

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 5th February



Monday

Fern Team Midwife Appointments 9.00-5.00pm

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

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

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Tuesday

Specialist Perinatal Service Appointments 9.00-5.00pm

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

Children & Young People's Social Prescribers Drop-In: 10.00-12.30pm Appointments: 1.00-4.00pm

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

Daisy Team Midwife Appointments 1.00-5.00pm

You're Tea-rrific! Maternity Meet and Greet, Bookable 1.00-3.30pm

Friends First English Class Drop-In 1.00-2.30pm

Embrace Appointments 4.00-6.00pm

ADHD Support Group for Children & Young People, 5.00-6.00pm (GP Referral)

Wednesday

Health Checks and Blood Pressure Monitoring Appointments 9.00-4.00pm

Pre-School Educational Psychologist Appointments 9.00-1.00pm

Aspiring Futures Mentor Appointments 1.00-5.00pm

DWP Drop-In 1.30-3.00pm

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

Thursday

Fern Team Midwife Appointments 9.00-5.00pm

Citizen's Advice Drop-In 9.00-11.30am

Young Parents Group 10.30-12.00pm (Bookable)

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 9.30-3.00pm

Children & Young People's Social Prescribers Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

Embrace Appointments 10.00-12.30pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

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

Week Commencing 12th February



Monday	Tuesday	Wednesday	Thursday	Friday
Fern Team Midwife	Specialist Perinatal Service	Health Checks and Blood	Fern Team Midwife	Infant Feeding Clinic
Appointments	Appointments	Pressure Monitoring	Appointments	9.30-3.00pm
9.00-5.00pm	9.00-5.00pm	Appointments	9.00-5.00pm	
		9.00-4.00pm		Children & Young People's
Infant Massage (0-6	Physical Babies (0-6		Young Parents Group	Social Prescribers
Months) Bookable	Months) Bookable	Baby Bumps and Bashes	10.30-12.00pm (Bookable)	Drop-In: 10.00 – 12.30pm
9.15-10.15am	9.15-10.15am	(First Aid) Bookable		Appointments: 1.00-4.00pm
		10.00-1.00pm	Attendance Service Drop-In	
Family Information Service	Children & Young People's		11.00-3.00pm	Childminder Drop-In
Drop-In	Social Prescribers	Aspiring Futures Mentor		10.00-11.30am
9.30-4.30pm	Drop-ln: 10.00 – 12.30pm	Appointments	Be Well Health Advisor	
	Appointments: 1.00-4.00pm	1.00-5.00pm	Drop-In	Health Checks and Blood
Baby and Me (0-6 Months)			12.00-2.00pm	Pressure Monitoring
Bookable	ADHD Group for Adults	Bump, Baby and You Course		Appointments
11.00-11.45am	11.30-12.30pm (Book via	(Bookable)	Understanding Your Child,	12.00-4.00pm
	GP)	5.00-7.30pm	Solihull Approach Parenting	
Community Link Worker			Training (Bookable)	Messy Play (0-5 Years)
Drop-In	Daisy Team Midwife		12.30 -2.30pm	Bookable
11.00-1.00pm	Appointments			2.00-2.45pm
	1.00-5.00pm		Let's Talk with Your Baby	
Demystifying Mental Health			(6-12 Months) Bookable	
Group Drop-In	Building Attachment Bonds		1.45-2.45pm	
11.30-12.30pm	Parent/Child		Deach Duan In fan Vouna	
	Drop-In		Reach Drop-In for Young	
All Things Housing Drop-In	1.00-3.00pm		People and Parents/Carers	
1.00-4.00pm	Friends First English Class		2.00-5.00pm	
Ready Steady Play (2-5	Friends First English Class Drop-In			
Years) Bookable	1.00-2.30pm			• •
1.45-2.45pm	1.00-2.30pm			
τ. - σ-ε. τ σμιι	ADHD Support Group for			

Children & Young People 5.00-6.00pm (GP Referral)

Week Commencing 19th February



Monday	Tuesday	Wednesday	Thursday	Friday
Fern Team Midwife	Specialist Perinatal Service	Health Checks and Blood	Fern Team Midwife	Portage Service (Referral)
Appointments	Appointments	Pressure Monitoring	Appointments	9.00-12.00pm
9.00-5.00pm	9.00-12.30pm	Appointments	9.00-5.00pm	
		9.00-4.00pm		Infant Feeding Clinic
Family Information Service	Children & Young People's		Citizen's Advice Drop-In	9.30-3.00pm
Drop-In	Social Prescribers	Parental Conflict Drop-In	9.00-11.30am	
9.30-4.30pm	Drop-In: 10.00 – 12.30pm	9.30-11.30am		Children & Young People's
	Appointments: 1.00-4.00pm	Angining Futures Manten	Attendance Service Drop-In	Social Prescribers
Community Link Worker	Anviety Support Morkshops	Aspiring Futures Mentor	11.00-3.00pm	Drop-In: 10.00 – 12.30pm
Drop-In	Anxiety Support Workshops for Parents/Carers	Appointments 1.00-5.00pm	Be Well Health Advisor	Appointments: 1.00-4.00pm
11.00-1.00pm	10.00am, 1.00pm, 4.30pm,	1.00-5.00pm	Drop-In	Embrace Appointments
Demystifying Mental Health	5.00pm (Bookable)	Bump, Baby and You Course	12.00-2.00pm	10.00-12.30pm
Group Drop-In	Stoopin (Bookabic)	(Bookable)	12.00 2.00pm	10.00 12.00pm
11.30-12.30pm	ADHD Group for Adults	5.00-7.30pm	Understanding Your Child,	Health Checks and Blood
	11.30-12.30pm (Book via		Solihull Approach Parenting	Pressure Monitoring
All Things Housing Drop-In	GP)		Training (Bookable)	Appointments
1.00-4.00pm			12.30 -2.30pm	12.00-4.00pm
	Daisy Team Midwife		-	-
	Appointments		Reach Drop-In for Young	Messy Play (0-5 Years)
	1.00-5.00pm		People and Parents/Carers	Bookable
			2.00-5.00pm	2.00-2.45pm
	Introduction to Solid Food			
	Session (Bookable)			
	1.00-2.00pm			auto e
	Embrace Appointments			
	4.00-6.00pm			
	ADHD Support Group for			
	Children & Young People			
	5.00-6.00pm (GP Referral)			

Week Commencing 26th February



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

Specialist Perinatal Service Appointments 9.00-5.00pm

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

Children & Young People's Social Prescribers Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

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

Daisy Team Midwife Appointments 1.00-5.00pm

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

SEND Engagement Officer Drop-In 11.00-7.00pm

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

Young Parents Group 10.30-12.00pm (Bookable)

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 9.30-3.00pm

Children & Young People's Social Prescribers Drop-In: 10.00 – 12.30pm Appointments: 1.00-4.00pm

Local Councillor Surgery Drop-In 11.00-12.00pm

Health Checks and Blood Pressure Monitoring Appointments 12.00-4.00pm

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

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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