

Wigan Borough

family hübs

Wigan Central Activity Guide

Working together to support families



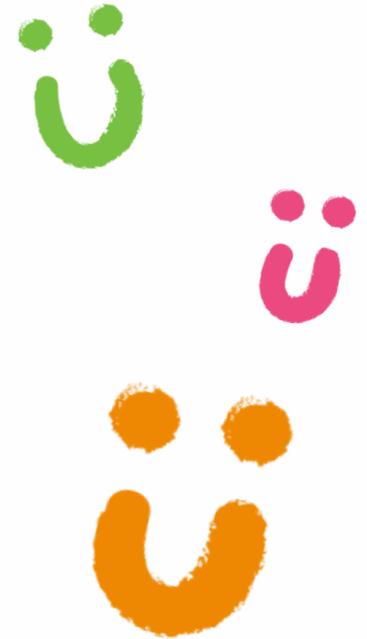
What are Family Hubs?

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.



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 [website](#) 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

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

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

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

Building Attachment Bonds
Parent/Child
Drop-In
1.00-3.00pm

Friends First English Class
Drop-In
1.00-2.30pm

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

Baby Bumps and Bashes
(First Aid) Bookable
10.00-1.00pm

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

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 19th February

Monday

Fern Team Midwife
Appointments
9.00-5.00pm

Family Information Service
Drop-In
9.30-4.30pm

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

Tuesday

Specialist Perinatal Service
Appointments
9.00-12.30pm

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

Anxiety Support Workshops
for Parents/Carers
10.00am, 1.00pm, 4.30pm,
5.00pm (Bookable)

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

Daisy Team Midwife
Appointments
1.00-5.00pm

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

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

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

Thursday

Fern Team Midwife
Appointments
9.00-5.00pm

Citizen's Advice Drop-In
9.00-11.30am

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

Reach Drop-In for Young
People and Parents/Carers
2.00-5.00pm

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 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



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?

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**