

Wigan Borough
family
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Wigan Central Activity Guide



Working together to support families



Who is available at Wigan Central Family Hub?

- Activities for Children Aged 0-5
- 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
- Family Information Service
- Friends First English Conversational Class & Support
- Health Visiting Service
- Housing Support
- Local Councillors
- Locala Sexual Health
- 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
- 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 [website](#) for full details and guidance on how to book onto these.

Week Commencing 29th April

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

Tenant Voice Community
Cuppa Drop-In
1.00-3.00pm

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

Family Information Service
Drop-In
2.30-4.30pm

Tuesday

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

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

Friends First English Class
Drop-In
1.00-2.30pm

Daisy Team Midwife
Appointments
1.00-5.00pm

Embrace Appointments
4.00-6.00pm

Wednesday

Health Checks and Blood
Pressure Monitoring
Appointments
9.00-4.00pm

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

Youth Connect Five
(Bookable)
5.30-7.30pm

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/Appointments
11.30-12.00pm (Drop-In)
12.00-2.00pm (Appointments)

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
(Appointments Only)
9.30-11.00am

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

Embrace Appointments
10.00-12.30pm

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



*Adults, children and young people must be registered with a Wigan Central or North GP Practice, these are - Aspull, Beech Hill, Bradshaw, Dicconson, Longshoot, Marsh Green, Mesnes View, Newtown, Pemberton, Shevington, Standish, Sullivan Way & Wrightington St.

Week Commencing 6th May

Monday

Bank Holiday - Family Hub is closed

Tuesday

Specialist Perinatal Service Appointments
9.00-5.00pm

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

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

Friends First English Class Drop-In
1.00-2.30pm

Daisy Team Midwife Appointments
1.00-5.00pm

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

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

Youth Connect Five (Bookable)
5.30-7.30pm

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/Appointments
11.30-12.00pm (Drop-In)
12.00-2.00pm (Appointments)

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

Sexual Health Drop In
3.00-6.00pm

Friday

Infant Feeding Clinic (Appointments Only)
9.30-11.00am

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

Childminder Drop-In
10.00-11.30am

Health Checks and Blood Pressure Monitoring Appointments
12.00-4.00pm

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



Week Commencing 13th May

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

Family Information Service
Drop-In
2.30-4.30pm

Parent Carer Forum Drop-In
6.00-8.00pm

Tuesday

Specialist Perinatal Service
Appointments
9.00-5.00pm

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

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

Friends First English Class
Drop-In
1.00-2.30pm

Daisy Team Midwife
Appointments
1.00-5.00pm

Embrace Appointments
4.00-6.00pm

Wednesday

Health Checks and Blood
Pressure Monitoring
Appointments
9.00-4.00pm

Parental Conflict Drop-In
9.30-11.30am

Aspiring Futures Mentor
Appointments
1.00-5.00pm

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

Youth Connect Five
(Bookable)
5.30-7.30pm

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

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
(Appointments Only)
9.30-11.00am

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

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Week Commencing 20th May

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

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

Family Information Service
Drop-In
2.30-4.30pm

Tuesday

Specialist Perinatal Service
Appointments
9.00-12.30pm

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

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

Friends First English Class
Drop-In
1.00-2.30pm

Daisy Team Midwife
Appointments
1.00-5.00pm

CAMHS School Link Team
Drop-In
1.00-6.00pm

Wednesday

Health Checks and Blood
Pressure Monitoring
Appointments
9.00-4.00pm

SEND Engagement Officer
Drop-In
11.00-7.00pm

Parent Carer Forum Drop-
In
12.00-2.00pm

Aspiring Futures Mentor
Appointments
1.00-5.00pm

Income Maximisation
Drop-In Event
1.00-6.00pm

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

Youth Connect Five
(Bookable)
5.30-7.30pm

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/Appointments
11.30-12.00pm (Drop-In)
12.00-2.00pm
(Appointments)

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
(Appointments Only)
9.30-11.00am

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

Childminder Drop-In
10.00-11.30am

Health Checks and Blood
Pressure Monitoring
Appointments
12.00-4.00pm

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



Week Commencing 27th May

Monday

Bank Holiday - Family Hub is closed

Tuesday

Specialist Perinatal Service Appointments
9.00-5.00pm

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

Introduction to Solid Food Session (Bookable)
1.00-2.00pm

Daisy Team Midwife Appointments
1.00-5.00pm

Embrace Appointments
4.00-6.00pm

Wednesday

Health Checks and Blood Pressure Monitoring Appointments
9.00-4.00pm

Aspiring Futures Mentor Appointments
1.00-5.00pm

Anxiety Support Workshops for Parents/Carers
1.00pm, 3.00pm, 5.00pm (Bookable)

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

Be Well Health Advisor Drop-In/Appointments
11.30-12.00pm (Drop-In)
12.00-2.00pm (Appointments)

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 (Appointments Only)
9.30-11.00am

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

Community Link Worker Appointments
1.00-5.00pm



Our Weekly Outreach Offer throughout May

Monday

Story and Rhyme (0-5 Years)
9.15am-10.00am
Marsh Green Library

Let's Talk With Your Baby (6-12 Months)
1.45-2.45pm
St Paul's Hall

Tuesday

Infant Massage (0-6 Months)
9.15-10.15am
Clifton Street Community Centre

Baby and Me (0-6 Months)
10.45-11.30am
Clifton Street Community Centre

Wednesday

Moo Music (0-5 Years)
1.30-2.15pm
Clifton Street Community Centre

Thursday

Moo Music (0-5 Years)
10.00-10.45am
Bramble House

Story and Rhyme (0-5 Years)
1.45-2.30pm
Orrell Lamberhead Green Library

Friday

Story and Rhyme (0-5 Years)
9.15-10.00
Orrell Newfold School

Weekly Walk (0-5 Years)
10.00-11.00am
Alexandra Park, Newtown

Weekly Walk (0-5 Years)
11.00-12.00pm
Orrell Water Park

Infant Massage (0-6 Months)
1.00-2.00pm
Orrell Newfold School

Baby and Me (0-6 Months)
2.30-3.15pm
Orrell Newfold School

Booking is required for all sessions, please contact 01942 488000 to book a place.

Full details for venues:

Marsh Green Library, Harrow Road, WN5 0QL

St Paul's Hall, Clapgate Lane, WN3 6SB

Clifton Street Community Centre, Clifton Street, WN3 5HN

Bramble House, Broom Road, WN5 9QE

Orrell Lamberhead Green Library, Greenhey, WN5 0DQ

'Our Space' at Orrell Newfold School, St James' Road, WN5 7BD

Alexandra Park, Victoria Street, WN5 9BN

Orrell Water Park, Lodge Road, WN5 7AT

Please note that outreach activities will not be operational on 6th May and 27th May due to the Bank Holidays.



Please follow us on Facebook at Wigan Central Family Hub – The Meadows where the details of our May half term offer will be posted soon. All sessions and further details can also be seen at www.wigan.gov.uk/familyhubs



Come and explore our Sensory Room

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?



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 our 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 or visit

www.wiganboroughvolunteerhub.co.uk/vo10378