

# Universal Services

<b>Baby Clinic- Tuesday</b> Venue: Leigh LIFT Building at Leigh Infirmary, WN7 1HS Time: 1.30pm - 3.15pm, Tel: 01942 483300
<b>Thursday</b> Venue: Leigh LIFT Building at Leigh Infirmary, WN7 1HS Time: 10am - 11.45am Tel: 01942 483300
<b>Brook Wigan &amp; Leigh</b> Tel: 01942 483180
<b>Pregnancy Stop Smoking</b> Tel: Joanne Brown on 07901 841967
<b>Smoking Cessation</b> Age: Adults Venue: Leigh LIFT Building, Leigh Infirmary, WN7 1HS Day: Wed, Time: 3pm - 8pm, Pre Book: Yes 01942 244000
<b>Wigan Breastfeeding Peer Support Services</b> Tel: 01942 777903 Email: <a href="mailto:wigan@breastfeedingnetwork.org.uk">wigan@breastfeedingnetwork.org.uk</a>
<b>Job Centre Plus</b> Ashton —Tel: Louise Lloyd on 01942 755668 Leigh — Tel: Janice Smith on 01942 263792
<b>What's On ?</b> What's on gives you information about regular and one off events happening over the next few months. For further information please go to <a href="http://www.wlct.org/wigan/whats-on">www.wlct.org/wigan/whats-on</a> .



## Activity Timetable From September, 2017

**Westleigh Start Well Family Centre**  
(serving the communities of Leigh, Lowton and Golborne)

**Westleigh Start Well: 01942 777705**  
**Golborne Linked Site: 01942 777620**  
**Leigh Central Linked Site: 01942 260628**



Don't forget to 'like' our Start Well Centre Facebook page to be kept up to date with the groups and activities

Please note dogs are not allowed on site unless a guide dog.

## Session Guide



### Stage 1 Sessions: -

**Baby Massage** - This is a 5/6 week course, delivered by an qualified Infant Massage Instructor. The course provides positive nurturing touch through the skill of massage. Sessions promote discussion on various topics relevant to new parents, relaxation for both parent and baby and can help aid colic, constipation and sleep issues.

**Snuggles & Sing**— This is a 5 week course, developing children's sensory & language skills.

**Let's Talk with your Baby** - 8 week specialist structured course designed by speech & language therapists to improve communications and language outcomes.

**Sensational Sensory** - A multisensory course with varied activities aimed to stimulate sensory awareness, brain development and visual skills, whilst creating communication and bonding opportunities.

**Baby Sensory 1** - Baby Sensory was the first baby programme designed to stimulate, educate and provide precious memories during the all-important first year of life, the programme has won multiple awards both nationally and internationally since 2008.

**Groovy Babies** - A blend of gentle physical exercise, yoga inspired movements, singing, parachutes, bubbles, puppets and dancing to music.

**Baby Gym** - Unique postnatal exercise programme works through simple bodyweight exercises, uses the new born baby during strengthening exercises, to help mums to recover some of their pre-natal strength. Dads are also welcome to attend with their little one.

**Child Parent Connections** -

### Stage 2 Sessions:-

**St Thomas Parent & Toddler Group** - This class provides opportunities for some quality where you can indulge in those messy activities, enjoy jigsaws or just welcome a change from the toys at home, which develops positive interaction and praise building on your child's confidence.

**Child Parent Connections** - Builds on the next steps from Child Parent Connections 1

Community Book enables **Individuals** to match themselves to groups and services, events and activities and volunteering opportunities in the community...

#### \* **See what's on**

Search for events in your community that match your interests

#### \* **Find Organisations**

Search for organisations in the community that can support you to re-connect with your hobbies and interests

#### \* **Find Care Providers**

Search for care providers in your community that provide support and enable you to stay connected with your hobbies and interest

#### \* **Volunteer my time**

Share your skills, knowledge and talents by matching yourself to volunteering opportunities in your community

#### \* **Find Community Groups**

Rediscover old interests or discover new ones by matching yourself to local community groups

#### \* **Advertise**

Advertise your community group to attract new members by matching your activities with the interests of people in the community

**Join Free Today**

or see how others are using Community Book...

**[www.communitybook.org/](http://www.communitybook.org/)**

## Session Guide



# 3 Year Funded Nursery Places

## Did you know...

That your child is entitled to 15 hours free childcare from the term after they turn 3

To find out more ask at the  
Start Well Family Centre  
01942 777705

### Stage 2 Sessions continued:-

**Groovy Tots** - The class is a fun and energetic movement, dance and physical development class which focuses highly on creativity and early writing skills.

**Baby Sensory 2** - Builds on the next development steps from Baby Sensory 1

**Jo Jingles under 2's** - Jo Jingles provides the fun and educational Music, Singing and Movement experience for babies and young children that helps to develop their communication & Language and early literacy skills.

**Physi-bodies** - Music, movement and activities to support children's physical development and help them learn about the value of regular exercise.

**Toddler Sense New explorers** - As toddlers grow and become more independent, they have a natural curiosity and appetite to explore. Toddler Sense gently introduces toddlers to equipment and activities that are suitable for their age and stage of development.

**Crafty Little Creations** - Engages parents and children in play activities to support children's development and early learning skills. Offering an introduction to the Early Years Foundation Stage and supporting children's transition into nursery and school

**Wrinkles & Dimples** - This sessions is for Grandparents to take their grandchildren to socialise. This session is very similar to our parent & toddler group where children have the opportunity to enjoy play.

### Stage 3 Sessions:-

**Messy Monsters** - A fun & informal arts & crafts session delivered by our very own volunteers.

**Jo Jingles Over 2's** - Follows on from the Under2's session by increasing children vocabulary.

**Toddler Sense New Adventurers** - Early adventures are an important part of a child's journey of discovery, helping them to learn about themselves and the world around them. Toddler Sense offers a whole new world of adventure and challenge that lead learning and development forwards, and motivate children to try out new skills

**Postnatal, Depression or Anxiety Session**—for parents suffering from postnatal depression or anxiety with children under 2



# Monday

## Tiny Tots—Parent & Toddler Sessions (drop-in, also runs through holidays)

Venue: Higher Folds Community Centre, Stirling Close, Leigh WN7 2UB  
Time: 9.30am - 11am Mondays **and** 9am - 10.30am Fridays  
Cost: £1 per adult and child aged over 1 year  
for more details contact Julie or Hannah on 01942 674548

## Postnatal, Depression or Anxiety Session (meet every 2 weeks) starting October

Age: Parents with children under 2  
Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ  
Time: 10.00am - 12 noon, Cost: None, Pre-book: Yes 07746 558900

## Messy Monsters

Age: Parents and Children Under 5  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 10am - 11am, Cost: £1 per child , Pre-book: Yes

## Baby Massage

Age: 6 weeks - 6 Months (5 week session)  
Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,  
Time: 11am - 12 noon, Cost: None, Pre-book: Yes

## Baby Massage NEW (Starting 2nd October)

Age: 6 weeks - 6 Months (5 week session)  
Venue: Higher Folds Community Centre, Stirling Close, Leigh WN7 2UB  
Time: 12 noon - 1pm, Cost: None, Pre-book: Yes 01942 674548

## Snuggles & Sing

Age: 6 weeks - 6 Months (5 week session)  
Venue: Lowton Community Hub, Newton Rd, Lowton WA3 2BH  
Time: 1pm - 1.45pm, Cost: None, Pre-book: Yes

## Lets Talk with your Baby (NEW starts 25th September)

Age: 3 months - 12 months  
Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,  
Time: 1pm-2pm Cost: None, Pre-book: Yes

## Baby Clinic

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh, WN7 5NJ  
Time: 1.30pm - 2.45pm, Cost: None, Pre-book: No

# 2 Year Old Funding Nursery Places



Did you know..... that you may be entitled to a free childcare place for 15 hours per week?



To find out if you may be entitled ask at the Start Well Family Centre or call 01942 777705



## Friday

### Wrinkles & Dimples

Age: Grandparents and grandchildren under 5 years  
Venue: Kingsleigh Methodist Church, King Street, Leigh, WN7 4LJ  
Time: 9.30am - 11am, Cost: Yes Refreshments, Pre-book: No

### Groovy Tots

Age: 12 months to 4 years  
Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,  
Time: 9.45am - 10.30am, Cost None, Pre-book: Yes

### Physi-bodies

Age: 1 - 5 years  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 10am - 11am, Cost: None, Pre-book: Yes

### Toddler Sense - New Explorers

Age: 13 months - 2 yrs  
Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh, WN7 5NJ,  
Time: 10.30am - 11.30am, Cost: £2 per child, Pre-book: Yes

### Groovy Babies

Age: 6 weeks - 12 months  
Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,  
Time: 10:45am - 11.30am, Cost None, Pre-book: Yes

### Toddler Sense—Adventurers

Age: 2yrs - 3yrs  
Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh, WN7 5NJ,  
Time: 11.45am - 12.45pm, Cost: £2 per child Pre-book: Yes

### Baby Massage

Age: 6 weeks to 6 months (5 week session)  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 1pm - 1.45pm Cost: None, Pre-book: Yes

### Physi-bodies

Age: 1 - 5 years  
Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,  
Time: 1.30pm -2.30pm, Cost: None, Pre-book: Yes

### Snuggles & Sing

Age: 6 weeks to 6 months (5 week session)  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 2pm - 2.45pm, Cost: None, Pre-book: Yes

## Tuesday

### Groovy Tots

Age: 9 Months to 4 years  
Venue: Westleigh Start Well Family Centre Westleigh Lane, Leigh, WN7 5NJ,  
Time: 9.30am - 10.15am, Cost: None, Pre-book: Yes

### St Thomas Parent and Toddler Group (Term time only)

Age: Parents and children under 5  
Venue: All Saints Church Hall, Kenwood Avenue, Leigh, WN7 2LN  
Time: 9.30am - 11.30am, Cost: Yes, Pre-book: Yes

### Baby Sensory 1

Age: 0 - 6 months  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 9.30am - 10.15am, Cost: £2 per child, Pre-book: Yes

### Parent and Child Connection (NEW starts end of September)

Age: from Birth to 2 years  
Venue: Westleigh Start Well Family Centre Westleigh Lane, Leigh, WN7 5NJ,  
Time: 10am - 12pm, Cost: None, Pre-book: Yes

### Child Parent Connections (NEW starts TBC)

Age: from 2 years  
Venue: Westleigh Start Well Family Centre Westleigh Lane, Leigh, WN7 5NJ,  
Time: 10am - 12pm, Cost: None, Pre-book: Yes

### Groovy Babies

Age: 6 weeks to 12 Months  
Venue: Westleigh Start Well Family Centre Westleigh Lane, Leigh, WN7 5NJ,  
Time: 10.30am - 11.30am, Cost: None, Pre-book: Yes

### Baby Sensory 2

Age: 6 - 13 months  
Venue: Leigh Central linked site, Windermere Road, WN7 1UY  
Time: 10.45am - 11.30am, Cost £2 per child, Pre-book: Yes

### Breast-feeding Drop in

Tree Tops, Kirkstead Way, Parkside Business Park, Golborne WA3 3PY  
Time: 12pm - 2pm, Tel: 01942 581897 for more information

### Physi-bodies Age: 1 - 5 Years

Venue: Lowton Community Hub, Newton Rd, Lowton WA3 2BH  
Time: 1pm - 2pm, Cost: None, Pre-book: Yes

### Baby Massage

Age: 6 weeks - 6 Months (5 week session)  
Venue: Lowton Community Hub, Newton Rd, Lowton WA3 2BH  
Time: 2pm - 2.45pm, Cost: None, Pre-book: Yes

## Wednesday

### Crafty Little Creations Incorporating Bookstart Corner

Age: 0-5 Years

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ

Time: 9.30am- 10.30am, Cost: None, Pre-book: Yes

### Lets Talk with your Baby

Age: 3 months - 12 months

Venue: Leigh Central linked site, Windermere Road, WN7 1UY

Time: 10am - 11am, Cost: None, Pre-book: Yes

### Child Parent Connections (NEW starts TBC)

Age: from 2 years

Venue: Westleigh Start Well Family Centre Westleigh Lane, Leigh, WN7 5NJ,

Time: 10am - 12pm, Cost: None, Pre-book: Yes

### Jo Jingles

Age: Parents and children aged OVER 2 years

Venue: St Marys Hall, Newton Road, Lowton, WA3 1EN

Time: 1.15pm - 2pm, Cost: £2.50 per child, Pre-Book: Yes

### Jo Jingles

Age: Parents and children aged UNDER 2 years

Venue: St Marys Hall, Newton Road, Lowton, WA3 1EN

Time: 2.15pm - 3pm, Cost: £2.50 per child, Pre-Book: Yes

### Baby Gym– Inspiring Healthy Lifestyles

Age: From Birth to actively crawling

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ

Time: 2.15pm - 3pm, Cost: None, Pre-book: Yes 01942 496496

## Thursday

### Baby Clinic

Venue: Golborne linked site, Talbot Street, Golborne WA3 3NN,

Time: 9.30am - 11.15am, Cost: None, Pre-book: No

### St Thomas Parent and Toddler Group (Term time only)

Age: Parents and children under 5

Venue: All Saints Church Hall, Kenwood Avenue, Leigh, WN7 2LN

Day: Thursday, Time: 9.30am - 11.30am, Cost: Yes, Pre-book: No

### Sensational Sensory (Currently on hold, Start Date TBC)

Age: birth - actively crawling

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ,

Time: 9:45am - 10:30am, Cost: None, Pre-book: Yes

### Crafty Little Creations Incorporating Bookstart Corner

Age: 0-5 Years

Venue: Leigh Central linked site, Windermere Rd, WN7 1UY

Time: 10am - 11am, Cost: None, Pre-book: Yes

### Breast-feeding Support

Age: Breastfeeding mums and mums to be

Venue: Leigh Central linked site, Windermere Rd, WN7 1UY

Time: 12pm - 1.30pm, Cost: None, Pre-book: No

### Baby Massage

Age: 6 weeks - 6 Months (5 week session)

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ,

Time: 1pm - 1.45pm, Cost: None, Pre-book: Yes

### Snuggles & Sing

Age: 6 weeks - 6 Months (5 week session)

Venue: Westleigh Start Well Family Centre, Westleigh Lane, Leigh WN7 5NJ,

Time: 2pm - 2.45pm, Cost: None, Pre-book: Yes