



# Westleigh Family Centre January - February Timetable 13<sup>th</sup> January – 14<sup>th</sup> February 2025





### **How to engage with our services?**

On the next few pages, you can view our upcoming timetable for sessions and activities at the Westleigh Start Well Family Centre and our linked sites at Leigh Central and Golborne.

Drop ins – You can just come to the venue and attend any sessions or activities.

Bookings – Unless stated otherwise all sessions are bookable. Contact centre to book a place by calling 01942 777705.

### **Full details for Venues:**

#### **Westleigh**

Westleigh Family Centre at The Chapel, Westleigh Lane, WN7 5NJ

#### **Leigh**

Leigh Central Link Site, WN7 1UY

All Saints Church Hall, Kenwood Avenue, WN7 2LN

Kingsleigh Community Centre next to Kingsleigh Methodist Church (opposite the bus station), King Street, Leigh, WN7 1EB

Leigh South Community Centre (ToCH), Hope Carr Street, Siddow Common, WN7 3ET

Leigh Library, Market Street, Leigh, WN7 1EB

#### **Golborne**

Golborne Link Site, Talbot Street, WA3 3NN

Golborne Library, Tanners Lane, Golborne, Warrington WA3 3AW



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Department for Work and Pensions</b> 9:30-11:30am <b>Drop In</b> <b>First Monday Of The Month</b> Come and along to our free, drop-in service run by a member of DWP for support</p>	<p><b>Childminders Drop In</b> 9:00-11:30am</p>	<p><b>Adult Learning – Level 2 Teaching Assistant</b> 9:30am-12:00pm Starting 18<sup>th</sup> September Runs for a full academic year Sep-July Contact 01942 777705 for more information.</p>	<p><b>Big Cook Little Cook</b> 10:00am-12:00pm 2 years+ A session for parents/ carers and their children to prepare together a healthy and affordable meal to enjoy at the centre.</p>	<p><b>Baby Massage</b> 9:30-10:15am 0-6 months A nice way to bond with baby and learn some relaxing massaging techniques that you can do at home through a nurturing touch.</p>
<p><b>Let's Talk With Your Toddler</b> 9.30-10.15am 18 months + Caters to growing toddler's confidence in communicating. Offering play and short adult led activities to give families an opportunity to learn new ways to encourage their child's speech and language skills.</p>	<p><b>SEN Sensory</b> 1:00-2:00pm 2 years + <b>Drop In</b> SEN Sensory has been designed to support families whose children have concerns over their child's development</p>	<p><b>Man Leigh</b> 6:30-8:30pm <b>Drop In</b> Peer-To-Peer Support For Men Talk – Brew – Biscuits – Laugh</p> <p><b>Find them on Facebook</b></p> 	<p><b>Sensory</b> 1:45-2:30pm 0-6 months Babies love exploring and learning through their senses. Join us for themed weeks of sensory fun.</p>	<p><b>Free Vitamins</b> Healthy Start Vitamins for Under 4's and pregnant women are available from Westleigh Start Well Family Centre and link sites when sessions are running.</p>
<p><b>Well Baby Clinic</b> 1:30-3:30pm <b>Drop In</b> Come along to weigh and measure your baby and to meet a member of the local Health Visiting Team.</p>	<p><b>2school 4 After School</b> 3:30-4:30pm Open Age <b>Drop In</b> Come on in and tell us all about your day, whilst enjoying a range of activities to explore with new friends. We will offer homework help, a chance to share your thoughts for the day and some games to pass the time</p>	<p><b>Helping Hands Parenting Support</b> Ring 01942 777705 to make an appointment to see a Start Well Worker for advice and support on a variety of topics including; behaviour, toileting, sleep, routine and much more!</p>	<p><b>Bump, Baby and You Antenatal Course</b> 6:00-7:30pm Scan to book</p> 	

**Important Note, Please read**

Unless stated otherwise all sessions are **BOOKABLE** and will be held at Westleigh Family Centre at The Chapel, Westleigh Lane, WN7 5NJ. Please ring 01942 777705 to book your place. If you can't attend a session please let us know. We have limited space for prams inside Westleigh – where possible please use a baby car seat.

## Monday

## Tuesday

## Wednesday

## Friday

**Messy Monsters**  
10:00-11:00am  
18 months - 5 years

**Drop In**

Themed arts and crafts sessions delivered by our very own volunteers.

**Storytime**

9:30-10:30am  
0-5 years

**Drop In Leigh Library**

Stories, Singing & Crafts

**Let's Talk With Your Baby**

9.45-10.45am  
3-12 months old

Helping your baby to develop their communication skills. Lots of exciting things to do including messy play, tummy time, water play and more.

**Snuggle and Sing**

11:00-11:45am  
Birth – Just starting to Walk

**Drop In Leigh Library**

Helping with developing speech & language skills. Please note this session is for non walkers.

**Shake Our Sillies**

2:00-3:00pm  
2 years – 5 years

Come and release some energy. We will dance, move, sing and play music together to let those sillies out the system!

**Namaste Baby & Me**

9.45-10.30am

6 weeks-12 months

Come and join us for a mindful yoga time for you and baby.

**6-8 week check needed**

**NEW**

**Craft Club**

11:00-11:45am  
18 months – 5 years

**Drop In**

Feel inspired to make some creations, from picture frames to bracelets and fabric painting.. Show off your creative side!

**NEW**

**Baby Massage**

1:30-2:15pm  
0-6 months

A nice way to bond with baby and learn some relaxing massaging techniques that you can do at home through a nurturing touch.

**Volunteers Needed!**

At Wigan Council we support volunteers to contribute to the work we do you'll find a range of volunteering opportunities by visiting the link below.

<https://www.wiganboroughvolunteerhub.co.uk>

**Wrinkles and Dimples**

9:30-11:30am  
0-5 years

**Drop In**

Parent/carer and toddler group.  
**Kingsleigh Community Centre next to Kingsleigh Methodist Church, King Street, Leigh, WN7 1EB**

**Free Healthy Start Vitamins**

Healthy Start Vitamins for Under 4's and pregnant women are available from Westleigh Start Well Family Centre and link sites when sessions are running.

**Important Note, Please read**

Unless stated otherwise all sessions are **BOOKABLE** and will be held at Leigh Central Link Site, Windermere Road, WN7 1UY. Please ring 01942 777705 to book your place. If you can't attend a session, please let us know. Unfortunately, due to health and safety we are unable to allow prams inside the center however we do have a sheltered area outside.

Monday		Wednesday	Thursday	Friday
<p><b>Childminders Drop In</b> 9:00-11:30am</p>	<p><b>Free Healthy Start Vitamins</b></p> <p>Healthy Start Vitamins for Under 4's and pregnant women are available from Westleigh Start Well Family Centre and link sites when sessions are running.</p>	<p><b>Childminders Drop In</b> 9:00am-12:00pm</p>	<p><b>Let's Move With Your Baby</b> 10:00-10:45am 6-14 months</p> <p>A session dedicated to supporting the physical development of babies through a range of fun activities.</p>	<p><b>Storytime</b> 12:45-1:45pm 0-5 years <b>Drop In</b> Stories, Singing &amp; Crafts <b>Golborne Library</b></p>
<p><b>Baby Massage</b> 1:00-1:45pm 0-6 months</p> <p>A nice way to bond with baby and learn some relaxing massaging techniques that you can do at home through a nurturing touch.</p>	<p><b>Volunteers Needed!</b></p> <p>At Wigan Council we support volunteers to contribute to the work we do you'll find a range of volunteering opportunities by visiting the link below. <a href="http://www.wiganboroughvolunteerhub.co.uk">www.wiganboroughvolunteerhub.co.uk</a></p>	<p>Are you a parent/carer who is passionate about shaping services for families in Wigan?</p> <p>You could make a real difference in your Family Hub for you and your child. For more information, please contact us by email at <a href="mailto:earlyhelpvolunteering@wigan.gov.uk">earlyhelpvolunteering@wigan.gov.uk</a></p>	<p><b>Ready, Steady, Play!</b> 1.30-2.15pm 18 months +</p> <p>A structured session supporting exploration, nursery/ funding advice and opportunities to explore with your peers.</p>	<p><b>Sensory</b> 2:30-3:15pm 6 months+</p> <p>Babies love exploring and learning through their senses. Join us for themed weeks of sensory fun.</p>
<p><b>Snuggle and Sing</b> 2:15-3:00pm</p> <p>Birth – Just starting to Walk Helping with developing speech &amp; language skills. Please note this session is for non walkers.</p>		<p><b>Helping Hands Parenting Support</b> Ring 01942 777705 to make an appointment to see a Start Well Worker for advice and support on a variety of topics including; behaviour, toileting, sleep, routine and much more!</p>	<p><b>SEN Sensory</b> 3:30-4:30pm 2 years + <b>Drop In</b></p> <p>SEN Sensory has been designed to support families whose children have concerns over their child's development</p>	<p><b>Childcare Funding</b></p> <p>To find out more about childcare funding and how to apply, visit: <a href="http://www.childcarechoices.gov.uk">www.childcarechoices.gov.uk</a></p>

**Important Note, Please read**

Unless stated otherwise all sessions are BOOKABLE and will be held at Golborne Linked Site, Talbot Street, WA3 3NN. Please ring 01942 777705 to book your place. If you can't attend a session, please let us know. Unfortunately, due to health and safety we are unable to allow prams inside the center however we do have a sheltered area outside with pram locks available at reception.

# Bedford and Higher Folds



**Wigan**  
**Council**

		Wednesday	Thursday	
<p><b>Free Healthy Start Vitamins</b></p> <p>Healthy Start Vitamins for Under 4's and pregnant women are available from Westleigh Start Well Family Centre and link sites when sessions are running.</p>	<p><b>Volunteers Needed!</b></p> <p>At Wigan Council we support volunteers to contribute to the work we do you'll find a range of volunteering opportunities by visiting the link below.</p> <p><a href="https://www.wiganboroughvolunteerhub.co.uk">https://www.wiganboroughvolunteerhub.co.uk</a></p>	<p><b>Moving Mayhem</b> 9:30-10:45am Walking-5 years <b>Drop In</b></p> <p>Join us for a Wednesday morning wake up call as we get active with a range of physical activities. Fun for all the family.</p> <p><b>Leigh South Community Centre (Toch), Hope Carr Street, Siddow Common, WN7 3ET</b></p>	<p><b>St Thomas Parent and Toddler Group</b> 9:30-11:30am 0-5 years <b>Drop In</b></p> <p>Term time only, parent and toddler session. Fun filled activity, <b>All Saints Church Hall, Kenwood Avenue, WN7 2LN</b></p>	<p><b>Childcare Funding</b></p> <p>To find out more about childcare funding and how to apply, visit: <a href="http://www.childcarechoices.gov.uk">www.childcarechoices.gov.uk</a></p>
		<p><b>St Thomas Parent and Toddler Group</b> 9:30-11:30am 0-5 years <b>Drop In</b></p> <p>Term time only parent and toddler session. Fun filled activity, <b>All Saints Church Hall, Kenwood Avenue, WN7 2LN</b></p>	<p>Are you a parent/carer who is passionate about shaping services for families in Wigan?</p> <p>You could make a real difference in your Family Hub for you and your child. For more information, please contact us by email at <a href="mailto:earlyhelpvolunteering@wigan.gov.uk">earlyhelpvolunteering@wigan.gov.uk</a></p>	<p><b>Helping Hands Parenting Support</b> Ring 01942 777705 to make an appointment to see a Start Well Worker for advice and support on a variety of topics including; behaviour, toileting, sleep, routine and much more!</p>

## How can you have your say and get involved?

Are you a parent/carer?

Are you passionate about shaping services for families in Wigan?



We are looking for parents and carers of children aged 0-19 or children up to 25 years old with a special educational need and disability (SEND), to join the Family Hub parent/carer panel.

If you have any further questions or want to be part of our parent/carer panel, please contact us by emailing **[earlyhelpvolunteering@wigan.gov.uk](mailto:earlyhelpvolunteering@wigan.gov.uk)** or visit

**[www.wiganboroughvolunteerhub.co.uk/vo10378](http://www.wiganboroughvolunteerhub.co.uk/vo10378)**

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