

# Atherton Start Well Family Centre

Covering Atherton, Tyldesley, Astley and Mosley Common

## Activity Timetable

8th January - 16th February 2024



01942 879012 / 07825 832685

Atherton\_cc@wigan.gov.uk

[www.facebook.com/AthertonstartWellFamilycentre](https://www.facebook.com/AthertonstartWellFamilycentre)



# Atherton

## Monday

### Be Well Advisors 9am - 12 noon

Just drop in for information on weight management, mental health, stopping smoking and alcohol reduction with Hayley

**Atherton SWFC**

### Sweaty Mamas £

9.15am - 10.15am

to book [www.smwigansouthsweatymama.com](http://www.smwigansouthsweatymama.com)

**Howe Bridge Sports Centre**

### Bouncing Bunnies £

9.15am - 11.15am

For children 0-5 years refreshments provided Mondays and Fridays £2.50 per child £3.50 per family

**Atherton Baptist Church**

### Baby massage £

9.30am - 10.30am

£5 per block

A 5 week block of massage classes for babies from 6 weeks - 6 months

Booking required call

01942 879012 / 07825 832685

**Atherton SWFC**

## Tuesday

### Parenting Drop in 9am - 10am

Come along for some advice and support on any parenting issues

**Atherton SWFC**

### Coffee Morning Stay and Play

10am - 11.30am

Stay and Play Session for all children

Donations Welcome

**St Georges Church  
Atherton**

## Wednesday

### Childminder Drop in 9am - 11.30am

A stay and play session for childminders

**Atherton SWFC**

### Meadow Mini's

9.30am - 10.30am

A stay and play session for children from 18 months - 4 years

**Meadowbank Primary School**



**Start Well Offer**

**Community Run**

## Thursday

### All Angels Play Group £ 9am - 10.30am

For children 0-5years Refreshments will be available and a range of play activities

£2.50

**St Michael's Primary  
School**

### Well Baby Clinic

9.15am - 11.30am

Please call  
**0300 707 1245** to make an appointment  
**Atherton SWFC**

### Bump and Buggy Walk

9.30am - 10.30am

Meet outside Atherton Start Well Family Centre and join us on a fun, easy walk

### Welcome Session/Family Brunch

10.30am - 11.15am

Join us at this informal session for a chance to chat with other parents and enjoy some tasty brunch and fun activities

**Atherton SWFC**

## Friday

### Bouncing Bunnies £ 9.15am - 11.15am

For children 0-5years refreshments provided

Monday and Friday  
£2.50 per child £3.50 per family

**Atherton Baptist Church**

### Be Well Advisors

10am - 1pm

Information on weight management, mental health, stop smoking and alcohol reduction with Darren

01942 836967 to make an appointment

**Atherton SWFC**

### Toni Marie Yoga £

10am - 11am

Yoga for baby and Mum  
To book visit

[www.ToniMarieYoga.com](http://www.ToniMarieYoga.com)

**Toni Marie Studios**

"From birth to 5 years a child's brain develops more than any other time of life!"

Sessions with a £ may have a small charge

Term Time Only





# Atherton

## Monday

### Baby Babble ★

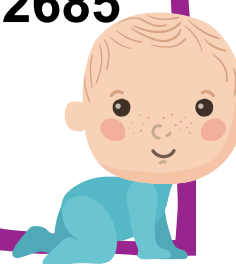
11am - 12 noon

Communication session for babies  
0 - 12 months

Booking required call

01942 879012 / 07825 832685

Atherton SWFC



### Little Blessings ★

Baby, toddler  
& their adult group

11.30am - 1pm

For children 0 - 4 years  
Baby and Toddler Play Group  
Lunch for the children provided  
£1 Donation

No booking required

Dorset Road Community Centre

### Toddler Rave ★

2pm - 2.45pm

For children 2 - 4 years  
New exciting session using lots of  
different music, exploring sounds  
and lights listening to the beat  
enjoying freestyle activities helping  
your child's confidence, self esteem  
and will build social skills.

No booking required

Atherton SWFC



## Tuesday

### Well Being Walk

11am

30 minute and 1 hour options  
available

12pm - 12.30pm

Stay for a drink and an  
opportunity to chat to your  
community link worker and  
healthy routes advisor

Meet in the Reception

For more information call

01942 870403

Howe Bridge Leisure  
Centre

### Breastfeeding Support Group

1pm - 2.30pm

Sessions are run by the Local  
NHS Community Infant feeding  
team, they can support with  
positioning, attachment,  
expressing and much more!

Just come along

Atherton SWFC



Start Well Offer

Community Run

## Wednesday

### Bloom Baby Classes ★

Busy Bees £

10am - 10.45am

6-18months

### Caterpillar Club

11am - 11.45am

0-6months

Pre book online

[www.bloombabyclasses.com/eigh-and-atherton](http://www.bloombabyclasses.com/eigh-and-atherton) or contact  
Sarah on 07810863924

Dorset Road Community  
Centre

### Young Parents Group ★

1.15pm - 2.45 pm

Group for young parents aged  
under 24 and their children.  
With the health Visitor to  
answer any public health  
queries

Booking required call  
01942 879012 / 07825  
832685

Atherton SWFC

Term Time  
Only ★

## Thursday



### Little Lambs

10am - 11am

Play Group for children 0-4  
years

£1.50 per child (includes  
Drinks and biscuits)

St Richards Primary  
School

### Toni Marie Yoga

Bump and Me £

Pregnancy Yoga

6pm - 7pm

Yoga for expectant mums

To book visit  
[www.ToniMarieYoga.com](http://www.ToniMarieYoga.com)

Toni Marie Studios



## Friday

### Swim Tot's/Family Swim £

Various times throughout the  
week

To book please call 01942  
870403

Howe Bridge  
Leisure Centre

## Saturday

### Kids Crazy Crafts

Every other Saturday  
12pm - 2pm

Free Craft Activities to  
enjoy for your little ones  
Everybody welcome

Starts 4th November 2023

Atherton Library

## Sunday

### Kids Zumba Class £

10.30am - 11.15am

6-11years

parents are welcome to join too!

To book visit

[www.feeltheheatfitness.co.uk](http://www.feeltheheatfitness.co.uk)

Fit'N'Funky Ladies Gym



# Tyldesley

## Monday



### Mini Giants Parent and Toddler Group £

Every Monday & Friday  
9.30am - 11.15am  
A fun group for ages  
0-5 years  
[www.facebook.com/minigiantswigan/](http://www.facebook.com/minigiantswigan/)  
**Booking required**

**Tyldesley Site**

### Childminder Drop in

**9.30am - 11.30am**

A stay and play session for  
childminders

**Tyldesley Site**

**Term Time  
Only**



**Start Well Offer**

**Community Run**

## Tuesday

### Baby Yoga £ 11am - 12pm

Please book online  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)

**Pelican Centre**



### Story and Rhyme **New!** 9.30am - 10.30am

Share some fabulous stories  
with Nicola and join in with  
activities  
2 years +  
(younger siblings always  
welcome)

**Tyldesley Library**

## Wednesday

### Parent Support Drop in 9am - 10am

Come along for advice and  
support on any parenting  
issues

**Tyldesley Site**

### Baby Yoga £ 9.45am - 10.45am

Yoga for you and your little one -  
from 12 weeks until they are  
walking

Please book online  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)

**Pelican Centre**



## Thursday

### King's Church 10am - 12noon

Coffee Morning  
All Welcome!  
FREE Refreshments  
1st Thursday of each  
month

**Tyldesley Site**

### Community Coffee morning 3rd Thursday of the month 10-1pm

Free hot and cold drinks and  
toast available, meet new friends  
and take part in activities

**Tyldesley Independent  
Methodist Church**

### Together for Tea 1st Thursday of the month 1pm - 3pm

Come together for tea and a  
chat, craft activities available for  
adults and children

**Tyldesley Independent  
Methodist Church**



## Friday

### Mini Giants Parent and Toddler Group £

Every Monday & Friday  
9.30am - 11.15am  
A fun group for ages  
0-5 years  
[www.facebook.com/minigiantswigan/](http://www.facebook.com/minigiantswigan/)  
**Booking required**

**Tyldesley Site**



### Baby Babble 11am - 12pm

Communication session for  
babies 0 - 12 months.  
Booking required call  
**01942 879012 / 07825 832685**

**Tyldesley Site**

**Sessions with a £ may have a small charge**



# Tyldesley

## Monday

### Homework Club

Monday & Friday  
4.30pm - 5.30pm

Email [unityasoneyc@yahoo.com](mailto:unityasoneyc@yahoo.com)

Tel - 07731930752

**Shakerley Community Centre**



### Spanish Lessons £

**5pm - 6pm**

Learn Spanish with  
veronica

To book please call  
**01942 879012**

**Tyldesley Site**



## Tuesday

### Well Baby Clinic

**1.30pm - 3.30pm**

With your local  
health visiting team  
Please ring 0300 707 1245  
to make an appointment

**Tyldesley Site**



### Messy Explorers

**1.30pm - 2.30pm**

For children 6 - 18 months  
Please bring spare clothes and a  
towel so you can enjoy the  
messy fun!

**Booking required call 01942  
879012 / 07825 832685**

**Tyldesley Site**

### Teaching Assistant Course L2

**4pm - 8.30pm**

For more information contact  
01942 356580  
[leanne@discoverct.co.uk](mailto:leanne@discoverct.co.uk)

**Tyldesley Site**

**Discover**  
Training CIC

## Wednesday

### Toddler Group

**10am - 12 noon**

FREE Drop in craft session for  
children.

Merly's Kitchen  
FREE lunch 12-2pm

**Shakerley Community  
Centre**



### Mini Maestro's £

**11am - 11.45am**

A fun musical session for  
children aged 2+  
£2 per child £1 for each  
additional child

**Tyldesley Site**

### Baby Massage £

**11am -12 noon**

Please book online  
[www.peaceatlastyoga.co.uk](http://www.peaceatlastyoga.co.uk)

**Pelican Centre**



## Thursday

### Inflatable Fun Swim £

**1pm - 2pm**

Please book online  
[www.pelicantylsdesley.co.uk](http://www.pelicantylsdesley.co.uk)

**Pelican Centre**



### Teaching Assistant Course

**L3**

**4pm - 8.30pm**

For more information contact  
01942 356580  
[leanne@discoverct.co.uk](mailto:leanne@discoverct.co.uk)

**Tyldesley Site**

**Start Well Offer**

**Community Run**



## Friday

### Family Swim £

**Various times**

**throughout the week**

Please book online  
[www.pelicantylsdesley.co.uk](http://www.pelicantylsdesley.co.uk)

**Pelican Centre**

## Saturday

### MaTCH

**(Men and their children)**

**10am - 12noon**

A chance for Dad's and  
male carers to get to know  
each other and have fun  
with their children 0 - 10  
years.

Call **01942 879012/07825  
832685** to book

**Tyldesley Site**

### Lego Club

**11am - 12.30pm**

No need to book just drop in,  
all ages welcome

**Tyldesley Library**

**Sessions with a £ may have a small charge**



# Astley/ Mosley Common

## Monday

**Zumba £**

**1.30 - 2.30pm**

Contact Gabby to book on  
**07841117029**

**Tai Chai £**

**6.45pm - 7.45pm**

contact Kath on **07534086447**

**Beehive Community Centre**

**Martial Arts and Self Defence  
£**

**8pm - 9.30pm**

Age 16+

**Beehive Community Centre**



**Start Well Offer**

**Community Run**

## Tuesday

**Baby Mindfulness  
and me £**

**1pm - 2pm**

**7 week course for £15**

Take back some  
time for you

Mindful movements, baby yoga  
stretches and sensory fun

**Mosley Common Site**

**Tae Kwondo Classes £**  
**Little Tiger Cubs**

**4pm - 4.45pm (3-5years)**

**Active Tigers (5 years +)**

**4.45pm - 5.45pm**

**FREE TRAIL LESSON**

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

**Beehive Community Centre**

**Adult Yoga £**

**Tuesdays and Thursdays**

**6pm -7pm**

Call Donna to book on  
**07706570646**

**Beehive Community  
Centre**

## Wednesday

**Baby Massage £**

**9.30am - 10.30am**

**Starting 17th January 2024**

**£5 per block for 5 weeks**

Lovely, relaxing, 5 weekly  
sessions from babies  
6 weeks -6 months

**Parr Bridge Health & Well  
Being Centre**

**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**



## Thursday

**Toddler Group**

**9.30am - 11.00am**

A friendly group for children  
age 0-5 years

**St John's Church**



**Grow Baby Sensory Group  
£**

**9.30am - 10.30am**

**& 10.45am - 11.45am**

A fun friendly group for babies  
0-12 months  
to book please contact Jamie  
on **07986871202**

**St Ambrose Parish Hall**



## Friday

**Shop £**

open for food, clothing,  
books, DVDs and toys

**Tues - Thurs**

**9.30am -1pm**

**Fri & Sat 9.30am - 1pm**

**Café £**

Open

**9.30am - 11.30am**

**Beehive Community Centre**



Sessions with a £ may  
have a small charge



# Astley Tot's Plot

## Tuesday

**Childminder Drop in  
9.30am - 11.30am**

A stay and play session for  
childminders

**Astley Tot's Plot**



## Thursday

**Gardening Club  
10am - 1pm**

Community gardening club  
Come and support us to  
improve our green spaces

For more info contact Kath on  
**07952567633**

**Astley Tot's Plot**



## Saturday

**Astley Community  
Football Club  
Under 8s**

For more information  
contact Lee on  
**07891800103**  
Refreshments in Astley  
Tots Plot

**Astley Tot's Plot**



Term Time  
Only



**"A chatty  
child is a  
happy child"  
The best thing  
for language  
learning is  
face to face  
conversation  
and play**

Sessions with a £ may  
have a small charge

**Start Well Offer**

**Community Run**



**Back to Basics  
play Session** ★  
**1.30pm - 2.30pm**

A fantastic physical indoor  
and outdoor session for  
children ages 18 months - 4  
years

No booking required

**Astley Tot's Plot**

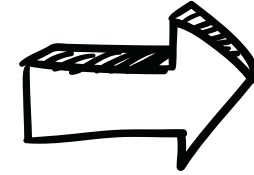




# Session Pathway

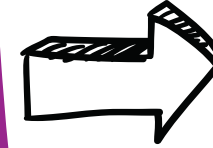
## Welcome Session / Family Brunch

A big friendly welcome to our Start Well Family Centre, come along and find out about our sessions and activities, chat, relax and enjoy some fun activities with free refreshments  
All families welcome



## Infant Feeding Support Group

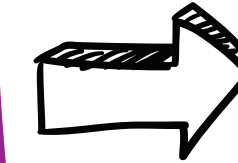
A friendly group for pregnant ladies and breastfeeding mums offering support and advice.



## Bump and Buggy Walk

All ages welcome including parent's to be

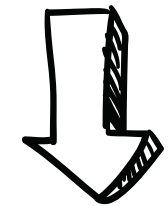
Get out and about with our fun friendly guided walk!  
Great way to stay active.



## Introducing Solids Foods

0-6 months

Lots of information and advice on starting your baby on solid foods.



## Messy Explorers

6 - 18months

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



## MatCH

Men and their children  
0-10 years

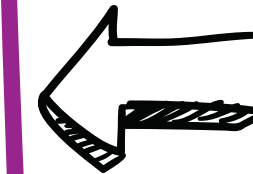
A chance for Dad's and male carers to chill out and get to know each other and join in activities with their children  
0 - 10years with free refreshments.



## Baby Babble

0-12 months

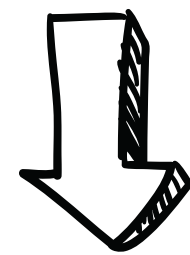
This session is about helping your baby to develop their communication skills. Lots of exciting things to do including messy play, tummy time, twinkle lights and making footprints.



## 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.



## Back to Basics play Session

18 months - 4years

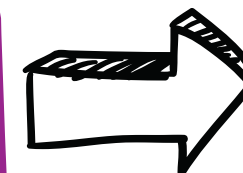
A fantastic physical indoor and outdoor session with Nicola



## Toddler Rave

2 - 4 years

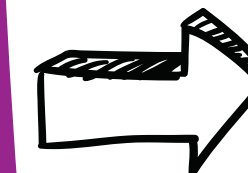
Session using music, exploring sounds and lights to improve self confidence



## Story and Rhyme

2+ years

Come along and enjoy some fabulous stories and activities with Nicola



## Mini Maestro's

2+ years

Come along for some musical fun with Sarah



# Support for families with Special Educational Needs and Disabilities (SEND)



**Are you a parent/carer of a child with additional needs?**

**Do you have a query, concern or feedback you would like to share?**

**Book on to one of our SEND virtual sessions!**

Wigan Council SEND service, Wigan SENDIASS and Parent Carer Forum are holding monthly sessions where you can book an appointment to talk with us from the comfort of your own home. We can offer advice, information about support for your child/children with additional needs, and signpost you to events, training and activities in your local community.

If you have any questions, please email [local.offer@wigan.gov.uk](mailto:local.offer@wigan.gov.uk)





Scan the QR code for more information

The support what we offer is different for each individual and we tailor any support according to your child's specific needs which might include face-to-face meetings, contact by telephone and/or email.

We offer free, impartial information, advice and support to families of children and young people 0-25yrs who have Special Educational Needs or Disabilities (SEND).

Our offer can include:

Providing information, advice and support  
Signposting to SEND services which are available in Wigan  
Links to local parent support groups and forums  
Support and advocacy within meetings  
Support in resolving disagreements, mediation and tribunals  
Explaining the Educational, Health and Care Plan (EHCP) process  
Useful Information

## Wigan Educational Psychology Service

Offering 45 minute session for parents with pre school children who would like support, information or advice about play, sharing and turn taking skills. Supporting your child with big emotions or communication skills.

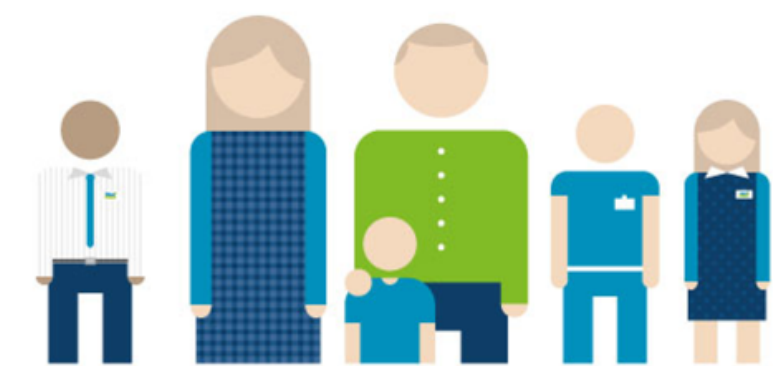
Sessions available at Atherton Start Well Family Centre call us on 01942 879012 to make an appointment



Scan the QR Code for local SEND information  
Wigan Council SEND Team are here to support parent carers of children and young people aged 0-25 years with additional needs (no diagnosis necessary). Giving parents the opportunity to share experiences and get peer support.

## Special Educational Needs and Disabilities (SEND) LOCAL OFFER

Services and support available from education, health and social care services and where to go for information and advice.



[www.wigan.gov.uk/sendlocaloffer](http://www.wigan.gov.uk/sendlocaloffer)

## Wigan Portage Service

Offering a service for young children who have additional needs and are not yet accessing a nursery provision.  
Helping parents and children play together, both at home and in groups whilst also helping support the transition to nursery

For more information contact the early learning team on 01942 828849



# Health Information

## Midwives

Midwives providing antenatal clinics and initial booking appointments to enable continuity of care for women in the local community

**01942 264004**

## Well Baby Clinic

Our Clinics will support, advise and assist you to keep your little ones healthy and happy. Call for an appointment to weigh and measure your baby and to meet your local Health Visitor.

**Tuesday 1:30pm - 3:30pm at Tyldesley Linked Site Poplar Street, Tyldesley M29 8AX**

**Thursday 9:15am - 11:15am Atherton Start Well Family Centre Formby Avenue, Atherton M46 0HX**

**Please call 0300 707 1245 to make an appointment**

## Be Well Health Advisors

Can support with Weight Management, Stopping Smoking, Mental Well Being, Alcohol reduction and 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 Darren 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 Monday - Friday 8.30am - 4.30pm

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

**FREE**

**FREE**

## Health Visiting Service

The health visiting service offer is available to all children and families, including children with additional needs. 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

Please see our local offer at [www.wwl.nhs.uk](http://www.wwl.nhs.uk) or Tel

**0300 707 1243**

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 and Partner Health and well being
- Toileting and potty training
- Sleep Routines
- Infant feeding and healthy eating
- Speech and language
- School readiness



Scan for more information

## The ABCs of Safer Sleep





# Health Advice - Scan Me!



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

Did you know that Start Well Family Centres give free vitamins to pregnant ladies and children under 5 living in Wigan?



Scan QR Code to find out more information



<https://www.nhs.uk/change4life>

## 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

Car Seat Safety





# Parenting Support

## Family Transitions

Triple P Family Transitions Programme for separate parents experiencing conflict in their relationship

5 weekly sessions - 2 hours long

To book or for further information please email [familytransitions@wigan.gov.uk](mailto:familytransitions@wigan.gov.uk) or scan the QR code



## Young Parents Group

For young parents under 25, covering lots of key public Health messages including weaning, messy play, brain development, cooking, emotional health and well being, sexual health, career support, dads matters and much more

**Drop in every Wednesday**  
**1.15pm - 2.45pm**

**Atherton Start Well Family Centre**

## Atherton Family Forum



A meeting for parents and carers who live in the Atherton, Tyldesley, Astley and Mosley Common areas and who currently use our services or may do in the future to make sure that our Family Centre meets the needs of our local community

**17th January 2024**

**10am-11am - Atherton Start Well Family Centre**

**10am-11am - Tyldesley Start Well Family Centre**

Attend this informal session to find out more  
Under 5's welcome to attend with parents and carers

Book on via [Atherton\\_cc@wigan.gov.uk](mailto:Atherton_cc@wigan.gov.uk) or call 01942 879012



Essential Parent is an expert-led digital library and eDelivery system that supports NHS and private healthcare professionals and patients

**Coming soon!!**



Free digital mental wellbeing support for adults across the UK



Offering 45 minute session for parents with pre school children who would like support, information or advice about play, sharing and turn taking skills. Supporting your child with big emotions or communication skills.

Sessions available at Atherton Start Well Family Centre call us on 01942 879012 to make an appointment

## Parenting Drop in

**Tuesdays 9am - 10am Atherton SWFC**  
**Wednesdays 9am - 10am Tyldesley Site**

Come along for some advice and support on any parenting issues



Online mental wellbeing community for young people aged 10-25



## Adult Learning Offer

Various adult learning courses on offer at Atherton Start Well Family Centre and The Greengrass Centre  
Call 01942 879012 (Atherton Start Well Family Centre) or 01942 892168 (The Green Grass Centre) for more information



# Other Useful Services

## Adult Learning Offer

- Various adult learning courses
- Level 2 Supporting Teaching and Learning
  - BTEC Level 1 Introductory Award in caring for children under 5
  - BTEC Level 1 Award Business
  - Teaching Assistant Level 2
  - Teaching Assistant Level 3

For more information  
call 01942 879012  
(Atherton Start Well Family Centre)

Captain Seaweed's Pirate Park at Atherton Start  
Well Family Centre, Formby Ave, Atherton,  
M46 0HX



Monday - Friday 9am - 4.30pm for  
ALL families and children aged under 7

## 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 complete it.



## 'Our Town' Directory

Our Town Directory brings together local  
support and things to do in the community  
whether you are living, visiting or working  
in the Wigan Borough.



## 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/ 07825  
832685





# 2 Year Funding

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



Play  
exciting  
and  
fun  
activities



Learn  
how to  
make  
friends  
and  
socialise



Develop  
basic  
language  
skills



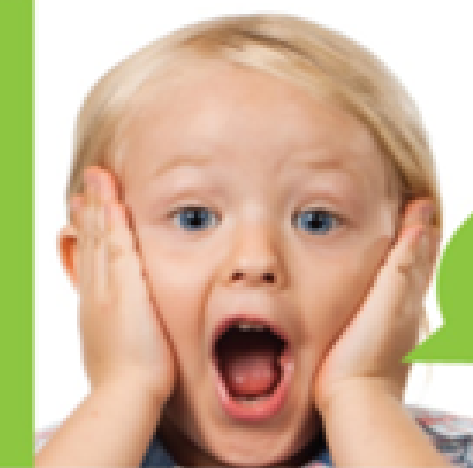
Be ready  
to start  
school  
in  
a few  
years

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)

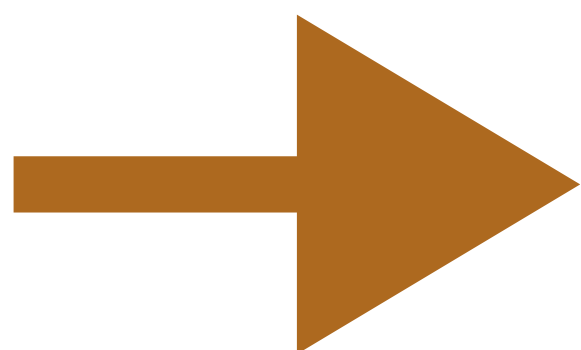




# Volunteer with us



Scan QR Code for  
our volunteer  
opportunities



Volunteers play a massive part in what we do within our Start Well Family Centres. Volunteering is a great way to learn new skills and gain knowledge and experience to get yourself back into work or a change of career. Full Training is provided.



## Meet some of our Volunteers



**Sarah**



**Amanda**



**Brian**

All of our volunteers are valued members of our Start Well Team!

If you are interested in volunteering for us please contact us on 01942 879012



# Other Useful Services

## Department of Work and Pensions Drop in

### Welfare and Benefit Support

Come along to our FREE Drop in session with a member of the DWP Team.

DWP support with

- Applying for new claims
- Checking that you are receiving everything you are entitled to
- Help looking for work

and lots more support and advice

**First Monday of the month  
Drop in anytime between  
1pm - 3pm**

**Atherton Start Well Family Centre  
Formby Ave  
M46 0HX**

**01942 879012**

**TINY Happy PEOPLE**  
*Your words build their world*

Tiny Happy People is there to help you develop your child's language skills. Explore the simple activities and play ideas and find out about babies and toddlers' amazing early development.

Simple and fun child development activities to try at home.



**Wigan  
Borough  
Domestic  
Abuse  
Service  
DROP INS**

**FREE,  
CONFIDENTIAL  
ADVICE AND  
SUPPORT**

**AVAILABLE TO  
ANYONE  
AFFECTED BY  
DOMESTIC  
ABUSE**

**NO  
APPOINTMENT  
OR REFERRAL  
NEEDED**

**HELPLINE  
MON - FRI  
8AM-6PM  
01942 311365**



## WIGAN

**8:00am - 3:00pm  
Monday, Tuesday, Thursday**

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

**DROP INS OPEN 3  
DAYS A WEEK**

**APPOINTMENTS WITHIN  
THE COMMUNITY  
AVAILABLE ON REQUEST**

## LEIGH

**8:00am - 3:00pm  
Monday, Tuesday, Thursday**

**Well Women Centre, Leigh**  
The Old Court House  
14 Walmesley Road, Leigh, WN7 1YE  
Female only/ appointments available for  
men within the community.

**citizens  
advice**

Free, independent, confidential information and advice on many issues including; money problems, court forms, benefits, work, family matters and housing.





# Local Libraries

Visit your local library and see what activities are available

## Atherton Library

Atherton Town Hall  
Bolton Road  
Atherton  
Manchester  
M46 9JQ



Tel: 01942 404817

Email:

[atherton.library@wigan.gov.uk](mailto:atherton.library@wigan.gov.uk)

Opening Times

Monday - Wednesday: 9am - 2pm

Thursday - Friday: 12pm - 5pm

Saturday: 9am - 2pm

Sunday: Closed

## Tyldesley Library

Tyldesley Town Hall  
Elliot Street  
Tyldesley  
M29 8EH



Tel: 01942 488497

E-Mail:

[tyldesley.library@wigan.gov.uk](mailto:tyldesley.library@wigan.gov.uk)

Opening Times

Monday - Wednesday: 9am - 2pm

Thursday - Friday: 12pm - 5pm

Saturday: 9am - 2pm

Sunday: Closed

## Leigh Library

Turnpike Centre  
Civic Square  
Market Street  
Leigh  
WN7 1EB



Tel: 01942 404404

E-mail:

[leigh.library@wigan.gov.uk](mailto:leigh.library@wigan.gov.uk)

Opening hours

Monday - Friday: 10am - 4pm

Saturday: 9am - 2pm

Sunday: Closed



# Local Libraries Sessions

## Atherton Library

**Kinit and Knatter**

**Mondays 10am-12pm**



**Warm Space Coffee Mornings**

**Mondays 10am-12pm**

**Appy Days**

**Tuesdays 10am - 12pm**

**Weekly Crafts**

**Alternate Tuesdays**

**10am-12pm**

**Project Linus**

**2nd Wednesday of the month**

**10am - 2pm**

**Days for girls**

**4th Wednesday of the month**

**10am-2pm**

**Dementia Lunch Club**

**3rd Friday of the month**

**12pm-2pm**

**Kids Crazy Crafts**

**Every other Saturday**

**12pm - 2pm**



**For more  
information on  
sessions call  
01942  
404817**

## Tyldesley Library

**Story and Rhyme**

**Tuesdays 9.30am-10.30am**



**Mindful Colouring**

**Tuesdays**

**10.30am - 11.30am**

**Playgroup**

**Wednesdays 10am - 11am**

**Citizens Advice bureau**

**(every 3rd Wednesday of the month)**

**9.30am-12pm**

**Knit and Knatter**

**Thursdays 12pm -2.30pm**

**Rhyme and Reason Writing Group**

**Thursdays 2.30pm-3.30pm**

**Lego Club**

**Saturdays 11am -12.30pm**



**For more  
information on  
sessions call  
01942  
488497**



# Our Centres

## Atherton Start Well Family Centre



**Atherton Start Well Family Centre**  
**Formby Ave**  
**Atherton**  
**M46 0HX**  
**Tel: 01942 879012**

## Tyldesley Site



**Tyldesley Site**  
**Poplar Street**  
**Tyldesley**  
**M29 8AX**  
**Tel: 01942 879012**

## Mosley Common Site



**Mosley Common Site**  
**Commnside Road,**  
**Mosley Common,**  
**Tyldesley,**  
**M28 1AE**  
**Tel: 01942 879012**

## Astley Tot's Plot

**Astley Tot's Plot**  
**Parkfield Ave**  
**Tyldesley**  
**M29 7EF**  
**Tel: 01942 879012**





# Venue Addresses

## Atherton

**Atherton Start Well Family Centre (ASWFC), Formby Ave, Atherton, M46 0HX 01942 879012 / 07825 832685**

Atherton Baptist Church, Tyldesley Road, Atherton M46 9DQ **01942 615895**

Atherton Library, Bolton Road Atherton Manchester M46 9JQ **01942 404817**

Dorset Road Community Centre, Dorset Road, M46 9GL **01942 884184**

Fit N Funky Ladies Gym, Bolton Road, Atherton M46 9JQ **01942 888118**

Greengrass Centre, 49-51 Spa Rd Atherton M46 9NR **01942 892168**

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

St Georges Church Tavistock St, Atherton, Manchester M46 0LE **01942 892996**

Meadowbank Primary School, Formby Ave, Atherton M46 0HX **01942 874271**

St Michael's Primary School, Leigh Road, Atherton M46 0PA **01942 883118**

St Richards RC Primary School, Flapper Fold Lane, Atherton M46 0HA **01942 882980**

Toni Marie Studios, 25 Derby St, Atherton , M46 0HJ **07434 80961**

## Tyldesley

**Tyldesley Site, Poplar Street, Tyldesley, M29 8AX 01942 879012 / 07825 832685**

Pelican Centre, Castle St, M29 8EG **01942 882722**

Shakerley Community Centre 12 Cumberland Ave, Tyldesley, Manchester M29 8FU **01942 874403**

Tyldesley Library, Elliot Street Tyldesley, M29 8EH **01942 488497**

Tyldesley Independent Methodist Church **01942 665310**

## Mosley Common

**Mosley Common Linked Site( back of St John's Primary School) Commonsides Road, Mosley Common, M28 1AE 01942 879012 / 07825 832685**

Astley Pensioners Club 356 Manchester Road, M29 7DY

Astley Tots Plot, Parkfield Ave, M29 7EF **01942 879012 / 07825 832685**

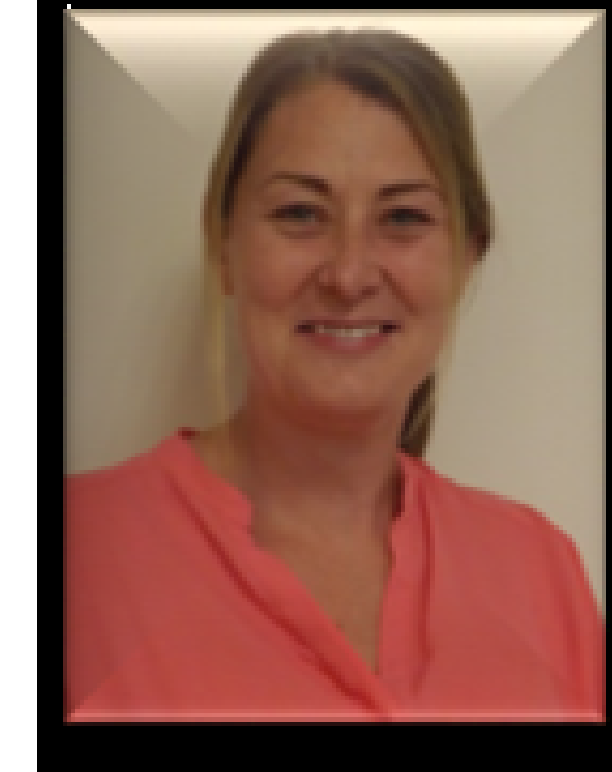
Beehive Community Centre, Lindale Hall, Lindale Road. M28 1BG **01613768229**

Parr Bridge Health & Well Being Centre, Mosley Common Road M29 8RZ **01942 483828**

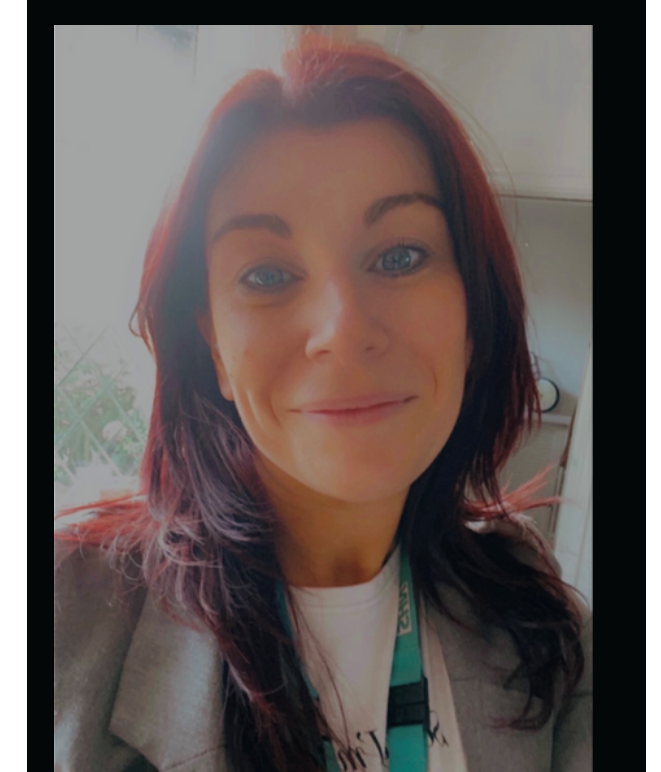
St Ambrose Parish Hall, Manchester Road, M29 7DZ **01942 883912**

St John's Church, Mosley Common Road ,M28 1AN **0161 7902957**

## Early Years Workers



**Nicola**



**Kelley**

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 / 07825 832685**



Visit our Facebook page for regular updates  
[www.facebook.com/athertonstartwellfamilycentre](https://www.facebook.com/athertonstartwellfamilycentre)

