



Wigan Central Activity Guide



Working together to support families









### Who is available at Wigan Central Family Hub?



- Activities for Children Aged 0-5
- Adult Learning Team
- Adult Wellbeing Practitioners
- Aspiring Futures
- Attendance Service
- Be Well Health Advisors
- Building Attachments and Bonds Service
- CAMHS School Link Team
- Citizens Advice Wigan Borough (CAB)
- Children and Young People's Social Prescribers
- Community Link Workers
- Daisy and Fern Midwifery Teams
- Department for Work and Pensions (DWP)
- Educational Psychology Service
- Embrace
- Family Information Service
- Friends First English Conversational Class & Support
- Health Visiting Service
- Housing Support

- Local Councillors
- Locala Sexual Health
- Mental Health in Schools Support Team
- Parent Carer Forum
- Parenting Offer (Training/Drop-In's)
- Portage Service
- Primary Care Network (Health Screening etc)
- Reach Service
- SEND Engagement Officer
- Specialist Perinatal Service
- Tenant Voice and Engagement Team
- With You (Substance Misuse Service)

How to engage with our services?

On the next few pages, you can view our upcoming timetable for sessions and activities at Wigan Central Family Hub run by our partner services. Each session or activity will outline whether it is a drop in, bookable or appointment/requires a referral to attend.

Drop ins – You can just come to the hub and attend any sessions or activities.

Bookings – You must contact the hub prior to the activity and book a place by calling 01942 488000.

Appointments/referrals – Please visit our <u>website</u> for full details and guidance on how to book onto these.







## Week Commencing 29th April



### **Monday**

Fern Team Midwife Appointments 9.00-5.00pm

Infant Massage (0-6 Months) Bookable 9.15-10.15am

Baby and Me (0-6 Months) Bookable 11.00-11.45am

Community Link Worker Drop-In 11.00-1.00pm

Demystifying Mental Health Group Drop-In\* 11.30-12.30pm

All Things Housing Drop-In 1.00-4.00pm

Tenant Voice Community Cuppa Drop-In 1.00-3.00pm

Ready Steady Play (2-5 Years) Bookable 1.45-2.45pm

Family Information Service Drop-In 2.30-4.30pm

### **Tuesday**

Physical Babies (0-6 Months) Bookable 9.15-10.15am

ADHD Group for Adults\*
11.30-12.30pm (Book via GP)

Friends First English Class Drop-In 1.00-2.30pm

Daisy Team Midwife Appointments 1.00-5.00pm

Embrace Appointments 4.00-6.00pm

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

DWP Drop-In 1.30-3.00pm

Bump, Baby and You Course (Bookable) 5.00-7.30pm

Youth Connect Five (Bookable) 5.30-7.30pm

### **Thursday**

Fern Team Midwife Appointments 9.00-5.00pm

Citizen's Advice Drop-In 9.00-11.30am

Young Parents Group 10.30-12.00pm (Bookable

Attendance Service Drop-In 11.00-3.00pm

Be Well Health Advisor Drop-In/Appointments 11.30-12.00pm (Drop-In) 12.00-2.00pm (Appointments)

Understanding Your Child, Solihull Approach Parenting Training (Bookable) 12.30 -2.30pm

Let's Talk with Your Baby (6-12 Months) Bookable 1.45-2.45pm

Reach Drop-In for Young People and Parents/Carers 2.00-5.00pm

### **Friday**

Portage Service (Referral) 9.00-12.00pm

Infant Feeding Clinic (Appointments Only) 9.30-11.00am

Children & Young People's Social Prescribers\* Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

Embrace Appointments 10.00-12.30pm

Local Councillor Surgery Drop-In 11.00-12.00pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Messy Play (0-5 Years) Bookable 2.00-2.45pm



<sup>\*</sup>Adults, children and young people must be registered with a Wigan Central or North GP Practice, these are - Aspull, Beech Hill, Bradshaw, Dicconson, Longshoot, Marsh Green, Mesnes View, Newtown, Pemberton, Shevington, Standish, Sullivan Way & Wrightington St.

## Week Commencing 6<sup>th</sup> May



### **Monday**

Bank Holiday - Family Hub is closed

### **Tuesday**

Specialist Perinatal Service Appointments 9.00-5.00pm

Physical Babies (0-6 Months) Bookable 9.15-10.15am

ADHD Group for Adults\* 11.30-12.30pm (Book via GP)

Friends First English Class Drop-In 1.00-2.30pm

Daisy Team Midwife Appointments 1.00-5.00pm

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Pre-School Educational Psychologist Appointments 9.00-1.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

Bump, Baby and You Course (Bookable) 5.00-7.30pm

Youth Connect Five (Bookable) 5.30-7.30pm

### **Thursday**

Fern Team Midwife Appointments 9.00-5.00pm

Young Parents Group 10.30-12.00pm (Bookable)

Attendance Service Drop-In 11.00-3.00pm

Be Well Health Advisor Drop-In/Appointments 11.30-12.00pm (Drop-In) 12.00-2.00pm (Appointments)

Understanding Your Child, Solihull Approach Parenting Training (Bookable) 12.30 -2.30pm

Let's Talk with Your Baby (6-12 Months) Bookable 1.45-2.45pm

Reach Drop-In for Young People and Parents/Carers 2.00-5.00pm

Sexual Health Drop In 3.00-6.00pm

### **Friday**

Infant Feeding Clinic (Appointments Only) 9.30-11.00am

Children & Young People's Social Prescribers\* Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

Childminder Drop-In 10.00-11.30am

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Messy Play (0-5 Years) Bookable 2.00-2.45pm





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# Week Commencing 13<sup>th</sup> May

**Parent Carer Forum Drop-In** 

6.00-8.00pm



Monday	Tuesday	Wednesday	Thursday	Friday
Fern Team Midwife	<b>Specialist Perinatal Service</b>	<b>Health Checks and Blood</b>	Fern Team Midwife	Portage Service (Referral)
Appointments	Appointments	Pressure Monitoring	Appointments	9.00-12.00pm
9.00-5.00pm	9.00-5.00pm	Appointments	9.00-5.00pm	Infant Fooding Clinic
Infant Massaca (O.C.	Dhysical Babias (0.6	9.00-4.00pm	Citizan's Advisa Duan In	Infant Feeding Clinic
Infant Massage (0-6	Physical Babies (0-6	Devented Conflict Dues In	Citizen's Advice Drop-In	(Appointments Only)
Months) Bookable	Months) Bookable	Parental Conflict Drop-In	9.00-11.30am	9.30-11.00am
9.15-10.15am	9.15-10.15am	9.30-11.30am	Varing Baranta Craim	Children & Verrez Decade/e
Daharand Mar (O.C. Maratha)	ADUD Cusum for Adults*	Anninium Fratruma Mantau	Young Parents Group	Children & Young People's
Baby and Me (0-6 Months)	ADHD Group for Adults*	Aspiring Futures Mentor	10.30-12.00pm (Bookable)	Social Prescribers*
Bookable	11.30-12.30pm (Book via	Appointments		Drop-In: 10.00 – 12.30pm
11.00-11.45am	GP)	1.00-5.00pm	Attendance Service Drop-In	Appointments: 1.00-4.00pm
			11.00-3.00pm	
Community Link Worker	Friends First English Class	Bump, Baby and You Course		Embrace Appointments
Drop-In	Drop-In	(Bookable)	Understanding Your Child,	10.00-12.30pm
11.00-1.00pm	1.00-2.30pm	5.00-7.30pm	Solihull Approach Parenting	
			Training (Bookable)	Health Checks and Blood
Demystifying Mental Health	Daisy Team Midwife	Youth Connect Five	12.30 -2.30pm	Pressure Monitoring
Group Drop-In*	Appointments	(Bookable)		Appointments
11.30-12.30pm	1.00-5.00pm	5.30-7.30pm	Let's Talk with Your Baby	12.00-4.00pm
			(6-12 Months) Bookable	
All Things Housing Drop-In	<b>Embrace Appointments</b>		1.45-2.45pm	Messy Play (0-5 Years)
1.00-4.00pm	4.00-6.00pm			Bookable
			Reach Drop-In for Young	2.00-2.45pm
Family Information Service			People and Parents/Carers	-
Drop-In			2.00-5.00pm	Alle Section 1
2.30-4.30pm			·	



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## Week Commencing 20<sup>th</sup> May



Monday	Tuesday	Wednesday	Thursday	Friday
Fern Team Midwife	Specialist Perinatal Service	Health Checks and Blood	Fern Team Midwife	Infant Feeding Clinic
Appointments	Appointments	Pressure Monitoring	Appointments	(Appointments Only)
9.00-5.00pm	9.00-12.30pm	Appointments 9.00-4.00pm	9.00-5.00pm	9.30-11.00am
Infant Massage (0-6	Physical Babies (0-6		Young Parents Group	Children & Young People's
Months) Bookable	Months) Bookable	<b>SEND Engagement Officer</b>	10.30-12.00pm (Bookable)	Social Prescribers*
9.15-10.15am	9.15-10.15am	Drop-In		Drop-In: 10.00 - 12.30pm
		11.00-7.00pm	Attendance Service Drop-	Appointments: 1.00-
Baby and Me (0-6 Months)	ADHD Group for Adults*		In	4.00pm
Bookable	11.30-12.30pm (Book via	Parent Carer Forum Drop-	11.00-3.00pm	
11.00-11.45am	GP)	In		Childminder Drop-In
		12.00-2.00pm	Be Well Health Advisor	10.00-11.30am
<b>Demystifying Mental</b>	Friends First English Class		Drop-In/Appointments	
Health Group Drop-In*	Drop-In	<b>Aspiring Futures Mentor</b>	11.30-12.00pm (Drop-In)	<b>Health Checks and Blood</b>
11.30-12.30pm	1.00-2.30pm	Appointments	12.00-2.00pm	Pressure Monitoring
·		1.00-5.00pm	(Appointments)	Appointments
All Things Housing Drop-In	Daisy Team Midwife	·		12.00-4.00pm
1.00-4.00pm	Appointments	Income Maximisation	Understanding Your Child,	
	1.00-5.00pm	Drop-In Event	Solihull Approach	Messy Play (0-5 Years)
Ready Steady Play (2-5		1.00-6.00pm	Parenting Training	Bookable
Years) Bookable	<b>CAMHS School Link Team</b>		(Bookable)	2.00-2.45pm
1.45-2.45pm	Drop-In	Bump, Baby and You	12.30 -2.30pm	
	1.00-6.00pm	Course (Bookable)		
<b>Family Information Service</b>		5.00-7.30pm	Let's Talk with Your Baby	
Drop-In			(6-12 Months) Bookable	
2.30-4.30pm		Youth Connect Five	1.45-2.45pm	
		(Bookable)		
		5.30-7.30pm	Reach Drop-In for Young	
			People and Parents/Carers	

2.00-5.00pm

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## Week Commencing 27th May



### **Monday**

Bank Holiday - Family Hub is closed

### Tuesday

Specialist Perinatal Service Appointments 9.00-5.00pm

ADHD Group for Adults\* 11.30-12.30pm (Book via GP)

Introduction to Solid Food Session (Bookable) 1.00-2.00pm

Daisy Team Midwife Appointments 1.00-5.00pm

Embrace Appointments 4.00-6.00pm

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

Anxiety Support Workshops for Parents/Carers 1.00pm, 3.00pm, 5.00pm (Bookable)

Bump, Baby and You Course (Bookable) 5.00-7.30pm

### **Thursday**

Fern Team Midwife Appointments 9.00-5.00pm

Citizen's Advice Drop-In 9.00-11.30am

Be Well Health Advisor Drop-In/Appointments 11.30-12.00pm (Drop-In) 12.00-2.00pm (Appointments)

Understanding Your Child, Solihull Approach Parenting Training (Bookable) 12.30 -2.30pm

Let's Talk with Your Baby (6-12 Months) Bookable 1.45-2.45pm

Reach Drop-In for Young People and Parents/Carers 2.00-5.00pm

### **Friday**

Portage Service (Referral) 9.00-12.00pm

Infant Feeding Clinic (Appointments Only) 9.30-11.00am

Children & Young People's Social Prescribers\* Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

Embrace Appointments 10.00-12.30pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Community Link Worker Appointments 1.00-5.00pm





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## **Our Weekly Outreach Offer throughout May**



Monday	Tuesday	Wednesday	Thursday	Friday
Story and Rhyme (0-5 Years) 9.15am-10.00am Marsh Green Library Let's Talk With Your Baby (6-12 Months) 1.45-2.45pm St Paul's Hall	Infant Massage (0-6 Months) 9.15-10.15am Clifton Street Community Centre  Baby and Me (0-6 Months) 10.45-11.30am Clifton Street Community Centre	Moo Music (0-5 Years) 1.30-2.15pm Clifton Street Community Centre	Moo Music (0-5 Years) 10.00-10.45am Bramble House  Story and Rhyme (0-5 Years) 1.45-2.30pm Orrell Lamberhead Green Library	Story and Rhyme (0-5 Years) 9.15-10.00 Orrell Newfold School Weekly Walk (0-5 Years) 10.00-11.00am Alexandra Park, Newtown Weekly Walk (0-5 Years)
				11.00-12.00pm Orrell Water Park
Booking is required for a Full details for venues:	II sessions, please contact (	ace.	Infant Massage (0-6	
Marsh Green Library, Ha	Months) 1.00-2.00pm			
St Paul's Hall, Clapgate L	Orrell Newfold School			
Clifton Street Communit	y Centre, Clifton Street, WN		Baby and Me (0-6	
Bramble House, Broom I	Road, WN5 9QE		Months) 2.30-3.15pm	
Orrell Lamberhead Gree	n Library, Greenhey, WN5 0		Orrell Newfold School	





Orrell Water Park, Lodge Road, WN5 7AT

Please note that outreach activities will not be operational on 6<sup>th</sup> May and 27<sup>th</sup> May due to the Bank Holidays.

'Our Space' at Orrell Newfold School, St James' Road, WN5 7BD



Please follow us on Facebook at Wigan Central Family Hub – The Meadows where the details of our May half term offer will be posted soon. All sessions and further details can also be seen at <a href="https://www.wigan.gov.uk/familyhubs">www.wigan.gov.uk/familyhubs</a>

## **Come and explore our Sensory Room**



There are various benefits of sensory toys and spaces which focus on promoting touch, increasing concentration, relaxation, developing fine motor skills and encouraging language skills. You can book on to these free 1 hour time slots by calling 01942 488000. The following days and times are available to book for all families:

Tuesdays: 11.00-12.00, 12.30-1.30, 2.00-3.00,

3.30-4.30

Wednesdays: 9.30-10.30, 11.00-12.00, 12.30-

1.30, 2.00-3.00, 3.30-4.30

**Thursdays:** 9.30-10.30, 11.00-12.00, 12.30-1.30

**Fridays:** 9.30-10.30, 11.00-12.00, 12.30-1.30,

2.00-3.00, 3.30-4.30







### How can you have your say and get involved?

Are you a parent/carer?
Are you passionate about shaping services for families in Wigan?



We are looking for parents and carers of children aged 0-19 or children up to 25 years old with a special educational need and disability (SEND), to join our Family Hub parent/carer panel. If you have any further questions or want to be part of our parent/carer panel, please contact us by emailing earlyhelpvolunteering@wigan.gov.uk or visit www.wiganboroughvolunteerhub.co.uk/vo10378