



Summer Edition Liverpool Parenting Newsletter July - September 2023

"Welcome to the Summer Edition, of Liverpool's Parenting Newsletter. A lot has happened since our last newsletter!

The huge success of Eurovision in the city and all the celebrations... the events and activities surrounding this for children and families in Liverpool, the celebration of The Battle of Britain at the Pier Head and the visiting warships, service men and women who came and were part of this big event and Music on the Waterfront! Liverpool really is one of the best places to be, that has lots of events and opportunities for children and their families.

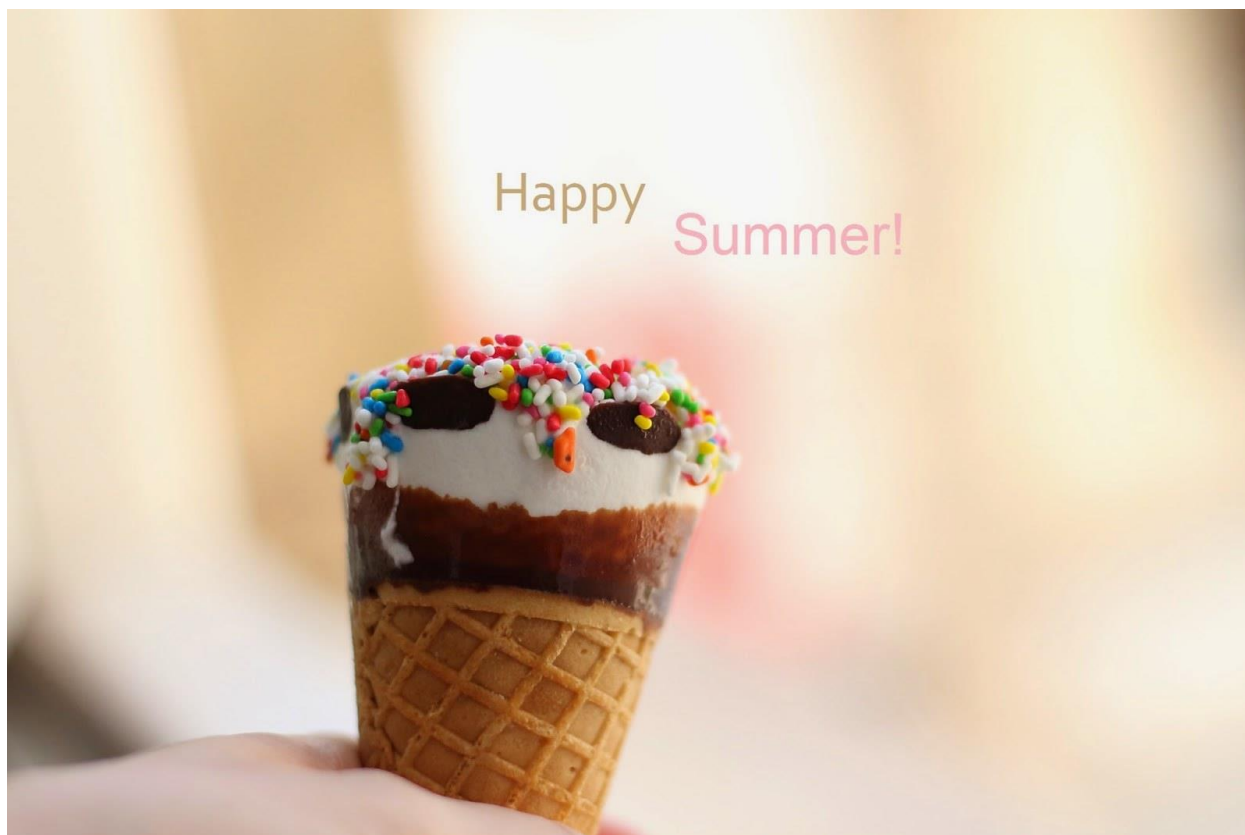
There is lots going on across the city throughout summer too, some of which, you will find information on, in this newsletter. Here's hoping for more sunshine, so we can get out and about with our children over the summer holidays.



The summer newsletter has information for you on a wide variety of services that support children, parents and carers and information on activities and events that are on offer from some of those organisations too.

There's a news update on **Liverpool Family Hubs** which are launching in July this summer...you can read more about this and how **Family Hubs** will be key in transforming how children and families can access support all in one place, in the newsletter.

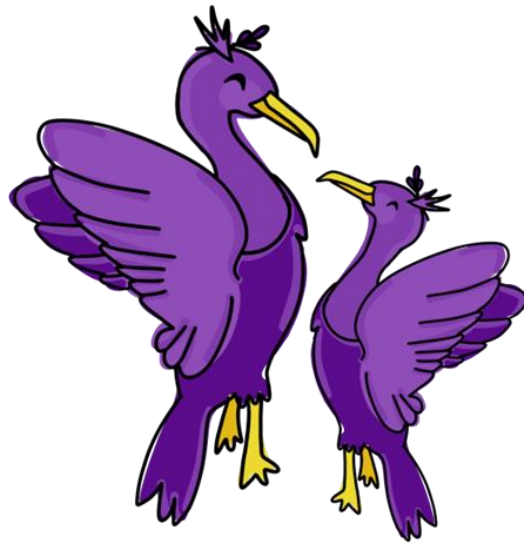
I hope you find the newsletter useful and I hope you all have a great Summer!



Happy Summer!

Family Hubs Have Arrived In Liverpool!





Liverpool is one of only 75 councils across the country adopting the Family Hub model.

What Is A Family Hub?

The Family Hub model ensures that wherever someone in Liverpool is on their life journey (be it preconception, looking after a new-born, or navigating the complications of young adulthood), they and their wider families have the support they need to thrive, and live the lives they want to live. That's ultimately what Family Hubs are all about.

Family Hubs will build on the strengths that exist within our communities, to provide wrap-around support for the entire family, whatever their situation or need. Family Hubs will bring together multiple

partners under one roof to support people with services such as infant feeding, mental health, health and parenting, debt advice and youth support.

We know how frustrating it can be for families to have to repeat themselves to various organisations when trying to sort out a challenge they're facing. And we also understand the value of intervening early on, when problems occur so we can get to the real root causes and provide a long-term solution, to help people to live more independently.

By bringing partners together under one roof where they can work and communicate together much more seamlessly, we'll be able to reduce that duplication and reduce the risk of missing opportunities for helping families early.

The new Family Hub model starts now, for the benefit of the future of all of Liverpool's many diverse families.

Cllr Liam Robinson will launch our first Family Hub Network on 19 July at Clubmoor and Ellergreen Children's Centre.

"The first Family Hub Network is located at Clubmoor Children's Centre and serving the following wards: Norris Green, Clubmoor East, Clubmoor West, Fazakerley North, Fazakerley West, Fazakerley East, Croxteth, Croxteth Country Park, West Derby Muirhead, West Derby Deysbrook, West Derby Leyfield, Sandfield Park, Knotty Ash and Dovecot Park, Old Swan East, Old Swan West, Stoneycroft, Tuebrook Breckside Park, Tuebrook Larkhill, Old Swan East and Old Swan West.

Tuebrook, West Derby and Yew Tree Children's Centre and Fazakerley, Croxteth, Stoneycroft and Knotty Ash Children's Centres will be key connector sites within the Family Hub network."

Family Hub Launch Events this Summer!





If you live in any of these areas please come along to the Family Hub launch events. There will be a variety of services for children and families to chat with, lots of free experiences and activities for children, food and refreshments and tasters for adults too.

Family Hub Launch @Clubmoor and Ellergreen Children's Centre

Wednesday 19th July 2023 - 11.30 - 3.00pm

Utting Avenue East, Norris Green L11 1DQ

Family Hub Launch @ Stoneycroft Children's Centre

Thursday 10th August 2023 - 12.00 -3.00pm

Scotia Road, Old swan, L13 6QJ

Family Hub Launch @ Tuebrook, West Derby & Yew Tree Children Centres

Wednesday 30th August 2023 - 12.00 - 3.00pm

Lower Breck Road, Liverpool, L6 4BX

Best Start For Life

As a part of the Family Hub programme, Liverpool City Council has put together a **Start for Life offer** to provide you and your family with everything you need to know **prior to conception, throughout pregnancy and birth**, all the way through until your baby turns two years old. [Start for Life offer](#): is a single, reliable, evidence-based online resource for parents and carers.

The **Start for Life Offer** provides advice about preparing for early parenthood, how to keep your baby safe and well in infancy, and support for you and family members as you navigate this exciting (and sometimes overwhelming) time.

The following sections aim to guide you through the range of advice, support and services you might need throughout your family journey.

Before Baby Arrives

Your Babies Health and Development

Mum's Health Support for Family Members

Special Educational Needs and Disabilities (SEND)

You can check out all this fantastic parenting information, on the link here [Liverpool Family Information and SEND Directory](#)

Summer In the City!



There are lots of activities happening across the city for children and families this summer, some are Free and for some there is a cost. Click on these links below here to find out what is going on and if anything takes your fancy...

<https://northwestforkids.co.uk/things-to-do-with-kids-in-the-north-west-summer/>

<https://theguideliverpool.com/12-free-things-to-do-in-liverpool-with-the-kids-over-summer-holidays/>

Summer HAF Activities For Children.



The Summer HAF programme starts on the 24th July and there are lots of great activities happening over the school holidays.

Children and young people, who are eligible for benefits related free school meals, will be able to access hundreds of activities throughout the Easter break including specific provision available for children with SEND or additional needs, at **no cost to you**. There's a great range of activities across the city. Many of the organisations provide 'multi-activities' – this can include everything from free play to cookery, arts and crafts to sport and creative writing to gardening. Every day there will be a meal available for every child that attends.

To find out where your nearest scheme and all the details of what is on click on this link - [Merseyplay website](#) or visit [Merseyplay website](#)

When you have chosen an activity, you will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. There is no central booking system so please read the details of the programmes on the website and ring the providers directly.

The Mobile Pantry Service and Queen Of Greens Fruit and Veg Bus - Affordable Healthy Eating!



**Mobile
Shop**

NEW BEGINNINGS IMPROVING
LIVES CIC

10 Items of food for £5
Free Fruit and Vegetables
No membership need

Stop times below



Wednesday
12pm BNEC - Everton

Thursday 10.30am Firefit -
Toxteth

Thursday
1pm Christ Church - Norris Green

Friday
10am Woodcutters
Garston

The Queen of Greens Fruit and Veg Bus accept Healthy Start Vouchers at the van!

The bus visit 29 stops each week – including schools, hospitals and community centres. The healthy bus gives residents more opportunities to shop for nutritious food closer to their home, or workplace.

See the link below for more information about the bus routes and timetable for The Queen of Green Fruit and Veg Bus Service.

[Queen of Greens Fruit and Veg bus](#)

The Mobile pantry service, operated by New Beginnings Improving Lives CIC is open to anybody and is non means tested.

There is No sign up or membership required. You can access 10 items for £5 and vegetables are free of charge.

The stop location times/days are:

Wednesday

BNENC Everton 12.00pm

Mulgrave street/Urban scape Garden 2.30pm

Thursday

Firefit Toxteth 10.30pm

Norris green Christ church 1.30pm

Friday

Garston woodcutter social club 10am

For further information please contact info@nbil-community.org

Solihull Free Online Parenting Courses are now available online or on the mobile App!



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series

Understanding...

English  more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

  
optional voice-over where available

...pregnancy, labour, birth and your baby

...your baby

...your child

...your child with additional needs

...your teenager's brain

...your feelings (for teenagers only!)

...your relationships

and much more!

**Do you live in Liverpool?**
1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning
*Sign in or registration required

Access Code:
PURPLEBIN

Locally funded

PREPAID



Becoming a parent or carer of a child is a life changing event.

Gain more confidence as a parent - Focus on enhancing relationships at every stage from antenatal to 19+ years.

Liverpool families can go to this website;

[Solihull - In Our Place Website](#) and enter the access code PURPLEBIN to register for any of the FREE parenting programmes Or download the Free app and do a course on your mobile device at your own pace.

These free and easy to follow parent guides are available in additional languages to enable access for our wider communities across the city, these include;

- Arabic - فهم أطفالكم
- Bulgarian - Как да разбирате детето си
- Chinese - 认识您的孩子
- Polish - Zrozumieć swoje dziecko
- Urdu - اپنے بچے کو سمجھنا

Go online to [Solihull website](#) and use the access code, PURPLEBIN or access the App.

The Brain Charity - Sensory Play At Jakes!



A vibrant blue poster for 'Sensory Play At Jake's'. At the top left is the 'Jake's Sensory World' logo with a rainbow. At the top right is 'The Brain Charity' logo with a brain icon. The main title 'SENSORY PLAY AT JAKE'S' is in large white letters on a pink shield. Below the title are three circular images: 'sensory' (a sensory table with water and beads), 'soft play' (a large red and blue ball on a soft play mat), and 'interactive' (a table with colorful lights). Below these images, the date '4TH AUGUST 2023' and 'SESSIONS FROM 10-1' are written in yellow. The location 'Netherton Activity Centre, Glovers Lane, L30 3TL' is in black. A yellow button at the bottom says 'SEE OVERLEAF FOR DETAILS AND BOOKING'. In the bottom left corner, there is a small illustration of two children playing with blocks.

Jake's
Sensory World

The
Brain
Charity

**SENSORY
PLAY
AT JAKE'S**

sensory

soft play

interactive

**4TH AUGUST 2023
SESSIONS FROM 10-1**

**Netherton Activity Centre
Glovers Lane
L30 3TL**

**SEE OVERLEAF FOR
DETAILS AND BOOKING**



HOW TO BOOK



FULLY ACCESSIBLE CENTRE

DIFFERENT SESSIONS FOR CHILDREN- PLEASE CHOOSE
THE RELEVANT ONE FOR YOUR CHILD/CHILDREN
SIBLINGS CAN ALSO ATTEND!

SESSION 1

10AM-11.30AM

AGES 4 AND UNDER

CHILDREN WITH COMPLEX NEEDS/ LIMITED MOBILITY

SESSION 2

11.30 AM- 1PM

AGES 4-12

CHILDREN WITH LESS COMPLEX NEEDS

SENSORY GARDEN WILL BE OPEN TO US
(SUBJECT TO WEATHER)

INFORMAL CHAT FOR PARENTS/CARERS

11AM 12PM

REBECCA MATSON

LECTURER IN OCCUPATIONAL THERAPY

UNIVERSITY OF LIVERPOOL

WILL BE ON HAND TO CHAT ABOUT CHILDREN'S
SENSORY DIFFERENCES

HOW TO BOOK

email with your choice: session 1 or 2
& ages of children/ needs

womens@thebraincharity.org.uk

call Maria 07888 3061 52

The Naval Families Federation visited Liverpool's Battle of Britain Event!





Natalie from the Naval Families Federation paid Liverpool a visit with her organisation at the recent Battle of Britain event at the Pier Head. It was great to meet Natalie in person and talk about all the support she offers as an advocate for Liverpool Service families and their children. We even managed to go on board one of the visiting ships to hand out information to members of the crew to make them aware of support that is on offer for them and their families, including parenting support services in Liverpool. It was a great day with lots of children and their families visiting the ships, exploring the equipment on board, sitting in the helicopters and getting involved in some of the free music and dance activities that were on.

We also had clear blue sky and sunshine all day which was a bonus. If you are a member of service personal and a parent please see the information below that Natalie and her service provides for families in Liverpool, feel free to make contact with her if you feel you need support with anything.

The Naval Families Federation are offer support to Liverpool Service families, who are serving either in the Royal Navy or the Royal Marines.

Natalie is an Advocacy worker for the Naval Families Federation and can offer support and guidance to families on matters that affect their daily life. Natalie is originally from Liverpool and is a wife of a Naval serviceman and a mum. She has first hand experience of naval family life and what its like caring for a family together and separated from a partner whilst they are in service.

Natalie has access to resources and information that can help parents and their children on matters that affect daily life.

You can click on this link which will take you to an introductory video with Natalie.

[video](#)



Naval families in Merseyside

The Naval Families Federation (NFF) are excited to start a new bespoke project for Merseyside to understand the support Royal Navy and Royal Marines families need.

MEET NATALIE!

Natalie is part of the families advocacy team at the NFF. She was born and bred in Liverpool and like you, part of a Royal Navy family.

Watch a short intro video

ABOUT THE NFF

The Naval Families Federation are an independent charity that champion Royal Navy Royal Marines Service personnel and their loved ones. Our team can provide support and guidance on matters that affect your daily lives. We act as an advocate when needed to resolve complex issues. Also, as a critical friend to the Royal Navy, we can offer evidence-based feedback to those in positions of power, to inform research, policy, and shape change. Our website has vast amounts of valuable information, including a wide range of bespoke resources tailored to you.

Visit our website

GET IN TOUCH:

023 9265 4374 Natalie.Carmon@nff.org.uk

Naval Families Federation

Registered charity in England & Wales (1177107)



Local Offer Live Event in conjunction with LIVPAC and Liverpool City Council



LivPaC.. Liverpool Parents & Carers Forum

We offer mutual support and training for Parents, Carers and Professionals.

We are volunteers, but work in participation with service providers, sitting on participation groups and consulting with services to help to design better services for our children and young people.

LIVPAC recently worked in partnership with Liverpool City Council to offer an all day event for parents/ carers and professionals, which brought together local organisations, services and activities that support children with SEND needs and their families.

The event offered opportunities for families to find out more about activities and support they can access for their children and themselves. This is an event which takes place on an annual basis. The event was a huge success!



1 - children's centres SEND support Table



2 - Parenting Support table



3 - Healthy Relationships Support table

If you have any children with SEND needs and want to access further support or attend one of LIVPAC'S coffee mornings get in touch with them.

LIVPAC's New home is:-

Liverpool Parent and Carer Forum - LivPaC

Granby Adult Learning Centre

Granby Street

L8 2TU

Email:- [liverpool parent carer forum](mailto:liverpool.parent.carer.forum@liverpool.gov.uk)

Facebook:- LivPaC – Liverpool Parent and Carer Forum

Twitter:- LivPaCL8

Website:- [liverpool parent carers forum](http://liverpoolparentcarersforum.org.uk)

Liverpool Children's Centre's



Liverpool Children Centres are delivering lots of programmes across the city, please look at [Liverpool Early Help directory Website](#) for your nearest one and their contact details.

Baby Massage - FREE

Baby massage has many benefits for your baby. It encourages better digestion, can relieve both colic and constipation, and aids better sleep. It is also an excellent way to bond with your baby.

Welcome to Play - FREE

6 week course - Introduces the importance of play, encouraging parents/carers to take part in playful activities with their children which can support your child's learning and development.

SEND Support - FREE

Children's Centres provide advice and support to families with children ages 0-5 years with special educational needs and disabilities (SEND) making the information easier to access.

Nurture Parenting Programme - FREE

The Nurturing Programme is a 10-week parenting programme that improves the emotional health of both adults and children and also strengthens family relationships.

You & Me, Mum - FREE

You & Me, Mum is a 10 week course for mothers which will help you understand how domestic violence effects you as a parent and how it effects your children. Be empowered, get support and develop further understanding of your role as a mother in addressing the needs of your children and young people.

Healthy Start Cards.....Who can apply?



You could qualify for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four. In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's takehome pay is £408 or less per month from employment)

You will also be eligible for NHS Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)



SEND Support For Children and Families



4 - The ASD Training Team



LIVERPOOL CITY COUNCIL

EARLY NOTIFICATION 0-5 YEARS OLD

WHO WE ARE?

Chris & Laura - Are an Early Years Team in Liverpool City Council. They are here to help you get the correct support for your child with Special Educational Needs & Disability (SEND) within Liverpool.

EARLY YEARS GATEWAY TO SEND

This quarterly drop in session is a chance for you to find out exactly what we do. It is a positive way to start the conversation. Find us on The Liverpool SEND Local Offer to find out key dates.

WHAT WE DO?

We put you in contact with the right service at the earliest opportunity. Navigating the world of SEND in Liverpool will be made clearer and simpler.

FACE TO FACE

Every Tuesday 10am-12, we are available at Clubmoor & Ellergreen Children Centre, to give you the chance to discover the help that is on offer.

CONTACT US FOR MORE INFORMATION



Follow the QR code to the Liverpool SEND Local Offer- this website shows you everything that is available for children and young people with SEND in Liverpool.



CHRIS - 07522619983
LAURA - 07933172130



Christopher.Cowell@liverpool.gov.uk
Laura.Weekes@liverpool.gov.uk



Umbrella Stay & Play

For children with characteristics of / emerging characteristics of neurodevelopmental conditions

Including Autism, ADHD, Dyspraxia,
Sensory Integration and Social Communication

Every Tuesday 10-11AM

Free - No booking required

At Clubmoor & Ellergreen Children's Centre
Utting Ave E, Liverpool L11 1DQ

Come along to meet with other families, play with your
child and explore strategies from the Early Years
Neurodiversity Team

Neurodiversity 1:1 Session

Every Tuesday 1:30-2:30pm / 2:30-3:30PM

Contact the Centre to book on 0151 233 8500

Come and meet a member of the Neurodiversity Early Years
Team. The session provides an opportunity for you gain
guidance and share strategies to support your child at home
linking to sensory sensitivities, emotion regulation and early
brain development.



ADHD Foundation
The Neurodiversity Charity



POSITIVE FUTURES

Supporting Your Neurodiverse Child: Strategies for Grandparents & Carers

We want to help the Grandparents and Carers of Liverpool who need some help with supporting their neurodiverse children. Working alongside Positive Futures, we are offering face to face workshops to build your skills and knowledge around neurodiversity.

We will cover:

- ADHD - Neuroscience of ADHD & key characteristics
- ADHD - Sleep and wellbeing
- ADHD - Stress response and self-regulation
- Understanding Autism and Autism Characteristics
- Understanding & Supporting Behaviour
- Understanding & Supporting Behaviour



FACE TO FACE WORKSHOPS

We offer face to face skills building workshops every Thursday 9:30am - 11am at **Positive Futures, Unit B3 Tetlow Way, L4 4QS.**



ONLINE WEBINARS

The skills building workshops can also be accessed online through live webinars.



READING BOOKLETS



Understanding and Supporting My Child's ADHD



ADHD Guide for Children



ADHD Guide for Teenagers



pfr@adhd.foundation.org.uk



www.adhd.foundation.org.uk

The Liverpool ASD Training Team are offering training and workshops for parents

One to one Telephone/Virtual Consultation

Group Questions and Answers (virtual sessions)

Question and Answer session into schools

Early concern - Social Communication/Interaction workshop

Pre an ASD assessment training/workshop

Post an ASD assessment training/workshop

The Team are providing a series of **Virtual Group Drop in** advisory sessions via zoom.

They are for parents/carers who have any questions or concerns about their child, in regard to pre and post Autism diagnosis. It is also an opportunity to speak with an ASD trainer and other parents.

Sessions will be 2 hours long, you can choose to join anytime within those two hours or stay for the duration.

You do not require a diagnosis of ASD to book your place. Enquire here asdtrainingteam



ADDvanced Solutions **Community Network**

Working in Partnership with NHS Liverpool CCG

5 - ADDvanced Solutions

The team at ADDvanced Solutions Community Network continue to support the families living with Neurodevelopmental conditions in Liverpool pre, during and post-diagnosis.

What's available?

A weekly programme of Virtual Community Network Groups and webinar Learning Workshops for parents and carers of children and young people living with neurodevelopmental conditions pre, during and post-diagnosis and also to the professionals who support them while we are unable to deliver our face-to-face delivery.

You can see their calendar of activities for Liverpool parents [advanced solutions](#) and also find information on the services [advanced solutions](#)

Our newsletter provides the details for our offer of face-to-face and online delivery for the term. See the link below.

[ADDvanced Solutions](#)



*6 - **ADHD Foundation** Neurodiversity Charity offer pre and post diagnostic advice, guidance and support to Liverpool families, including an online skills building programme for parents/carers.*

Explore the website here [adhd foundation](#)

ADHD Foundation Neurodiversity Charity have a wide range of exciting resources on our website, including free downloadable booklets for children, teens, parents, adults and school staff.

Explore the website here [adhd foundation](#)

The Neurodiversity Early Years Team from the ADHD Foundation continue to provide support to families of children attending private, voluntary and independent early years settings through our "Understanding your child's early development," parent/carer skills building course. Course dates will be sent to Nursery settings, so please keep in contact with your child's SENCO for further information.

Further information and resources from the Early Years Team can also be found on the ADHD Foundation website here [adhd foundation in schools](#)



7 - Referrals for the programme can be made by CAMHS, Local Authority and Paediatrics, however, families can also self-refer into the service by completing our online referral form [form](#) .



Please contact your local centre for further details, information can be found on all children centres
[Early Help Directory website](#)

Everton In The Community Activities For Dad's and Families



What's on?

Dads Walk - FREE

On the first Saturday of each month we hold a dads walk for dads to come and meet other dads with their little ones. A walk around Stanley Park and a great way to pick up tips from other dads and meet some new people. We leave the peoples hub on Spellow lane at 10:30am and walk for around an hour.

Dads Club - FREE

On the last Saturday of each month we have a Dads club in Clubmoor Childrens centre.

Loads of activities, play and craft equipment about and free tea, coffee and bacon butties for the dads and fruit and snacks for the children.

The Dads club starts at 10am and runs to 12pm

For more information or to sign up please click [Everton In the Community](#) or email [Everton In the community contact](#)



Stay and Play - FREE

[Everton in the community registration forms](#) this is open to all parents with preschool aged children, not just dads.

Complete the registration form above.

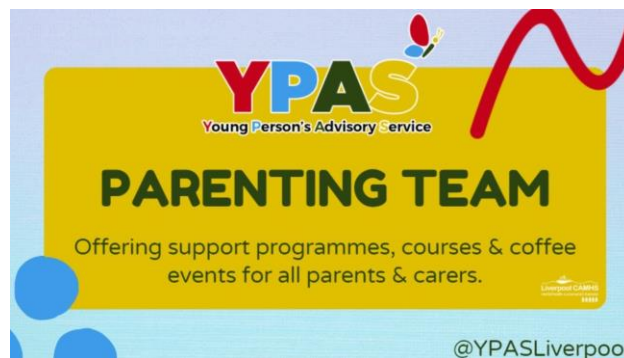


Dads Classes - FREE

Once a month at the Liverpool Womens Hospital we run a dads class. This is for expectant fathers and touches on a wide range of topics to help dads navigate their exciting new roll of fatherhood. Classes are usually on the last Wednesday of the month and start at 6pm. We welcome expectant fathers from 5:30 and food provided. The class last about an hour and profesionslas from Mersey care and PSS are there to answer questions.

If you would like to sign up to any of these please email andrew.cousins@evertonfc.com

Liverpool YPAS and Parenting Programmes



8 - For more information on Liverpool YPAS Parenting services please contact the YPAS Parenting Team on: 0151 707 1025



9 - Incredible Years:

This parenting programme focuses on strengthening parenting competencies and fostering parent involvement in children's experiences, to promote their social and emotional skills and reduce conduct problems. The programme is for any parent or carer of a child aged between 2 and 8 years old in Liverpool who want to learn new ways to manage their child's behaviour.

[liverpool ypas](#)

This is a face to face delivery service

For more information please contact the YPAS Parenting Team on: 0151 707 1025



10 - Youth Connect 5

A five week programme to help parents gain an understanding, knowledge and skills in relation to promoting resilience for their children. Parents will finish the course with a range of tools that they can use to support their children. This is a course for parents/carers of children aged 8 plus.

[liverpool ypas](#)

This is a face to face delivery service

For more information please contact the YPAS Parenting Team on: 0151 707 1025

PARENTS/CARERS PARTICIPATION GROUP

have your say....



Did you know you can:

- Be involved in YPAS interview panels
- Share your views on what would be a good agenda for our coffee mornings
- Have the opportunity to use feedback forms after any service delivery at YPAS
- Consult on our service leaflet designs and other promotional material
- Share your journey/experience with us with the possibility of YPAS using this for marketing purposes

Liverpool Children's
MIND

**Would you like to be part of our participation group?
Contact us today to find out more**

YPAS
Young Person's Advisory Service

www.ypas.org.uk

0151 707 1025

support@ypas.org.uk



WHISC Information Support Centre

Women's Health and



WHISC. The Women's Health Information & Support Centre is a charity dedicated to improving the health and wellbeing of women and their families throughout Liverpool and the surrounding areas.

Established in 1984, our experienced and professional team guarantee a warm and friendly welcome, offering an extensive range of information, support and guidance services designed to improve health and wellbeing for women in its broadest sense.

We support women who are living with anxiety, depression stress-related illness and those who are feeling isolated or simply in need of a listening ear.

Women can join free workshops, classes and training courses at our warm and welcoming city-based centre.

Call us on 0151 707 1826

Click here for details of the services that are available [whisc](#)

WHISC

Wellbeing Walk

THURSDAY'S 1PM AT PRINCES PARK

A walking group for women to promote our physical and mental health & wellbeing.

To book your place, please email liznorth@whisc.org.uk or call WHISC ON 0151 707 1826.

Please provide your name, contact number and let us know if you have used WHISC's Services before.

MEET AT THE PICNIC BENCH CLOSE TO THE CHILDREN'S PLAYGROUND!

An illustration of five diverse women walking in a line from left to right. The first woman is wearing a blue headscarf, a tan top, and a green patterned skirt. The second woman is wearing a white striped shirt and orange trousers. The third woman is wearing a yellow dress. The fourth woman is wearing a white shirt and red patterned trousers. The fifth woman is wearing a yellow top and red trousers. They are all walking in the same direction, representing a walking group.

WHISC

NEW MEDITATION SESSION:

Time to Breathe



Every Tuesday 11.30-12.30

This is a new meditation circle starting at WHISC with Ally. Sessions are inclusive, welcoming, and available to all women.

This practice will involve various forms of meditation including breathwork, Ally aims to take the group through these varying themes to accommodate the range of experience within the group.

"Meditation is not a way of making the mind quiet. It's a way of entering into the quiet that's already there – buried under the 50,000 thoughts the average person has each day"
– Deepak Chopra.

Kinship Carers



Are you raising somebody else's child/ren? **KINSHIP CARERS LIVERPOOL** offer support to the Kin Carer and the Children via one to one and group support.

Our calendar of activities with dates will be available early January, for more information visit the website: [Kinship Carers Website](#) or call **0151 270 2108**.

COFFEE MORNINGS

Coffee mornings continue to grow in numbers, every Wednesday in term time 10 – 12, come along for a cuppa, toast, fresh fruit and guest speakers! Meet others with similar life experiences.

The first Wednesday of the month is our teen chat group 5pm – 7pm, where young people set the agenda and take part in activities that support their needs and raise awareness.

Could you be a Foster Carer?



Liverpool's Fostering Service

Could you give a child a safe and loving home?

We're looking for foster carers to give love and care to young people who really need, and deserve it.

Visit: [liverpool fostering service](http://liverpoolfostering.org.uk)





Liverpool Adult Learning & Employment Help and Support



Centres for Lifelong Learning, Skills & Employment Support

New Courses

We offer a wide range of valuable learning experiences for all ages from 19 to 75 years. We offer courses for your personal development, to assist you in your work, to help your child and for your wellbeing. These include English, Maths, English for Speakers of Other Languages (ESOL) and Essential Digital Skills.

Adult Learning Venues

Granby Street	Newsham Drive	Norris Green	Park Road
L8 2TU	L6 7UH	L11 1DQ	L8 6SE
T: 0151 233 2400	T: 0151 233 1809	T: 0151 233 8530	T: 0151 233 2430

Contact one of our centres above to join the Essential Digital Skills, English, Maths or ESOL courses and we can place you in a class that is right for you.

We support our residents to
BELIEVE. ACHIEVE. SUCCEED.

APPLY ONLINE NOW!
Contact: 0151 233 3026

Visit: Liverpool.gov.uk/learninginliverpool

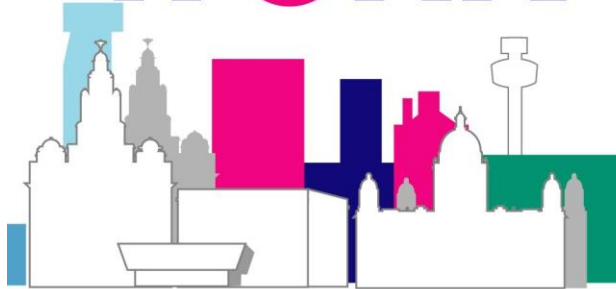
 @liverpoolals
 @liverpool_als





LIVERPOOL WAYS TO WORK

This is a
FREE
service



This project is part-funded by the European Social Fund
and Youth Employment Initiative



LIVERPOOL
CITY REGION

METROMAYOR
LIVERPOOL CITY REGION



Liverpool
Adult Learning Service



Liverpool
City Council

Liverpool Ways to Work

Our friendly team builds the confidence and widens the skill set of people living in Liverpool so they are ready to find a job.

We have a range of programmes designed to help people of all ages including those who are most vulnerable and may have additional barriers towards finding work.

We help people who:

- Are aged 16 – 70+ and are unemployed or inactive
- Have the right to live and work in the UK
- Are a part-time or full-time student.

Liverpool in Work employer services

We also help businesses to recruit. We screen and match candidates who have registered with the programme with vacancies.

Training

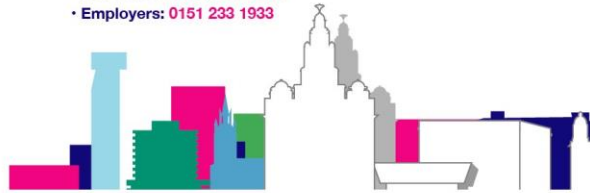
We offer routeway training programmes in construction, NHS traineeships and social care, all with a guaranteed job interview on completion.

For up-to-date job vacancies and training programmes please visit:

liverpoolinwork.co.uk

To contact Liverpool in Work:

- Email: Liverpoolinwork@liverpool.gov.uk
- Jobseekers: 0151 233 5312
- Employers: 0151 233 1933



Support for parents and carers of young children

Children's centres bring together a range of free services for children from birth to five, and their families including employment support for parents and carers.

Adult Learning Service

If you are registered with us and need additional support, we offer a range of bite-sized one-to-one and group training sessions. These include helping with job searches, writing a CV, preparing for interview and staying safe online.

To book an appointment please email:

Alswaystowork@liverpool.gov.uk

or call 0151 233 3026

Liverpool Ways to Work contacts

0151 233 3026 or 0151 233 5312

liverpool.gov.uk/waystowork



@liverpoolinwork



@liverpoolinwork



Local Foodbank's and Cost of Living Help



See the Trussell Trust websites for Foodbank's, individuals will still need a referral as per usual process rather than people going directly to the Foodbank. [Trussell Trust Website](https://www.trusselltrust.org/)

Please see links below

[Locations](#) | [North Liverpool Foodbank Website](#)



11 - The cost of living is rising - Here's what you can do.

Citizens Advice Liverpool have put together some resources to help with the demands of cost of living

- Visit the Citizens Advice website for self-help advice for help with:
 - [Paying your energy bills](#)
 - [If you're struggling with living costs](#)
 - [Reducing your regular living costs](#)
 - [Getting help from a foodbank](#)
 - [If you can't pay your bills](#)
 - [Working out a budget](#)

You can also use the [Money Helper Budgeting Tool](#).

Last year, Citizens Advice Liverpool helped 30,000 people with the problems they face.

- If you need help, call us today on freephone **0808 278 7840**
- If you need debt advice, call **0300 330 1196**
- If you need help to claim universal credit, call **0800 144 8 444**

We can use translation services on your call, just ask for language line.

[citizens advice website](#)

[twitter link](#)

Help available to support you and your child's mental health



12 - Free 1-2-1 Parenting support

Parent Talk offers free, down-to-earth information and advice, including a confidential 1:1 online chat service as well answers to some of the most common parenting questions. In 2020/21 alone, over 350,000 families were supported by Parent Talk and almost 9000 people had a 1:1 conversation with a Parent Talk practitioner online.

Popular themes have included: child emotional wellbeing and mental health, meeting emotional needs/ resilience and challenging behaviour. Take a look at the [Parent Talk website](#) for more featured topics.

Here are some links to Mental Health support for your child .

- [Kooth](#)
- [Chill Panda](#)
- [Alder Hey Crisis](#)
- [YPAS](#)
- [Fresh CAMHS](#)
- [Head Space app](#)

Visit the young person's [‘about anxiety’](#) page





Shout 85258 is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with the individual to take their next steps towards feeling better.

Children and young people in Liverpool & Sefton Text GREEN to 85258

Adults in Liverpool & Sefton Text HEAL to 85258



BUILDING RESILIENCE THROUGHOUT RECOVERY dates for 2023

THEMES THIS YEAR

1/8/2023 Recovery Planning and The Change Cycle

5/9/2023 Using Character Strengths during Relapses

3/10/2023 The F Word – making peace with food

7 /11/2023 Self Care and Self Esteem

5/12/2023 Enjoying the Festive Season and building positive emotions

Drop into our Eating Disorder Support Groups held at Casbah Coffee Club, 8 Haymans Green, West Derby, Liverpool, L12 7JG

Recovery Group 4.30 pm – 6.30 pm

Carers/Parents Groups 6.30 pm – 8.30 pm

Tax Free Childcare



Tax Free Childcare

20% off childcare– it's time to find out more about how Tax-Free Childcare can help reduce your childcare bill

Did you know that many families who are eligible for a 20% reduction on their childcare bill are missing out? As the cost of living increases, there's never been a better time to check whether you're eligible for Tax-Free Childcare. Check your eligibility on the [childcare choices](#).

Alongside funded hours for [childcare choices](#) and for [childcare choices](#), the Government offer this scheme to reduce childcare costs for children aged 0-11. For every £8 paid in childcare costs by the family, Government tops this up with an extra £2, up to a maximum of £2,000 per year, per child. This can be used for registered Early Years provision (such as day nurseries and childminders) but can also be used to pay for registered breakfast, after-school and holiday clubs.

If your child is disabled, the amount of support you receive increases to up to £4,000 per year for children and young people aged up to 17 years. You can also use it to help pay your childcare provider so they can get specialist equipment for your child such as mobility aids. Talk to them about what equipment your child can get.



Check the [online calculator](#) to find out what support you can access. The [Childcare Choices](#) website has a wealth of information about childcare costs and funding.

The process of setting up your childcare account is quick and easy, so speak to your childcare provider about Tax-Free Childcare to see if you can benefit from the service. For advice, get in touch with the Early Years Funding team at [EY Funding in Liverpool](#) or check out the [Liverpool Family Information and Support Directory](#).



13 - RASA Merseyside is a professional counselling and support service that exists solely to improve the mental and physical well-being of individuals impacted by sexual violence at some point in their lives.

RASA run stop it now **Parents Protect** training on a monthly basis – This training aims to raise awareness of child sexual abuse it is aimed at parents , care givers and professional to assist them in spotting the signs of child abuse and also understanding the behaviours that perpetrators may display.

Further resources can be found here, [Stop It Now](#)

Protecting Our Children is an 8hr course which is usually delivered over 4 weeks.

This programme explores attitudes and beliefs, communicating with our young children and teenagers, warning signs in children who may have been subjected to sexual abuse, warning signs displayed by abusers, development of family safety plans, child sexual exploitation, trauma, relationships, dealing with disclosures and resilience building.

This programme is delivered via zoom on a bi-monthly basis.

For further information with regards to these courses please email [rasa service](#)

Rape and Sexual Abuse (RASA)

Professional counselling and support service to improve the mental and physical wellbeing of individuals impacted by sexual violence at some point in their lives. Support for women, men and children. Also support offered from an ISVA - Independent Sexual Violence Adviser.

Tel: helpline - 0151 666 1392, Tuesday and Thursday 6-8pm, Friday 12pm-2pm. Referrals - 0151 558 1801

email: [rasa helpline](#), general enquiries - [rasa email address](#)

website: [rasa](#)

Domestic Abuse Support



Domestic abuse peer support group
Physical abuse, Emotional abuse, Sexual abuse, Financial abuse,
Coercive control, and Gaslighting

Friendship Group

Once a month
Starts
Friday 31st March
9.30am to 11.30am.
Come and connect with victims and
survivors in a safe non-judgmental
environment

Myclubmoor community hub
Inside Norris Green Youth Club
Townsend Ave, Liverpool L11 5AF
For additional details why not drop Laura an Email:
laura@myclubmoor.org.uk

I ♥ MYC

The poster features a blue sky with white clouds at the top. Below the title, there is a large orange speech bubble containing the text 'Friendship Group'. To the right of the speech bubble, the meeting details are listed. At the bottom, there is an illustration of six diverse people standing in a circle with their arms around each other, symbolizing support and community. The background of the bottom section is green, representing grass.

Who to call for advice

Please remember, in an emergency dial 999 for immediate assistance. You can call 999 without speaking then pressing 55, or tapping or coughing into the phone. This will enable police to respond.



Liverpool Domestic Abuse Services

Domestic abuse support for women and girls. Drop in, referral and outreach services.

Tel: freephone - 0800 084 2744, office - 0151 263 7474, mobile/text for hard of hearing - 0756 201 3316

email: [enquiries](mailto:enquiries@ldas.org.uk)

website: [liverpool domestic abuse service](http://liverpooldomesticabuseservice.org.uk)



Merseyside Domestic Violence Service

Services for women, men, families, children and young people, including help with domestic abuse and stalking.

Tel: 0780 272 2703

website: [merseyside domestic violence service](http://merseysidedomesticviolenceservice.org.uk)

Paul Lavelle Foundation

Support for men in domestic abusive relationships.

Tel: support line - 0151 651 3777, general enquiries - 0151 294 4176

email: info@paullavellefoundation.co.uk

website: [paul lavelle foundation](http://paullavellefoundation.org.uk)



Savera UK -

Honour-based abuse and harmful practice specialist. tel: 0800 107 0726, head office - 0330 1592004

email: [website infomration](#)

website: [website information](#)



Victim Support Merseyside

Free and confidential support for people affected by crime and traumatic events.

tel: 0151 353 4003, Monday to Friday 9am-5pm, out of hours - 0808 1689 111

website: [victim support Web site page](#)



Worst Kept Secret Helpline Merseyside

tel: 0800 028 3398 - this number will not show up on your phone bill

email: [localsolutions](#)

website: [local solutions](#)

Our Partner Agencies



Some of our partners

- Advanced Solutions – www.advancedsolutions.co.uk
- ADHD Foundation – www.adhdfoundation.org.uk
- Barnados – Barnados.org.uk
- CAMHS Partnership info plus websites – www.liverpoolcamhs.com/training/ (Bitesize training)
- Fresh CAMHS – www.freshcamhs.org
- Kooth – www.kooth.com
- Liverpool Learning Partnership – www.liverpoollearningpartnership.com
- Liverpool Parent & Carers Forum (LivPaC) - <https://livpac.org.uk/>

- MYA – www.mya.org.uk
- NSPCC – www.nspcc.org.uk
- Reachout ASC – reachoutasc.com
- Talking Eating Disorders (TEDS) – tedsuk.com
- The Brain Charity – thebraincharity.org.uk
- YPAS – ypas.org.uk
- The Naval Families Federation - <https://nff.org.uk>

If you have an event or service that supports parents we would be happy to publicise it, together with our partners. Please get in touch with

Liverpool's Parenting Coordinator on the email below

[liverpool parenting co ordinator](mailto:liverpool.parenting.coordinator)