

Douglas Valley

Sure Start Children's Centre Section



For further information call Sure Start on
01942 322473
Turner Street,
Wigan, WN1 3SU

Dear Sure Start Member

Welcome to the 7th issue of the Sure Start Services at a Glance information booklet. We hope you enjoy looking at everything Sure Start has to offer in the Wigan Borough.


Again, all services run by Sure Start are included in this booklet so that you know what is going on and where. Being a Sure Start member allows you to access services in any Children's Centre, not just the one that is nearest to where you live or the one you usually go to.

There are many services across the borough you can access as a Sure Start member to help make life better for your children, family and the community you live in.

As usual, we welcome any comments about Services at a Glance, so if you have any suggestions or feedback then please contact us on the address or telephone number on the back of this booklet.

Thank you,

The Public Information Team
Children and Young People's Services



Did you know that you can view your local Children's Centre service information on the web? Use the following web address to access Children's Centres web pages.
wigan.gov.uk/Services/HealthSocialCare/ChildrenFamilyCentres/ChildrenCentre/

Help4Me



Help4me is an easy-to-use online service directory to help parents, carers and professionals find the services they need both locally and nationally for children and young people aged 0 to 19 years (and up to 24 for those with additional needs) in the Wigan Borough. It aims to provide information about a wide range of services for children including local authority, health, leisure, voluntary and community, private and national services.

Visit <http://wigan.help4me.info> to find out more information.

Monday-Friday

Services that run every week day

Project: Douglas Valley Children's Centre Childcare Services

Service: Day Nursery, Before and After School Care, Holiday Care
Description: The centre offers a wide range of services including early education sessions, wraparound care, breakfast, lunch and after school clubs during term time. We are open 51 weeks a year and provide full day care from birth upwards and holiday care. Please contact us for further information on the services we provide.

Age: 0 - 11 years

Time: 8:00am - 6:00pm

Venue: Douglas Valley Children's Centre

Contact: Mrs Beverley Lindsay on 01942 322473



Project: Food and Physical Activity

Service: Adult Exercise/Aerobics

Description: These classes are for adults who are parents/carers. This is an exercise session including cardiovascular, toning and strengthening exercises. There will also be a creche available for the parents/carers children.

Age: Children under 5 and their parents/carers

Time: Various, please ring for details

Venue: Various, please ring for details

Contact: Natasha Price on 01942 828518

Project: Food and Physical Activity

Service: Cook and Taste

Description: The groups will run for 6 weeks with up to 6 people at a time. The main aim is to develop cooking skills and give people the opportunity to try new inexpensive recipes in a fun and safe environment.

Age: Children under 5 and their parents/carers

Time: Various, please ring for details

Venue: Various, please ring for details

Contact: Natasha Price on 01942 828518



Thursday

Project: Food & Physical Activity

Service: Physibodies

Description: The sessions will help establish confidence and basic skills at an early stage through structured play and games. A great fun way to keep fit and active. Please note that a pre-activity questionnaire must be completed to establish any exercise or food related problems. Consent forms are also completed for the children to partake in the activity.

Age: Children under 5 and their parents/carers

Time: 9:30am - 11:00am

Venue: Sunshine House, Scholes Precinct, Wellington Street, Scholes

Contact: Natasha Price on 01942 828518



Project: Food and Physical Activity

Service: Pram Push and It's a Toddle

Description: A range of walks which are approximately one hour in length and include fun activities for the children. We also provide a pedometer and charts to encourage walking.

Age: Children under 5 and their parents/carers

Time: Various, please ring for details

Venue: Various, please ring for details

Contact: Natasha Price on 01942 828518