to do including messy play, tummy time, twinkle lights and making foot prints.

## MatCh (Men and their Children)

A chance for dads and male carers to chill out and get to know each other with children 0-5 years.

## Meadow Mini's

Fun interactive session for children 18 months plus, to help get them ready for school

## Messy Munchkins 6 - 18 Months

A fun and messy interactive session where children can explore and learn the importance of messy play

## 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!

## Moving Mayhem 18m-4years

Lots of physical activities getting our children active using large gross motor skills

## 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

## Social Care level 1

This course is designed to give you a basic introduction to Health & Social Care

## Story & Rhyme 0-5 years

Story session at Tyldesley SWFC

## 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.

# 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. ”

- 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!**



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](http://www.hungrylittleminds.campaign.gov.uk)

“ 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! ”

Our sessions help to.....

## 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 our children experience before school really does matter...

- 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

