

Autumn 2023

**Westfield
Start Well
Family Centre**



Please Ring 01942 488000 to book your place

Welcome

Westfield Start Well Family Centre and Community Sites offer the following:

A variety of early years activities and sessions across the main centre and various venues covering the Westfield, Orrell and Hope areas.

These include:

School readiness sessions, stay and play sessions, focused story time and rhyme sessions along with movement and music activities.

Infant Massage, Introducing solid foods and parent and baby communication sessions.

A range of adult learning courses, adult vocational activities and opportunities for volunteering and becoming a Parent Champion.

Support through Well Baby Clinics, Ante Natal clinics, Infant Feeding Support, signposting to Be Well and Healthy Routes Services.

Start Well Workers who can offer support and guidance to families through Early Help Intervention.

Parenting Drop In and face to face parenting courses for families needing guidance and support.

Activities for the whole family during the school holidays.

Please complete a membership form online via the QR code:



Or pop into Westfield School or the Meadows, Ridyard Street to speak to a member of our team

Meet the Team



Kerry
Start Well Worker



Dee
Start Well Worker



Julie
Start Well Worker



Nic
Early Years Worker



Lisa
Senior Start Well Worker



Emma
Early Years Worker

Session Pathway

Baby & Me
0-6 months



*Infant
massage*
0-6 months



*Introducing
Solid Foods*
0-6 months



*Messy
babies*
0-12 months



*Mini Boogie
Bouncers*
0-18 months



*Sensory
Room*
0 - 5 years



*Westfield
Weekly Walk*
0-5 years



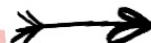
*Toy
Library*
0-5 years



*Story
& Rhyme*
0-5 years



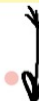
*Mixed
Messy Play*
0-5 years



*Physical
babies*
6-12 months



*Let Talk With
Your Baby*
6-12 months



*Ready Steady
Play*
2-5 years



*Little Adventurers
(Outdoor Activities)
Steady on Feet
To
5 years*



*Moving & Grooving
and
Physibodies
Steady on Feet
To
5 years*



*Moo Music
and
Jiggy Wrigglers*
0-5 years

Westfield Area

Start Well Offer Community Offer

Monday

Story and Rhyme
9:15am to 10:00am
0 to 5 years
Marsh Green
Library
Drop In

Infant Massage
0 to 6 Months
9:15am to 10:15am
Meadows Family
Hub
Please ring to
book

Toy Library
Meadows Family Hub
9:30am to 10:30am
Drop in to borrow
toys and
educational resources.
Open to all families.

Baby and Me
0 to 6 Months
11:00am to 11:45am
Meadows Family Hub
Please ring to book

Messy Play - Mixed
0 to 5 years
2:00pm to 2:45pm
Meadows Family
Hub
Please ring to book

Tuesday

Family Hub
Drop In
9:15am to 10:15am
Meadows Family Hub

Physical Babies
9:15am to 10:15am
6 to 12 months
Meadows Family Hub
Please ring to book

Little Adventurers
0 to 5 years
2:00pm to 2:45pm
Westfield Alps
Please ring to book



Westfield Start Well Centre
The Meadows
Ridyard St
Worsley Hall
WN5 9RQ

Wednesday

Mini Hubhubs
0 to 5 years
St Mark's Church
9:00am
Drop in

Little Lambs
0 to 5 years
9:30am
St John's School
Drop In

Ready Steady Play
2 to 5 years
A 4 week course
Meadows Family Hub
9:15am to 10:15am
Please ring to book

Story and Rhyme
0 to 5 years
10:15am to 11:00am
Lamberhead Green
Library
Drop In

NEW SESSION !
Mini Boogie Bouncers
Montrose Hall Care
Home
2:00pm to 2:45pm
0 to 18months
Please ring to book

Bump, Baby and You
4 week antenatal
programme
Meadows Family Hub
6:00pm to 7:30pm
Expectant Parents
only

Unless stated otherwise, all sessions are bookable and are held at various community venues. Please ring 01942 488000 to book your place

Westfield

Start Well Offer Community Offer

Thursday

Moo Music
For families in the
WN5 9 areas only
0 to 5 years
10:00am to 10:45am
Bramble House
Please ring to book

**Understanding your
Child Parenting
Course
Adults Only**
10:00am to 11:30am
Westfield
Community School
Please ring to book

Jiggy Wrigglers
0 to 5 years
1:45pm to 2:45pm
St Francis Church
Please ring to book

**Lets Talk With Your
Baby**
6 to 12 months
1:45pm to 2:45pm
Meadows Family Hub
Please ring to book

Friday

Westfield Weekly Walk
0 to 5 years
Alexandra Park
10:00am to 11:00am
Just turn up

Way Tots
0 to 5 years
The Edge Church
10:00am to 11:30am
Booking only through
Way Tots Facebook Page

Childminder Drop In
Meadows Family Hub
10:00am to 11:30am

**WWL Community
Breastfeeding Clinic**
Meadows Family Hub
Appointment Only

NEW SESSION !
Messy Babies
(Under 1 yr old)
The Meadows
2.00pm to 2:45 pm
Please ring to book

NEW SESSION!

**Sensory Room
Booking**
0 to 5 Years
9.30am—10.30am
11am—12 Noon
12.30pm—1:30pm
2pm—3pm
3.30pm—4.30pm
6 spaces MAX each
time slot

Saturday

Read and Listen
aged 4 to 11
11:00am to
12:00pm
Lamberhead Green
Library

Children's Craft
11:00am to 1:00pm
Marsh Green Library

Outdoor Activities

Our outdoor activities
will still go ahead
regardless of the
weather.
Please dress
appropriately for the
weather forecasted.



Unless stated otherwise, all sessions are bookable and are held at various community venues. Please ring 01942 488000 to book your place

Hope

Start Well Offer Community Offer

Monday

Little Stars
0 to 5 years
9:30am
St Pauls Hall

Lets talk with your
baby
6 to 12 months
1:45pm to 2:45pm
St Pauls Hall
Please ring to book



St Paul's Hall (On the
school car park)
Clapgate Lane,
Goose Green,
Wigan, WN3 6SB

Tuesday

Toddler Group
0 to 5 years
9:00am
Winstanley
Primary School

Infant Massage
0 to 6 months
9:15am to 10:15am
Clifton Street
Community Centre
Please ring to book

Yellow Door
Community Library
Story Time
0 to 5 years 9:30am
till 12.00 noon Story
at 10:30am
Clifton Street
Community Centre

Baby and Me
0 to 6 months
10:45am to 11:30am
Clifton Street
Community Centre
please ring to book

Wednesday

Tea and Tots
0 to 5 years
9:15am
St Judes School

Moving and Grooving
For children steady
on their feet
to 5 years
1:30pm to 2:15pm
Clifton Street
Please ring to book

Wellspring
St. Paul's Hall
3:30pm - 5:00pm
Term Time Only
Crafts, activities
and a meal

Thursday

Little Stars
0 to 5 years
1:00pm
St Pauls Hall
Yellow Door
Community Library
Story Time
0 to 5 years
09:30am till 12:00
noon
Clifton Street
Community Centre



Clifton Street Community
Centre, Clifton Street,
Poolstock, Wigan,
WN3 5HN

Friday

Physibodies
For children steady
on feet to 5
9:45am to 10:30am
St Pauls Hall
Drop in

Yellow Door
Community Library
Story Time
0 to 5 years
9:30am till 12:00
noon
Clifton Street
Community Centre

Lighthouse
St James Church
4:00pm - 5:30pm
Term Time Only
Crafts, activities
and a meal

Saturday

Faith Cafe
St James Church
11:00am to
2:00pm
Pay as you feel

LAST SATURDAY OF EACH
MONTH

Yellow Door
Community Library
Story Time
0 to 5 years
9:30am till 12:00
noon
Clifton Street
Community Centre

Unless stated otherwise, all sessions are bookable and are held at various community venues. Please ring 01942 488000 to book your place

Orrell

Start Well Offer Community Offer

General Information

Everyone Welcome

All our sessions are open to everyone in the Westfield, Orrell & Hope areas with a child under 5. All we ask is that you become a member of Start Well. Please use the QR code to complete an online membership registration.



Start Well registration

Online registration for Start Well Family Centres.

Healthy Routes

Eat healthier, stop smoking and get more active.

To make an appointment please contact them on 01942 489012



Healthy Start

Healthy Start card entitles families to money toward fruit, veg, milk and free vitamins from Start Well.

Wednesday

Tots Boot Camp
0 to 5 years
Orrell Newfold School
9:00am

Thursday

Toddler Group
1:15PM to 2:45PM
Bispham Methodist
Church
£1



'Our Space' at
Newfold Community Primary School
St James' Rd
Orrell
WN5 7BD

Friday

Story and Rhyme
9:15am to 10:00am
0 to 5 years
Orrell Newfold School
Please ring to book

Westfield Weekly Walk
Orrell Water Park
0 to 5 years
11:00am to 12:00 noon
Meet on the Car Park

Infant Massage
0 to 6 months
1:00pm to 2:00pm
Orrell Newfold
School
Please ring to book

Baby and Me
0 to 6 months
2:30pm - 3:15pm
Orrell Newfold
School
Please ring to book

Unless stated otherwise, all sessions are bookable and are held at various community venues.
Please ring 01942 488000 to book your place

General Information

HEALTHY
START



Healthy Start Vitamins

FREE

We now have Healthy Start Vitamins available!

At
Westfield Community School
Monday - Friday from 9am till 3pm
(Please ask at main reception)

And

WESTFIELD STARTWELL CENTRE
THE MEADOWS
RIDYARD STREET
9:30AM TILL 4:30PM



The ABCs of Safer Sleep



Always sleep
your baby...



...on their
back...



...in a **clear** cot or
sleep space.

(free of bumpers, toys, pillows and loose bedding)

Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



Part of the
Start Well Family Network



Well Baby Clinics

Health Visitor Well Baby Clinics are currently running twice a week on an **appointment only basis**

Wednesday 1.00pm—3.00pm at Pemberton Clinic, Sherwood Drive

Thursday 1.00pm—3.00pm at Chandler House, Poolstock Lane


Health Visitors can provide advice, support and information to parents, to help them make decisions that improves the future health and wellbeing of their family.

To book an appointment please ring 0300 707 1245



**A Sure Start
Children's Centre**

WWL Community Breastfeeding Groups & Specialist Infant Feeding Clinics In Start Well Family Centres



Antenatal and feeding mums welcome!
Our sessions are facilitated by our friendly experienced WWL NHS Community Infant Feeding Team 0300 707 1172, you can book an appointment for clinics or ring for general advice on this number.

We can offer support with positioning and attachment, expressing, tongue tie issues and much more!

Monday Breastfeeding Drop in 1:00 to 2:30pm,
Standish Library, Start Well Linked Site, 13 Cross Street, Standish, WN6 0HQ

Tuesday Breastfeeding Drop in, 1:00 to 2:30pm
Atherton Start Well Family Centre,
Formby Avenue, M46 0HX

Tuesday Specialist Infant Feeding Clinic,
Ince Start Well Family Centre, Charles Street,
Wigan, WN2 2AL .
These are referral only

Thursday Breastfeeding Drop In 1:00 to 2:30pm,
Platt Bridge Start Well Family Centre,
Rivington Avenue, Platt Bridge, WN2 5JG

Friday Specialist Infant Feeding Clinic,
Westfield Start Well Family Centre at the
Meadows, 110 Ridyard Street, Wigan WN5 9RQ.
These are referral only



Accredited as
Baby Friendly Gold



NHS
Wrightington, Wigan and
Leigh Teaching Hospitals
NHS Foundation Trust



Free 2 year
old provision.

Find out if you are eligible today



I get 15 hours
free childcare
every week!

Free childcare for your 2-year-old

Certain 2-year olds may be eligible to 15 hours care and education per week if:

- A family has an income of less than £16,190 (£15,400 if on Universal Credit)
- They are Asylum seekers
- Or a child is looked after
- Or adopted
- Or the child is in receipt of Disability Living Allowance

What are the benefits for your child?



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

2 YO Funding



2 Year old funding

Apply online to check eligibility for 2 year old funding. Would start term after child's 2nd birthday.

Chandler House Clinic

22nd September 2023

9.30am till 11am

20th October 2023

9.30am till 11am

**17th November
2023**

9.30am till 11am

**22nd December
2023**

9.30am till 11am

Part of the
Start Well Family Network



NHS
Wrightington, Wigan and
Leigh Teaching Hospitals
NHS Foundation Trust

Introducing Solids Foods



SESSION TIMES

All sessions are 9.30 to 10.30 and are running at Chandler House and Pemberton Clinic

Please ring Westfield to book your place

01942 488000

Pemberton Clinic

29th Sept 23

9th October 2023

**9.30am till
10.30am**

**13th November
2023**

**9.30am till
10.30am**

**11th December
2023**

**9.30am till
10.30am**



Wigan Borough Domestic Abuse Service



Local. Free. Confidential

**PLEASE CALL
01942 311365**

Monday to Friday 8am - 7pm

Available to anyone who is affected
by domestic abuse.

Service is run by DIAS Domestic Violence Centre & Well Women



01942 311365

01942 311365

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01942 311365

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-7PM
01942 311365**



WIGAN

**9.30am - 1.30pm
Monday to Thursday**

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

**DROP INS OPEN 4
DAYS A WEEK**

**APPOINTMENTS WITHIN
THE COMMUNITY
AVAILABLE ON REQUEST**

LEIGH

**9.30am - 1.30pm
Monday to Thursday**

Well Women Centre, Leigh
55 Church Street, Leigh, WN7 1AY
Female only/ appointments available
for men within the community.

More useful QR Codes for you and your family - Just hover over the code with your camera and it will take you straight to the website



Antenatal video workshops

12 online antenatal videos



Baby Friendly Initiative

Resources on infant feeding, building relationships and overcoming breast-feeding challenges.



Better Health Start for Life

NHS help and advice during pregnancy, birth and parenthood.



Lullaby Trust

Safe sleeping advice and resources for families and professionals.



Healthy Start

Healthy Start card entitles families to money toward fruit, veg, milk and free vitamins from Start Well.



First Steps Nutrition

Health nutrition charity providing resources to support eating well from pre-conception to 5 years old.

More useful QR Codes for you and your family - Just hover over the code with your camera and it will take you straight to the website



What to expect in the EYFS

A guide for parents



BookTrust

Getting Children reading



2 Year old funding

Apply online to check eligibility for 2 year old funding. Would start term after child's 2nd birthday.



Kooth

Online mental wellbeing community for young people aged 10-25



Qwell

Online mental wellbeing community for adults aged 18+



One Plus One : Relationship support for parent

Learn to cope with stress and communicate better.

More useful QR Codes for you and your family - Just hover over the code with your camera and it will take you straight to the website



NSPCC: 1001 Critical Days

From conception to the age of 2



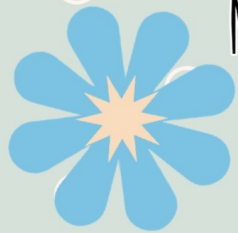
Start Well registration

Online registration for Start Well Family Centres.

Like Our facebook page



What's New...



NEW FOR SEPTEMBER 2023

SENSORY ROOM BOOKINGS



FREE TIME SLOTS
FOR UP TO 1 HOUR
EVERY FRIDAY

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.

Please ring to book your slot



DROP IN TO BORROW
TOYS AND FUN
ACTIVITIES YOU CAN
EXPLORE AT HOME!

TOY LIBRARY

AT WESTFIELD STARTWELL CENTRE

THE MEADOWS

RIDYARD STREET



SMALL FEE OF 50P
TO COVER BRECKS
AND LOST ITEMS.



PIC·COLLAGE

 **BRAND NEW FOR**
SEPTEMBER 2023 



MINI BOOGIE BOUNCERS!

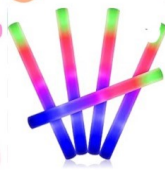


**WE ARE VERY
EXCITED TO
INTRODUCE EVERYONE
TO OUR NEW MINI
BOOGIE BOUNCERS
SESSION!**

**WEDNESDAYS
2PM TILL 2.45PM
AT
MONTROSE
CARE HOME**

**A FUN SINGING
DANCING
SENSORY
EXPERIENCE
FOR LITTLE ONES
UNDER 18 MONTH**

Book your place now!



**New for September
2023**

Messy Babies

**From birth
to 12 months**



There really are so many benefits of messy play to babies for supporting all round development.

It really is worth taking the plunge and getting involved... such a great activity to do and we will do the cleaning up for you!



PLEASE RING TO BOOK YOUR PLACE 

Westfield Area

- Westfield Start Well Family Centre - Westfield Community School, Montrose Ave, Wigan, WN5 9XN
- Pemberton Clinic - Sherwood Drive, Pemberton, Wigan, WN5 9QX
- The Meadows Family Hub, Ridyard Street, Worsley Hall, Wigan, WN5 9RQ
- St Francis Church, City Road, Kitt Green, WN5 0HP
- Fur Clemt, Montrose Avenue WN5 9XN
- Marsh Green Library, Harrow Road, Wigan WN5 0QL
- Lamberhead Green Library, Green Hey, Wigan WN5 0DQ
- St John's Primary School, Church Street, Pemberton, Wigan, WN5 0DT
- St Marks Church, Victoria St, Newtown, Wigan WN5 9BN
- Montrose Hall Care Home, Montrose Avenue, Wigan WN5 9XN

Orrell Area

- Bispham Methodist Church, Crank Road, Orrell, WN5 7DT
- Orrell Newfold Community School, St James Road, Orrell, WN5 7BD
- Orrell Water Park, Lodge Rd, Orrell, Wigan WN5 7AT

Hope Area

- Clifton Street Community Centre, Clifton St, Wigan, WN3 5HN
- Chandler House, Fairbrother Avenue, Off Poolstock Lane, Wigan, WN3 5HL
- St Pauls Hall - (On the school car park), Clapgate Lane, Goose Green, WIGAN, WN3 6SB
- St James Church, Church Street, Poolstock, Wigan, WN3 5DZ
- Winstanley Primary School, 76 Tan House Dr, Winstanley, Wigan WN3 6JP
- Yellow Door Community Library, Clifton Street Community Centre, please use Poolstock Lane entrance on front of building.
- St Judes School, Worsley Mesnes Drive, Wigan WN3 5AN

Follow us on Facebook...

Like and follow our
Facebook page for updates



welcome to
**Westfield Startwell
Family Centre**

Wigan
Council

Supporting the communities of;
Hope, Orrell and Westfield.

A colorful illustration of a family. A woman with blonde hair is in the foreground, holding a small child. To her right, a group of children and adults are standing together. A dog is also visible in the group.

Westfield Start Well Centre

3K likes • 3.3K followers

Westfield Children's Centre provides activities
for children under 5 and their families!

Message Following ...