

# Wigan Central Activity Guide





# What are Family Hubs?

Family Hubs bring together all the support a family may need, from pregnancy through to young people turning 19 (or 25 if they have a Special Educational Need or Disability (SEND). We are operating as a network of services within your neighbourhood to provide accessible and connected services.



# www.wigan.gov.uk/FamilyHubs

# Who is available at Wigan Central Family Hub?



- 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
- ESOL Education and Support
- Family Information Service
- Health Visiting Service
- Housing Support
- Local Councillors

- 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
- Start Well
- 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 31<sup>st</sup> December



#### Monday

New Years Day – Hub is closed

### Tuesday

Children & Young People's Social Prescribers Drop-In 10.00 – 12.30pm

> Daisy Team Midwife Appointments 1.00-5.00pm

Children & Young People's Social Prescribers Appointments 1.00 – 4.00pm

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

DWP Drop-In 1.30-3.00pm

### Thursday

Fern Team Midwife Appointments 9.00-5.00pm

Attendance Service Drop-In 11.00-3.00pm

Be Well Health Advisor Drop-In 12.00-2.00pm

### **Friday**

Infant Feeding Clinic 9.30-11.00am

Children & Young People's Social Prescribers Drop-In 10.00 – 12.30pm

Childminder Drop-In 10.00-11.30am

Local Councillor Surgery Drop-In 11.00-12.00pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Children & Young People's Social Prescribers Appointments 1.00 – 4.00pm

# Week Commencing 8<sup>th</sup> January



#### Monday Tuesday Fern Team Midwife Specialist Perinatal Service **Appointments** Appointments 9.00-5.00pm 9.00-5.00pm Infant Massage (0-6 Physical Babies (0-6 Months) Bookable Months) Bookable 9.15-10.15am 9.15-10.15am **Family Information Service** Children & Young People's Social Prescribers Drop-In Drop-In 9.30-4.30pm 10.00 – 12.30pm **Daisy Team Midwife** Baby and Me (0-6 Months) Bookable Appointments 11.00-11.45am 1.00-5.00pm **Community Link Worker** Children & Young People's Social Prescribers Drop-In 11.00-1.00pm **Appointments** 1.00 – 4.00pm **Demystifying Mental Health** Group Drop-In **Building Attachment Bonds** 11.30-12.30pm Parent/Child Drop-In 1.00-3.00pm All Things Housing Drop-In 1.00-4.00pm Friends First English Class Drop-In Ready Steady Play (2-5 1.00-2.30pm Years) Bookable 1.45-2.45pm Embrace Drop-In 4.00-6.00pm

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Riding the Rapids Parent/Carer Training 12.30-3.30pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

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

Understanding Your Child, Solihull Approach Parenting Training (Bookable) 5.30-7.00pm

## Thursday

Fern Team Midwife Appointments 9.00-5.00pm

Citizen's Advice Drop-In 9.00-11.30am

Attendance Service Drop-In 11.00-3.00pm

Be Well Health Advisor Drop-In 12.00-2.00pm

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

With You Substance Misuse Training for Parents/Carers and Professionals 6.00-8.00pm

# Friday

Portage Service (Referral) 9.00-12.00pm

Infant Feeding Clinic 9.30-11.00am

Children & Young People's Social Prescribers Drop-In 10.00 – 12.30pm

Embrace Drop-In 10.00-12.30pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Children & Young People's Social Prescribers Appointments 1.00 – 4.00pm

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



# Week Commencing 15<sup>th</sup> January



Monday	Tuesday	Wednesday	Thursday	Friday
Fern Team Midwife Appointments 9.00-5.00pm	Physical Babies (0-6 Months) Bookable 9.15-10.15am	Health Checks and Blood Pressure Monitoring Appointments	Fern Team Midwife Appointments 9.00-5.00pm	Infant Feeding Clinic 9.30-11.00am
·		9.00-4.00pm	·	Children & Young People's
Infant Massage (0-6	Children & Young People's	•	Attendance Service Drop-In	Social Prescribers Drop-In
Months) Bookable	Social Prescribers Drop-In	Parental Conflict Drop-In	11.00-3.00pm	10.00 – 12.30pm
9.15-10.15am	10.00 – 12.30pm	9.30-11.30am	-	-
			Be Well Health Advisor	Childminder Drop-In
Family Information Service	CAMHS School Link Drop-In	Riding the Rapids	Drop-In	10.00-11.30am
Drop-In	1.00-6.00pm	Parent/Carer Training	12.00-2.00pm	
9.30-4.30pm		12.30-3.30pm		Health Checks and Blood
	Daisy Team Midwife		Understanding Your Child,	Pressure Monitoring
Baby and Me (0-6 Months)	Appointments	Aspiring Futures Mentor	Solihull Approach Parenting	Appointments
Bookable	1.00-5.00pm	Appointments	Training (Bookable)	12.00-4.00pm
11.00-11.45am		1.00-5.00pm	12.30 -2.30pm	
	Children & Young People's			Children & Young People's
Community Link Worker	Social Prescribers	Bump, Baby and You Course	Let's Talk with Your Baby	Social Prescribers
Drop-In	Appointments	(Bookable)	(6-12 Months) Bookable	Appointments
11.00-1.00pm	1.00 – 4.00pm	5.00-7.30pm	1.45-2.45pm	1.00 – 4.00pm
Demystifying Mental Health	Introduction to Solid Food	Understanding Your Child,	Reach Drop-In for Young	Messy Play (0-5 Years)
Group Drop-In	Session (Bookable)	Solihull Approach Parenting	People and Parents/Carers	Bookable
11.30-12.30pm	1.00-2.00pm	Training (Bookable)	2.00-5.00pm	2.00-2.45pm
11.50-12.50pm	1.00-2.00pm	5.30-7.00pm	2.00-5.00pm	2.00-2.43pm
All Things Housing Drop-In	Friends First English Class			
1.00-4.00pm	Drop-In			all the last
·	1.00-2.30pm			
Ready Steady Play (2-5	•			· · · · · · · · · · · · · · · · · · ·
Years) Bookable	Parenting Pop-Up Session			
1.45-2.45pm	4.00-6.00pm			
-	-			

Parent Carer Forum Drop-In 6.00-8.00pm

# Week Commencing 22<sup>nd</sup> January



#### **Tuesday** Wednesday Thursday Specialist Perinatal Service **Health Checks and Blood Pressure Monitoring Appointments** Appointments 9.00-5.00pm **Appointments** 9.00-5.00pm 9.00-4.00pm Physical Babies (0-6 Months) Bookable **SEND Engagement Officer** 9.00-11.30am 9.15-10.15am Drop-In 11.00-7.00pm Children & Young People's 11.00-3.00pm Social Prescribers Drop-In **Riding the Rapids** 10.00 - 12.30pm Parent/Carer Training 12.30-3.30pm

**ADHD Group for Adults** 11.30-12.30pm (Book via Aspiring Futures Mentor **Appointments** 1.00-5.00pm

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

Fern Team Midwife

Citizen's Advice Drop-In

Attendance Service Drop-In

**Be Well Health Advisor** Drop-In 12.00-2.00pm

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** 9.30-11.00am

**Children & Young People's** Social Prescribers Drop-In 10.00 - 12.30pm

**Embrace Drop-In** 10.00-12.30pm

**Health Checks and Blood Pressure Monitoring** Appointments 12.00-4.00pm

**Children & Young People's Social Prescribers** Appointments 1.00 – 4.00pm

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



# Monday

Fern Team Midwife **Appointments** 9.00-5.00pm

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

**Family Information Service** Drop-In 9.30-4.30pm

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

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

**Friends First English Class** Drop-In 1.00-2.30pm

Social Prescribers

Appointments

1.00 - 4.00pm

Daisy Team Midwife

Children & Young People's

Appointments

1.00-5.00pm

GP)

**Embrace Drop-In** 4.00-6.00pm

ADHD Support Group for **Children & Young People** 4.30-5.30pm (GP Referral)

# Week Commencing 29<sup>th</sup> January



#### Monday

Fern Team Midwife Appointments 9.00-5.00pm

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

Family Information Service Drop-In 9.30-4.30pm

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

### Tuesday

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

Children & Young People's Social Prescribers Drop-In 10.00 – 12.30pm

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

Daisy Team Midwife Appointments 1.00-5.00pm

Children & Young People's Social Prescribers Appointments 1.00 – 4.00pm Friends First English Class

Friends First English Class Drop-In 1.00-2.30pm

ADHD Support Group for Children & Young People 4.30-5.30pm (GP Referral)

### Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

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



# Thursday

Fern Team Midwife Appointments 9.00-5.00pm

Attendance Service Drop-In 11.00-3.00pm

Be Well Health Advisor Drop-In 12.00-2.00pm

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

Infant Feeding Clinic 9.30-11.00am

Children & Young People's Social Prescribers Drop-In 10.00 – 12.30pm

Childminder Drop-In 10.00-11.30am

Local Councillor Surgery Drop-In 11.00-12.00pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

Children & Young People's Social Prescribers Appointments 1.00 – 4.00pm

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





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?

We need your help to ensure that Family Hubs are designed to meet the needs of our families. We are talking to lots of families, young people, and professionals, to make sure that Family Hubs will work well for as many people as possible.

If you're interested in shaping the future of family support in your neighbourhood, please take a few minutes and tell us what you think by filling our online form at **www.wigan.gov.uk/FamilyHubs** 



We will also be establishing a parent/carer panel in each Family Hub neighbourhood, which will enable parents and carers to work together to help design, deliver and evaluate success across Wigan and Leigh.

If you would like to be involved, please contact Diane Bradbury at earlyhelpvolunteering@wigan.co.uk

# www.wigan.gov.uk/FamilyHubs