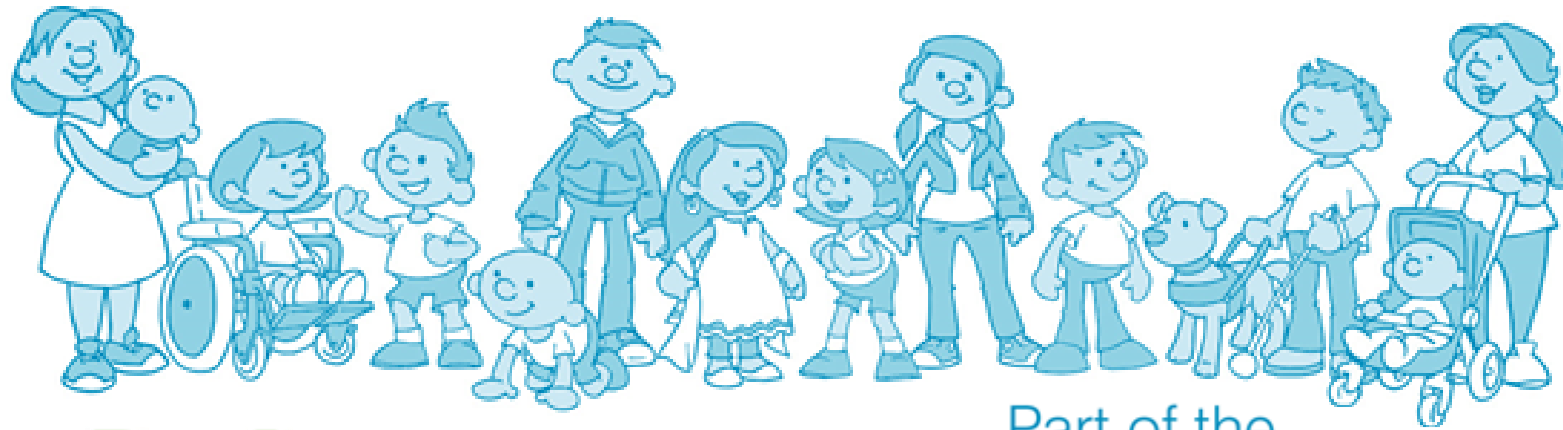


Atherton Start Well Family Centre

Covering Atherton, Tyldesley, Mosley Common & Astley

Activity Timetable

From 6th June - 22nd July 2022



Part of the
Start Well Family Network



01942 879012 / 07825 832685

Atherton_cc@wigan.gov.uk

www.facebook.com/athertonstartwellcentre



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 3-6 months

Booking Required
Atherton SWFC

Let's Talk with your Baby ★

11.30am - 12.30pm

Communication session for babies aged 0-12 months

Booking Required
Atherton SWFC

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 ring
01942 879012

Atherton SWFC

Ready Steady Play ★

10am - 11am

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 - 4 Yrs

Meadowbank
Primary School

Mum & Baby Yoga £

10am - 11am

Please book on by following the website:
www.ToniMarieYoga.com

Fit'N'Funky
Ladies Gym

Bloom Baby Classes £ Busy Bees

10am - 6 -14 months.

Caterpillar Club

11.15am - 6 wks - 6 mths.

Pre-book online
<http://www.bookwhen.com/bloomleighatherton>

Dorset Road
Community Centre

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 ★



Friday

Zumbini Classes £

10am - 11am

Songs, music & movement for children 0 - 4 Years

Please book on by following the website:
www.feeltheheatfitness.co.uk

Fit'N'Funky
Ladies Gym

zumbini.

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

Community Run

Start Well Offer

Atherton Area



Monday

Forest Friends ★
1.30pm - 2.30pm
Come along and let your little ones explore in the woods for children 2 - 4 years
Sacred Heart Primary School
Booking Required
Atherton SWFC

Messy Munchkins ★
2pm - 3pm
For children 6 - 18 Months. Please bring spare clothes and a towel so you can enjoy the messy fun!
Booking Required
Atherton SWFC

Pregnancy Yoga £
8pm - 9pm
Please book on by following the website:
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 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 and to chat to share ideas
Non Mobile Babies Tea & Toast provided
Atherton SWFC



Term Time Only ★

Thursday

Fun 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

Community Run

Start Well Offer

Friday

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

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

Be Well

Sunday

Kids Zumba Class
10.30am - 11.30am
For children 6-11 Years, parents welcome to join too!
Please book on by following the website:
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/)

Kings Church Centre

“ 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

Tuesday

Little Sunshine’s Stay & Play £

9.30am - 11.30am
Every Tuesday & Thursday
* Soft Play

* Singing & Dancing
* Weekly Themes
Pre-Book by calling
07936 117706
The Lounge Bar

Story & Rhyme

9:30am - 10:15am
For children 0-5 years, come along and enjoy some fabulous stories
Booking Required
Tyldesley Site

Baby Yoga £

11am - 12pm
Please book online:
www.peaceatlastyoga.co.uk
Pelican Centre

Community Run

Start Well Offer

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

Stay & Play £

9.30am - 11.30am
Everyone welcome, refreshments available
Tyldesley Rugby Club

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

Friday

Baby Massage £

10am - 11am
A block of massage classes for babies aged 3-6months
Booking Required
Tyldesley SWFC

Family Swim £

Various times throughout the week
Please book online:
www.pelicantyldeley.co.uk
Pelican Centre



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

Term Time Only

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

NEW!



Term Time Only



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

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 - 12noon

Please book online:
www.peaceatlastyoga.co.uk
Pelican Centre



Toddler Yoga & Play £

2pm - 3pm

Simple yoga, movement and play for toddlers 1-3 years
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



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 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
 11.15am - 12.15pm
 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
Beehive Community Centre



Wednesday

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

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

Thursday

Yoga £
 12:30pm - 1:30pm
 contact Donna on 07706570646 to book
Tai Chi £
 2pm - 3pm
 contact Kath on 07534086447 to book
Pilates £
 6pm - 7pm
 Please call Donna to book on 077065 70646
Beehive Community Centre



Baby Meditation and Me £
 1.30pm - 2.15pm
 7 week course for £15
Take some time back for you!
 Mindful movements, baby yoga stretches and sensory fun
St John's Mosley



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

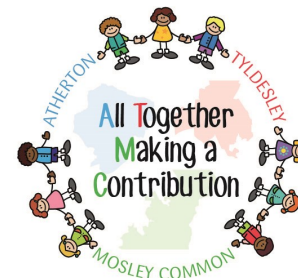
Self Defence £
 7.30pm - 9.30pm
 Contact Dave to book on 07910984331
Beehive Community Centre

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

Community Run

Start Well Offer

Sessions with a £ may have a small charge



Term Time Only ★

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

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

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.

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.

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

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.

Forest Friends

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

Meadow Mini's

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

Story & Rhyme 0-5 years

Story session at Tyldesley SWFC

Breastfeeding Support Group

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

Healthy Routes & Community Linker worker Drop In

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

Messy Munchkins

6 - 18 Months

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

Volunteer Training

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

Brunch with Baby

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

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.

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!

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.

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

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.

Mini Maestros

2 Years +

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

Well Being for Tot's

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

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 or scan the QR code below.
2. Choose a childcare provider at 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 2nd 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



For more information visit www.wigan.gov.uk/familydirectory
Email: leyep@wigan.gov.uk
For information on support with your childcare costs visit www.childcarechoices.gov.uk

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!

**Our sessions
promote**



**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

“ 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



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:

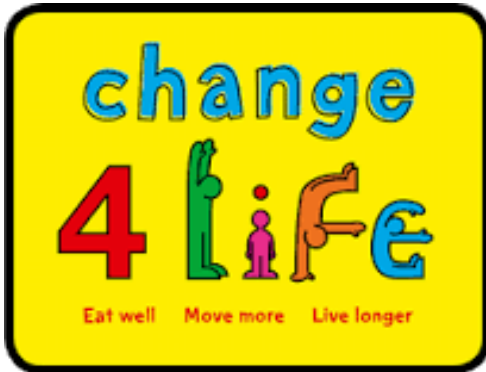
 **01942 879012** 

 **Atherton_cc@wigan.gov.uk** 

SCAN ME



www.firststepsnutrition.org



<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



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 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

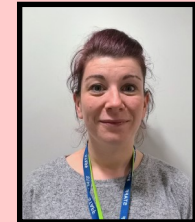
Some of the Start Well Sessions are delivered by our Early Years Workers; Nicola and Kelley. They have lots of experience and qualifications in Early Years and a passion for working with children and their families. Their fun sessions focus on encouraging learning & development through play!

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)



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



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

The Lounge Bar, Castle Street, Tyldesley, M29 8AW

Tyldesley Rugby Club, Astley Street, Tyldesley, M29 8HG

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**