

OUR SAFEGUARDING NEWSLETTER | JULY 2026

YOUR SAFEGUARDING OFFICER: MRS J CHILTON | [JCHILTON@BOTELER.ORG.UK](mailto:jchilton@boteler.org.uk)

That's a Wrap!

I would like to take this opportunity to wish all our families, carers, and students – past, present, and those joining us in September – a safe, happy, and relaxing summer break.

This year has been packed with fantastic achievements from our students and staff. We have welcomed some amazing guest speakers who have helped us maintain a strong focus on staying safe. Supporting our students' mental, physical, and emotional wellbeing remains at the heart of everything we do, ensuring they feel happy, safe, and supported throughout their time at school.

The introduction of the phone pouches has transformed the school day, both socially and academically. They have given students more opportunities to interact with one another, enjoy screen-free time, and benefit from a healthier school environment—something that has been shown to positively impact young people's wellbeing.

We have also said goodbye to the Class of 2026 and wish them every success as they move on to the next stage of their journey. We cannot wait to see what the future holds for them and are incredibly proud of all they have achieved.

September will see the arrival of our new Year 7 students, and we hope they are excited to begin their journey as part of the Boteler family. Their first half-term will include lots of opportunities to learn about staying safe, as well as introducing them to the wealth of support available from our fantastic staff team here at Sir Thomas Boteler Church of England High School.

This final edition of the academic year is filled with advice, support, and guidance should you or your family need any help over the summer break.

Finally, I would like to say a heartfelt thank you to all our students, parents, carers, and the wider community who have supported and engaged with our events throughout the year. Your involvement has played an important part in helping us keep our students safe and supported.

Have a wonderful summer, take care, and stay safe!

Kind regards

Mrs J. Chilton

Safeguarding Officer

[Jchilton@boteler.org.uk](mailto:jchilton@boteler.org.uk)

Stay Water Aware: Safety Advice for Summer 2026

As we head into the warmer months, Warrington's waterways – including the Mersey, the Ship Canal, and Lymm Dam – become popular spots. However, even on a warm day, the water remains dangerously cold.

The "Float to Live" Technique

If you find yourself in the water unexpectedly, do not try to swim hard immediately. This can lead to cold water shock. Instead:

1. Tilt your head back with ears submerged.
2. Relax and try to control your breathing.
3. Move your hands to help you stay afloat.
4. Once calm, then seek help or swim to safety.

Essential Advice for Teens

- **Float to Live:** If you fall in, fight the urge to swim. Tilt your head back, ears in the water, and move your hands to stay afloat until your breathing is under control.
- **Stick Together:** Never swim alone. Make sure your friends get home safely, especially if you've been near water at night.
- **Shout, Reach, Throw—Don't Go:** If you see a friend in trouble, do not jump in to help. You could both drown. Instead, shout for help, reach with a branch, or throw a float.
- **Use What3Words:** In an emergency, use the What3Words app to give your exact location to 999 call handlers

Key Dates & Local Events

- **Drowning Prevention Week:** Look out for safety workshops and "Rookie Lifeguard" taster sessions at LiveWire Orford Jubilee and Woolston Neighbourhood Hubs.
- **Be Water Aware (Ongoing):** Cheshire Fire and Rescue Service are conducting "Throwline" training for local businesses near the town centre's waterfront.

Quick Safety Checklist:

- **Stop and Think:** Look for safety signage and hidden currents.
- **Stay Together:** Never swim alone in open water.
- **Emergency Contact:** Call 999 and ask for the Fire Service if inland, or the Coastguard if near the estuary.

The "Why" Behind the Warning

Teens are a high-risk group because they often misjudge their swimming ability in open water compared to a pool.

- Cold Water Shock: Even in a May 2026 heatwave, water temperatures in reservoirs and canals remain below 10°C. This causes an involuntary "gasp reflex," leading to water inhalation and potential drowning in seconds.
- Hidden Dangers: Warrington's canals and rivers often hide shopping trolleys, jagged metal, and thick reeds that can snag limbs.
- The "Alcohol Factor": Roughly 25% of adult drowning victims have alcohol in their system. Teens are warned that alcohol and swimming never mix.

There were 277 accidental drownings in the UK in 2021. 62% of these happened at inland waters and 83% of these were male.

These are scary statistics. We want to help you feel confident in making safe choices around water all year round, so that this doesn't happen to you or your friends.

Water may look safe, especially a familiar stretch of water local to you, but poor decisions around it can create a dangerous situation.

If you need to talk to anyone about the videos below or have questions about how to keep safe near the water, speak to a trusted adult (such as your parent/s, teacher, youth worker, caregiver).

[Water Safety Pack](#)

Find out more about how to keep you and your friends safe by water by taking a look at our Water Safety Pack.

Dossing about with your friends

A hot day in the summer holidays, what better way to cool down than by jumping into your local lock.

Big mistake.

There may be Tik Tok trends, and there may be dares and bets, but do not try to jump over the canal, jump into a lock or jump off bridges. There are no lifeguards along canals and rivers to help you. Also, if you're on a secluded part of the water, it will take the emergency services much longer to reach you.

Do you know how deep the water is? Canals are often quite shallow, and you could easily hit the bottom if you jump from a height.

Do you know what's in the water? Landing on a shopping trolley could really hurt you. Consider that there are [diseases](#) and reeds, and also plant life that can tangle around your limbs, possibly dragging you down.

Just because your friend suggests it, why hurt yourself to show off?

Remember, don't just be a by-stander, watch out for your mates. Tell them they're doing something dangerous, and they could get hurt.

No matter how strong a swimmer you are, you can't prepare for cold water shock.

James Goodship was a strong swimmer but, tragically, he drowned at Foulridge Reservoir when he was 17. His parents miss him desperately. [Hear about his last day.](#)

Cold water shock – the stats

- Low water temperatures cause the body to go into 'cold water shock'.
- It reacts to the cold water by drawing the blood away from muscles to protect the organs and making it difficult to move limbs.
- The cold water will make you gasp uncontrollably and breathe in water
- Your heart will beat really fast, you'll lose energy quickly, and eventually your muscles will become paralysed.

Float to live

Instead, float on your back to keep your airways clear, control your breathing and allow the cold water shock to pass. Then you can call out for help or even swim to safety.

The [RNLI have a great video on how to float](#). This will help you in any stretch of water, not just the sea.

Alcohol and water do not mix

[Charlie Pope](#) died on a night out with his friends. He was on his own, he'd been separated from his friends.

Stick with your friends and make sure they get home safely.

[Water safety for teenagers and young people | Canal & River Trust](#)

More information can be found [VPX on Tour - Warrington Youth Zone](#)



4 DAYS OF FREE FAMILY FUN!
EVERY WEDNESDAY IN AUGUST 11AM TO 4PM

5th & 12th AUGUST
BANK PARK

19th & 26th AUGUST
VICTORIA PARK

**EXPERIENCE FOUR ACTION-PACKED DAYS OF CHILDREN'S
ENTERTAINMENT, CREATIVE ACTIVITIES, AND LASTING MEMORIES.**

ORGANISED BY

WE ARE
Warrington

WARRINGTON
YZ
An **OnSide** Youth Zone

Warrington
Youth
Service

NEW YOUTH CLUB

11
year
and above



6.30 - 9PM

**THE HUB
CAPESTHORNE ROAD
WARRINGTON
WA2 0JF**

COME CHILL AND CHAT

**LEAD YOUTH WORKER
TRACEY BAKER 07825844027**



Kooth: A handy guide for parents and carers



[kooth.com](https://www.kooth.com)

[Parent and Carer Brochure CO2.pdf](#)

[Home - Kooth](#)

[Kooth Digital Health - Home](#)



Free and anonymous mental health support whenever you need it.



Providing NHS services



Scan to
get started
or visit:
kooth.com



It can be hard to know what to do when you have something on your mind. That's why Kooth is here. We are totally free and anonymous — and we're here whenever you need us. Go to kooth.com whenever you're worried, feeling low — or just need someone to listen.



Feeling worried?

Text chat with our team. They're here to support you with whatever you're going through. We won't ask for your name or address and you don't need a referral from your doctor.



Feeling alone?

Use our forums and discussion boards to get advice, find people who feel the same — and to help others. You can also share your experiences anytime by submitting a poem or article.



Feeling unsure?

It may help you to write your feelings down, or to set a personal goal. At Kooth, you can set goals and use an online journal whenever you choose.



Feeling lost?

We have a tonne of helpful podcasts, videos and articles on all kinds of topics, from self harm, anxiety and depression to coming out, relationships and self care.



**Free
to use**



**No doctor's
referral
needed**



**We're a
BACP* accredited
service**

**Live text chats with
our team from midday
to 10pm on weekdays
and from 6pm to 10pm
at weekends.**

Start here
kooth.com: free access to support today.

bacp | Accredited
Service

*BACP stands for British Association for Counselling and Psychotherapy. We're an accredited service, and our practitioners are either BACP accredited or working towards it. You're in safe hands.



NHS
Providing NHS services

Free, safe and anonymous mental health and wellbeing support at your pace

For young people aged 11-18 in Warrington



Chat to
our team



Helpful
articles



Community
support



Self-help
articles

Whatever is going on in your life, the anonymous community on Kooth and our team of professionals are here to help and support you 24/7.

Connect with others by sharing your experiences, gain self-care tips through our themed collections & helpful articles, or drop in for an online chat with a mental health practitioner.

Sign up today at
kooth.com





Whatever's on your mind this summer we're here to listen.

Free, safe and anonymous support for young people aged 11-18 across Warrington.

kooth.com



[Warrington Carers' Hub - N-Compass](#)

Real help. Real talk. Zero cost.

Free mental health support for young people, whenever they need it.



Visit connect.kooth.com to find out more.

Young Carers at Meadowside



Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated there are
700,000
Young Carers in the UK, many unaware of the impact that caring is having on their lives

Do the shopping

Clean

Help give emotional support

Pay bills

Cook

Look after brothers or sisters

Cheer someone up

Help with gardening

If so, then you could be a young carer, and **we can help you**. You are not alone, about **one in 12 high school students are young carers**. If you think you are a young carer there is support available. **Letting someone in school or us know could help you** get some support. Warrington Carers Hub supports young carers aged 5-18 through **information, advice, one to one and group activities**.

In your school you can speak to:



For support or more information about accessing support:

Warrington Carers Hub

T: 0300 303 0623 E: enquiries@warringtoncarershub.org.uk





**Warrington
Carers Hub**



Cheshire Fire & Rescue Service

Water Safety

Learn the skills that could save your life

Thursday 30th July 2026

10.30am to 11.30am



Warrington Fire Station
Winwick Road,
Warrington
WA2 8HH

Meet outside at 10.15am

To book please email: eventsyc@warringtoncarershup.org.uk

Free or affordable sources of food

Food Network Map: <https://www.warringtonva.org.uk/community-food>

Trussell Trust Referral Agencies

If you are in need of emergency food then please visit one of the referral agencies where you will be assessed and issued with a voucher. Below is a list of the most frequently used referrers;

Talking Points

Monday

Fearnhead Community Centre – Insall Road WA2 0HD | **11am – 1230pm**

Living Well Hub – Horsemarket Street WA1 1XL | **1pm – 4pm**

Tuesday

The Oaks Centre – Stocks Lane WA5 2QS | **11am – 1pm**

Culcheth Library – Warrington Road WA3 5SL | **2pm – 4pm**

Wednesday

The Gateway – Sankey Street WA1 1SR | **10am-12pm**

Birchwood Shopping Centre – Dewhurst Road WA3 7PG | **1pm-3pm**

Thursday

Lymm Youth & Community Centre – Bridgewater Street WA13 0AB | **10am – 12pm**

Orford Jubilee Hub – Jubilee Way WA2 8HE | **10am – 12pm**

Friday

St Mary Magdalene's Church – 87 Dingelway, Appleton Thorn WA4 3AG | **1.30pm-3.30pm**

Pathways to Recovery (CGL), 14 Bold Street, WA1 1DL

Mon, Weds, Thurs, Fri 9am-5pm

Tues 9am-7pm

Saturday 9am-12.30pm

Room At The Inn, Patten Hall, 17 Winmarleigh Street, WA1 1NB

Mon-Fri 10am-1.30pm/2pm-5pm

Salvation Army Warrington, Academy Street, Warrington, WA1 2B

Tuesdays & Thursdays

Warrington Probation Services

Womens' Aid

East Family Hubs Timetable 20 – 24 July 2026



eastwarringtonfamilyhubs@warrington.gov.uk



01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Community Midwife By appointment Sandy Lane and Hilden Road	Let Summer Begin Family Play Admirals Road 10:30am-11:30am Community Midwife By appointment Sandy Lane Development Checks By Appointment Hilden Road	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Let Summer Begin Baby Play 0-walking Sandy Lane 10:30am-11:30am Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm Community Midwife By appointment Hilden Road	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Birchwood Library Story & Craft 10:30am-11:15am Let Summer Begin Family Play Sandy Lane 1:30pm-2:30pm Community Midwife By appointment Hilden Road	Family Sing Along Sandy Lane 11:00am-11:45am Community Midwife By appointment Sandy Lane and Hilden Road



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946858

For Community Midwives call 01925 662092



Hilden Road Padgate WA2 0JP

Sandy Lane Orford WA2 9HY

Admirals Road Birchwood WA3 6QG

East Family Hubs Timetable 27 – 31 July 2026



eastwarringtonfamilyhubs@warrington.gov.uk



01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Summer Beach Blast Family Play Hilden Road 10:30am-11:30am Community Midwife By appointment Sandy Lane and Hilden Road	Citizens Advice Sandy Lane 9:30-11:30am Summer Beach Blast Family Play Admirals Road 10:30am-11:30am Orford Library Story & Craft 10:30am-11:15am Community Midwife By appointment Sandy Lane Development Checks By Appointment Hilden Road	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Summer Beach Blast Baby Play 0-walking Hilden Road 10:30am-11:30am Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm Community Midwife By appointment Hilden Road	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am Summer Beach Blast Family Play Sandy Lane 1:30pm-2:30pm Community Midwife By appointment Hilden Road	Family Sing Along Hilden Road 11:00am-11:45am Community Midwife By appointment Sandy Lane and Hilden Road

East Family Hubs Timetable 3 – 7 August 2026

 eastwarringtonfamilyhubs@warrington.gov.uk

 01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Big Top Bonanza Family Play Admirals Road 10:30am-11:30am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Family Sing Along Hilden Road 11:00am-11:45am
Big Top Bonanza Family Play Hilden Road 10:30am-11:30am	Big Top Bonanza Baby Play 0- walking Sandy Lane 10:30am-11:30am	VPX Bank Park 11am-4pm	Big Top Bonanza Family Play Sandy Lane 1.30pm-2.30pm	Community Midwife By appointment Sandy Lane and Hilden Road
Community Midwife By appointment Sandy Lane and Hilden Road	Community Midwife By appointment Sandy Lane	Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm	Culcheth Library Story & Craft 11:15am-12:00pm	
	Development Checks By Appointment Hilden Road	Community Midwife By appointment Hilden Road	Community Midwife By appointment Hilden Road	

 **Bookable session:** Contact the Family Hub by email or telephone

For Health Visitors call 01925 946858

For Community Midwives call 01925 662092



Hilden Road Padgate WA2 0JP

Sandy Lane Orford WA2 9HY

Admirals Road Birchwood WA3 6QG

East Family Hubs Timetable 10 – 14 August 2026

 eastwarringtonfamilyhubs@warrington.gov.uk

 01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Citizens Advice 9:30-11:30am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Family Sing Along Hilden Road 11:00am-11:45am
Travel Adventure Family Play Hilden Road 10:30am-11:30am	Travel Adventure Family Play Admirals Road 10:30am-11:30am	VPX Bank Park 11am-4pm	Travel Adventure Family Play Sandy Lane 1.30pm-2.30pm	Community Midwife By appointment Sandy Lane and Hilden Road
Padgate Library Story & Craft 10:30am-11:15am	Big Top Bonanza Baby Play 0- walking Sandy Lane 10:30am-11:30am	Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm	Community Midwife By appointment Hilden Road	
Community Midwife By appointment Sandy Lane and Hilden Road	Community Midwife By appointment Sandy Lane	Community Midwife By appointment Hilden Road		
	Development Checks By Appointment Hilden Road			

17 – 21 August 2026

01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Pirates and Treasure Family Play Admirals Road 10:30am-11:30am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Family Sing Along Hilden Road 11:00am-11:45am
Pirates and Treasure Family Play Hilden Road 10:30am-11:30am	Pirates and Treasure Baby Play 0- walking Sandy Lane 10:30am-11:30am	VPX Victoria Park 11am-4pm	Birchwood Library Story & Craft 10:30am-11:15am	Community Midwife By appointment Sandy Lane and Hilden Road
Community Midwife By appointment Sandy Lane and Hilden Road	Community Midwife By appointment Sandy Lane	Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm	Pirates and Treasure Family Play Sandy Lane 1.30pm-2.30pm	
	Development Checks By Appointment Hilden Road	Community Midwife By appointment Hilden Road	Community Midwife By appointment Hilden Road	

 **Bookable session:** Contact the Family Hub by email or telephone

For Health Visitors call 01925 946858

For Community Midwives call 01925 662092



Hilden Road Padgate WA2 0JP

Sandy Lane Orford WA2 9HY

Admirals Road Birchwood WA3 6QG

East Family Hubs Timetable 24 – 28 August 2026



eastwarringtonfamilyhubs@warrington.gov.uk

01925 443444

Monday	Tuesday	Wednesday	Thursday	Friday
Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Citizens Advice 9:30-11:30am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Sensory Room 0-4 Years Admirals Road 10:00am-11:00am	Family Sing Along Hilden Road 11:00am-11:45am
Space Explorers Family Play Hilden Road 10:30am-11:30am	Space Explorers Family Play Admirals Road 10:30am-11:30am	VPX Victoria Park 11am-4pm	Space Explorers Family Play Sandy Lane 1.30pm-2.30pm	Community Midwife By appointment Sandy Lane and Hilden Road
Community Midwife By appointment Sandy Lane and Hilden Road	Space Explorers Baby Play 0- walking Sandy Lane 10:30am-11:30am	Infant Feeding Support Drop In Hilden Road 10:30am-12:00pm	Community Midwife By appointment Hilden Road	
	Orford Library Story & Craft 10:30am-11:15am	Community Midwife By appointment Hilden Road		
	Community Midwife By appointment Sandy Lane			
	Development Checks By Appointment			

O'Leary Street Family Hub Timetable 20 – 24 July 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Summer Fun Family Play 10.00am-11.00am 0-8yrs Bookable Citizens Advice 9:30-11:30am Bookable	Community Midwives By Appointment Hello Sunshine Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable	Community Midwives By Appointment	Community Midwives By Appointment Child Health & Development Reviews By Appointment

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



O'Leary St | Orford WA2 7RQ

O'Leary Street Family Hub Timetable 27 – 31 July 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in Baby Sing Along 1.45pm-2.30pm 0- Confident Walkers Bookable	Community Midwives By Appointment Nature Explorers in the Park (Orford Park) 10.00am-11.00am 0-8yrs Bookable	Community Midwives By Appointment Seaside Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Baking & Bingo 1.30pm-3.00pm Confident walkers - 8yrs Bookable	Community Midwives By Appointment	Community Midwives By Appointment Child Health & Development Reviews By Appointment

O'Leary Street Family Hub Timetable 3 – 7 August 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Healthy Me Family Play 10.00am-11.00am 0-8yrs Bookable Citizens Advice 9:30-11:30am Bookable	Community Midwives By Appointment Garden Explorer Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Join us at St Elphins Park 11.00am-2.00pm	Community Midwives By Appointment Child Health & Development Reviews By Appointment

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



O'Leary St | Orford WA2 7RQ

O'Leary Street Family Hub Timetable 10 – 14 August 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Under the Sea Family Play 10.00am-11.00am 0-8yrs Bookable Messy Play 1.30pm-2.30pm Confident walkers- 8yrs Bookable	Community Midwives By Appointment Rainbow Colours Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Join us at St Elphins Park 11.00am-2.00pm	Community Midwives By Appointment Child Health & Development Reviews By Appointment

17 – 21 August 2026

01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Around the world Family Play 10.00am-11.00am 0-8yrs Bookable Citizens Advice 9:30-11:30am Bookable	Community Midwives By Appointment Baby Messy Play 10.00am-11.00am 0 - Confident Walkers Bookable Story Craft 1.30pm-2.30pm Confident Walkers- 8yrs Bookable Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Join us at St Elphins Park 11.00am-2.00pm	Community Midwives By Appointment Child Health & Development Reviews By Appointment

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



O'Leary St | Orford WA2 7RQ

O'Leary Street Family Hub Timetable 24 – 28 August 2026



southwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Child Health & Development Reviews By Appointment Health Visitor Advice & Support 1.30pm-3.30pm Drop in Baby Sing Along 1.45pm-2.30pm 0 - Confident Walkers Bookable	Community Midwives By Appointment Carnival Creations Family Play 10.00am-11.00am 0-8yrs Bookable	Community Midwives By Appointment Summer Babies- Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Join us at St Elphins Park 11.00am-2.00pm	Community Midwives By Appointment Child Health & Development Reviews By Appointment

O'Leary Street Family Hub Timetable 31 August – 4 September 2026



southwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Bank Holiday Closure	Community Midwives By Appointment Magical Creatures Family Play 10.00am-11.00am 0-8yrs Bookable Citizens Advice 9:30-11:30am Bookable	Community Midwives By Appointment Orford Park Play 10.00am-11.00am 0 - Confident Walkers Bookable	Community Midwives By Appointment	Community Midwives By Appointment Child Health & Development Reviews By Appointment

Tinsley Street Family Hub Timetable 20 – 24 July 2026



southwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment	Community Midwives By Appointment	Child Health & Development Reviews By Appointment	Community Midwives By Appointment	Community Midwives By Appointment
Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Hello Sunshine Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable
Summer Fun Family Play 10.00am-11.00am 0-8yrs Bookable	Infant Feeding Support 10.00am-11.30am Drop in	Baby Story Craft 10.00am-11.00am 0 - Confident Walkers Bookable	Messy Play 1.30pm-2.30pm Confident walkers- 8yrs Bookable	Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm
		Story Craft 1.30pm-2.30pm Confident Walkers- 8yrs Bookable	Health Visitor Advice & Support 1.30pm-3.30pm, Drop in	

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



Tinsley St | Latchford WA4 1RE

Tinsley Street Family Hub Timetable 27 – 31 July 2026



southwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment	Community Midwives By Appointment	Child Health & Development Reviews By Appointment	Community Midwives By Appointment	Community Midwives By Appointment
Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Garden Play 10.00am-2.30pm Free access	Seaside Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable
Nature Explorers in the Park (Victoria Park) 10.00am-11.00am 0-8yrs Bookable	Infant Feeding Support 10.00am-11.30am Drop in	Baby Sing Along 10.00am-10.45am 0 - Confident Walkers Bookable	Baking & Bingo 10.00am-11.30am Confident walkers - 8yrs Bookable	Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm
			Health Visitor Advice & Support 1.30pm-3.30pm, Drop in	

Tinsley Street Family Hub Timetable 3 – 7 August 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Healthy Me Family Play 10.00am-11.00am 0-8yrs Bookable Cookie Crew cooking session 1.30pm-2.30pm 4-11yrs Bookable	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Infant Feeding Support 10.00am-11.30am Drop in	Child Health & Development Reviews By Appointment Garden Play 10.00am-2.30pm Free access Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Baby Sing Along 10.00am-10.45am 0- Confident Walkers Bookable Join us at St Elphins Park 11.00am-2.00pm Health Visitor Advice & Support 1.30pm-3.30pm, Drop in	Community Midwives By Appointment Garden Explorer Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



Tinsley St | Latchford WA4 1RE

Tinsley Street Family Hub Timetable 10 – 14 August 2026



southwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Under the Sea Family Play 10.00am-11.00am 0-8yrs Bookable	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Infant Feeding Support 10.00am-11.30am Drop in	Child Health & Development Reviews By Appointment Garden Play 10.00am-2.30pm Free access Join us at VPX @Bank Park 11.00am-4.00pm	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Join us at St Elphins Park 11.00am-2.00pm Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Rainbow Colours Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm

17 – 21 August 2026

☎ 01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Around the World Family Play 10.00am-11.00am 0-8yrs Bookable Cookie Crew- cooking session 1.30pm-2.30pm 4-11yrs Bookable	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Infant Feeding Support 10.00am-11.30am Drop in	Child Health & Development Reviews By Appointment Garden Play 10.00am-2.30pm Free access Join us at VPX @Victoria Park 11.00am-4.00pm	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Join us at St Elphins Park 11.00am-2.00pm Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Teddy Bears Picnic Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



Tinsley St | Latchford WA4 1RE

Tinsley Street Family Hub Timetable 24 – 28 August 2026



southwarringtonfamilyhubs@warrington.gov.uk

☎ 01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Carnival Creations Family Play 10.00am-11.00am 0-8yrs Bookable	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Infant Feeding Support 10.00am-11.30am Drop in	Child Health & Development Reviews By Appointment Garden Play 10.00am-2.30pm Free access Join us at VPX @Victoria Park 11.00am-4.00pm	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Join us at St Elphins Park 11.00am-2.00pm Health Visitor Advice & Support 1.30pm-3.30pm Drop in Baby Messy Play 1.30pm-2.30pm 0 - Confident walkers Bookable	Community Midwives By Appointment Summer Baby Play 10.00am-11.00am 0 - Confident Walkers Bookable Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm

Tinsley Street Family Hub Timetable 31 August – 4 September 2026



southwarringtonfamilyhubs@warrington.gov.uk

☎ 01925 443444 Option 2

Monday	Tuesday	Wednesday	Thursday	Friday
Bank Holiday Closure	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Infant Feeding Support 10.00am-11.30am Drop in	Child Health & Development Reviews By Appointment Garden Play 10.00am-2.30pm Free access Story Craft 10.00am-11.00am Confident Walkers- 8yrs Bookable	Community Midwives By Appointment Garden Play 10.00am-2.30pm Free access Magic Creatures Family Play 1.30pm-2.30pm 0-8yrs, Bookable Health Visitor Advice & Support 1.30pm-3.30pm Drop in	Community Midwives By Appointment Baby Sing Along 10.00am-10.45am 0 - Confident Walkers Bookable Monday-Friday Offer Light & sound room available to book Soft play 9.00am-3.30pm

Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946529

For Community Midwives call 01925 662092



Barnes Close Family Hub Timetable 20 – 24 July 2026



westwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Barnes Close | Great Sankey WA5 1SB

Barnes Close Family Hub Timetable 27 – 31 July 2026



westwarringtonfamilyhubs@warrington.gov.uk

01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment

Barnes Close Family Hub Timetable 3 – 7 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Introducing Solids Drop-in 3:30-4:30pm Join us at VPX @Bank Park 11.00am-4.00pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Barnes Close | Great Sankey WA5 1SB

Barnes Close Family Hub Timetable 10 – 14 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Join us at VPX @Bank Park 11.00am-4.00pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment

17 – 21 August 2026

☎ 01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Join us at VPX @Bank Park 11.00am-4.00pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment

 **Bookable session:** Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Barnes Close | Great Sankey WA5 1SB

Barnes Close Family Hub Timetable 24 – 28 August 2026



westwarringtonfamilyhubs@warrington.gov.uk

☎ 01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Join us at VPX @Bank Park 11.00am-4.00pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment

Barnes Close Family Hub Timetable 31 August – 4 September 2026



westwarringtonfamilyhubs@warrington.gov.uk

☎ 01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Development Reviews By appointment Community Midwife By appointment	Family Play 0-10 Years 10:00-11:00am Community Midwife By appointment	Baby Play 0-1 year Drop-in 1:30-3:30pm Health Visitor Advice Drop-in 1:30-3:30pm Introducing Solids Drop-in 3:30-4:30pm Community Midwife By appointment	Story & Singing Burtonwood Library 0-4 years (older siblings welcome in school holidays) Drop-in 9.15-10.15am Infant Feeding Support Drop-in 1:00-2:30pm Baby Play Drop-in 1:00-2:00pm Community Midwife By appointment	Community Midwife By appointment

 **Bookable session:** Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Boulting Avenue Family Hub Timetable 20 – 24 July 2026

 westwarringtonfamilyhubs@warrington.gov.uk
 01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Community Midwife By appointment		Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment

 **Bookable session:** Contact the Family Hub by email or telephone

For Health Visitors call **01925 946904**

For Community Midwives call **01925 662092**



Boulting Avenue | Dallam WA5 0JG

Boulting Avenue Family Hub Timetable 27 – 31 July 2026

 westwarringtonfamilyhubs@warrington.gov.uk
 01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am HAF Little Animals & Little Chefs 4-11 Years 10:00am-2:00pm  Community Midwife By appointment		Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am  Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment

Boulting Avenue Family Hub Timetable 3 – 7 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Community Midwife By appointment	Join us at VPX @Bank Park 11.00am-4.00pm	Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Boulting Avenue | Dallam WA5 0JG

Boulting Avenue Family Hub Timetable 10 – 14 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Community Midwife By appointment	Join us at VPX @Bank Park 11.00am-4.00pm	Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment

Boulting Avenue Family Hub Timetable 17 – 21 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Community Midwife By appointment	Join us at VPX @Bank Park 11.00am-4.00pm	Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092



Boulting Avenue | Dallam WA5 0JG

Boulting Avenue Family Hub Timetable 24 – 28 August 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Community Midwife By appointment	Join us at VPX @Bank Park 11.00am-4.00pm	Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment

Boulting Avenue Family Hub Timetable 31 August – 4 September 2026



westwarringtonfamilyhubs@warrington.gov.uk



01925 443444 Option 3

Monday	Tuesday	Wednesday	Thursday	Friday
Community Midwife By appointment	Health Visitor Advice Drop-in 9:30-11.30am Introducing Solids Drop-in 11:30-12.30pm Community Midwife By appointment		Story & Singing (Drop in) Burtonwood Library 0-4 Years 9.15-10.15am Family Play 0-4 Years 10:00-11:00am Development Reviews By appointment Community Midwife By appointment	Community Midwife By appointment



Bookable session: Contact the Family Hub by email or telephone

For Health Visitors call 01925 946904

For Community Midwives call 01925 662092





*"The support has been amazing,
honestly from where I was at when I first contacted you
to where I am now is worlds apart.
My view and the way I feel about everything is totally
different"*
One of our dads

Are you a new dad or a dad to be? Want to be the best dad or partner you can be?

Dad Matters are here to support dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

From 1-1 support peer support, group events, workshops, drop-ins and more..



Refer yourself today

**DAD MATTERS CO-ORDINATOR
NATHAN FERNYHOUGH**

07856 916687

NATHAN@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK



I'M FINE

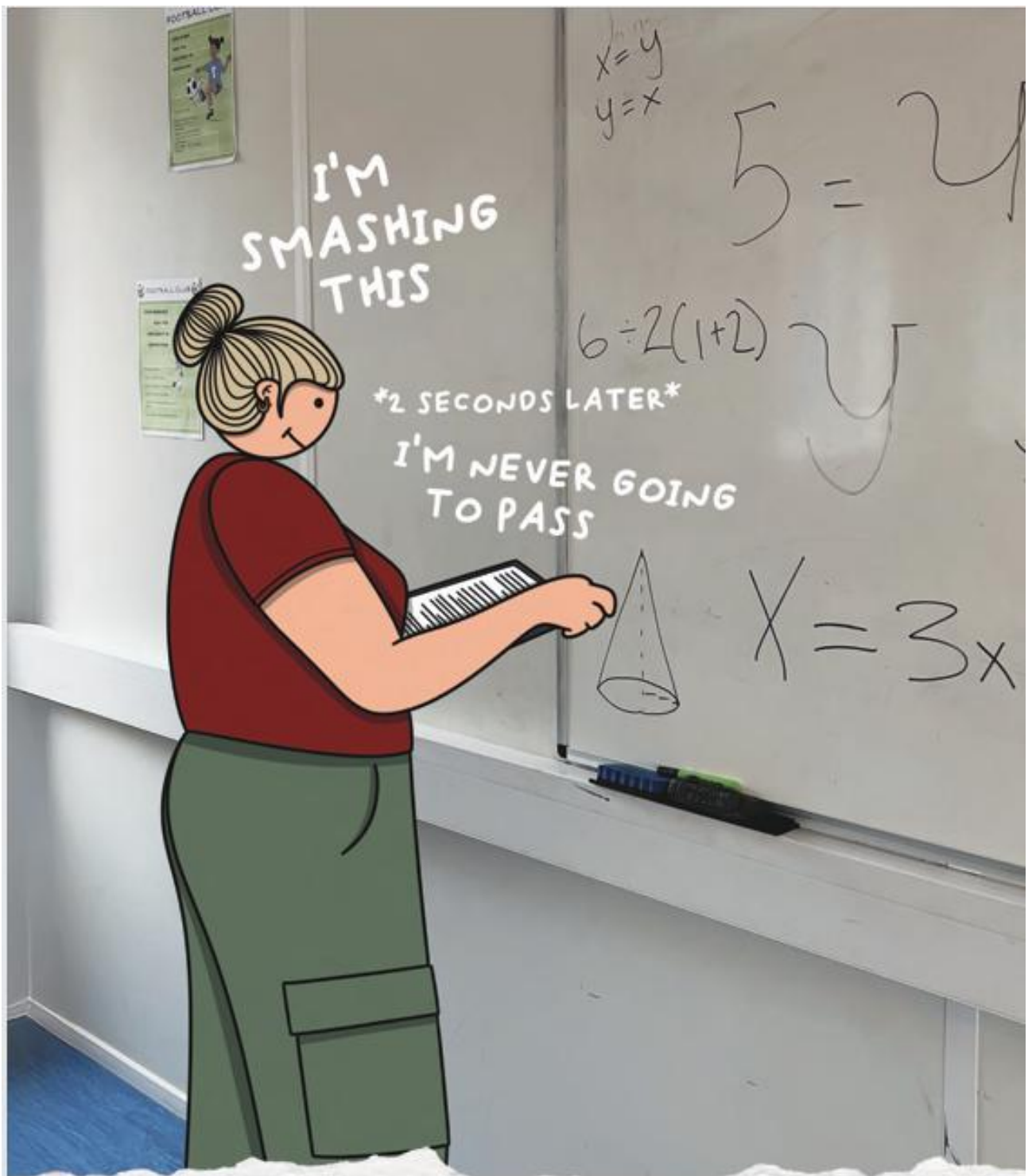
NO I'M
SPIRALLING

DEFINITELY
SPIRALLING

WHATEVER
YOU'RE FEELING,
WE'RE HERE.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



**WHATEVER
YOU'RE FEELING,
WE'RE HERE**

childline

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**WHATEVER
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childline

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[childline.org.uk](https://www.childline.org.uk) | 0800 1111

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felt like I couldn't
MAKE IT through

**Whatever you're feeling,
Childline can help.**

We're free, confidential
and available anytime
for advice and support.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

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**felt like things
couldn't get
BETTER**

**Whatever you're feeling,
Childline can help.**
We're free, confidential
and available anytime
for advice and support.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC, a National Society for the Prevention of Cruelty to Children (NSPCC) (2020). Registered charity, England and Wales 264401, Scotland 5253717 and Jersey 395. Built and run by Helen McKee, 2020/20.

ABANDONED BUILDINGS



Vulnerable children and young people are repeatedly accessing derelict buildings in Warrington.

Please talk to them about the dangers of doing this!

Their lives and safety may be at risk.

If you have any details of buildings that need securing, please contact **communitysafetywbc@warrington.gov.uk**



Cheshire
Fire & Rescue Service



WARRINGTON
Borough Council



Cheshire and Merseyside

ABANDONED BUILDINGS



**Are you accessing
abandoned, derelict
buildings?**

Be aware of the dangers:

- The buildings can be physically unsafe
- Unknown adults are often present
- Drugs and alcohol are being used
- Crime is occurring there
- Children are at risk!

THINK!
Your lives and safety may be at risk!



Cheshire
Fire & Rescue Service



WARRINGTON
Borough Council



Cheshire and Merseyside



**Warrington
& Cheshire**

WEEKLY GROUPS TIMETABLE

MONDAY

WARRINGTON

MONDAY GROUP

TERM TIME ONLY

Invite only via referral

1PM-2.30PM

Happy Hub - Evans House

TUESDAY

NORTHWICH/ONLINE

NEURODIVERSITY GROUP

TERM TIME ONLY

Invite only via referral

10AM-11AM

Alternative in person and online

- Mind Body Balance Studio
- Teams Session

WEDNESDAY

NORTHWICH

WILD TOTS

TERM TIME ONLY

9.30AM-11.30AM

LEFTWICH PIMHS GROUP

TERM TIME ONLY

Leftwich Children's Centre

9.30AM-11.30AM

THURSDAY

WARRINGTON

BABYZONE

TERM TIME ONLY

Warrington Youth Zone

9.30AM-2.30PM

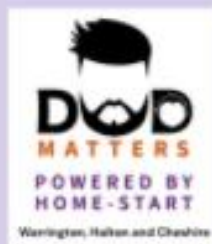
SINGING MAMAS

TERM TIME ONLY

St Rocco's Hospice

1PM-2.30PM

DAD MATTERS



MONTHLY MEETUPS

- Stay, Play & Chat
- Walk & Talks

OUTREACH

- New Dad Workshop
- Warrington Hospital
- Warrington Neonatal Unit
- Living Well Hub
- Halton Family Hubs

SEE FACEBOOK OR INSTAGRAM FOR DETAILS

OFFICE PHONE -01925 652320

OFFICE@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK



POWERED BY



WEEKLY

TIMETABLE

MONDAY

New Dad Workshop
online via MS Teams
7pm - 8:30pm
(Every Third Monday of the month)

TUESDAY

Outreach @ Warrington Hospital
NICU and Birth Wards

Local online drop - in
with DM Halton and St Helens 7pm

WEDNESDAY

Drop-In session @ Living Well Hub
9:30am - 1:00pm

Stay, Play and Chat Session
@ Living Well Hub
1:30pm - 3:00pm
(4th Wednesday of the month)

Outreach @ Warrington Hospital
Antenatal Ward

THURSDAY

Drop-In and Outreach @ Babyzone
9:30am - 2:30pm

FRIDAY

Drop-In session @ Living Well Hub
9:30am - 1:00pm

SATURDAY

Dads Stay, Play and Chat session
@ Warrington Youth Zone
10am - 11:30am
(1st Saturday of the month)

Dad Chats @ Parent Education Classes
in partnership with
Community midwives team

SUNDAY

Walk and Talks @ Sankey Valley Park
10:30am - 12:00pm
(3rd Sunday of the month MAY-AUG)



SCAN ME



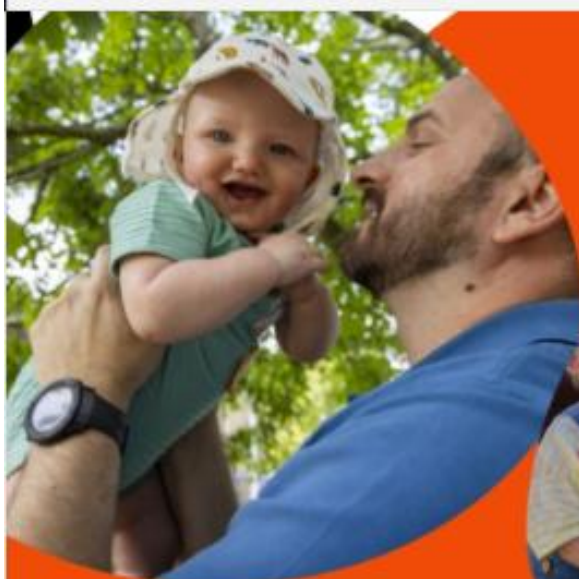
Contact:

(Nathan Warrington coordinator)

07856916687

nathan@homestartwarringtonandcheshire.org.uk

CHESHIRE
COMMUNITY
FOUNDATION



*"The support has been amazing,
honestly from where I was at when I first contacted you
to where I am now is worlds apart.*

*My view and the way I feel about everything is totally
different"*

One of our dads

Are you a new dad or a dad to be? Want to be the best dad or partner you can be?

Dad Matters are here to support dads with attachment and bonding, supporting your mental health, and accessing appropriate services at birth, labour and beyond.

From 1-1 support peer support, group events, workshops, drop-ins and more..



Refer yourself today

**DAD MATTERS CO-ORDINATOR
NATHAN FERNYHOUGH
07856 916687
NATHAN@HOMESTARTWARRINGTONANDCHESHIRE.ORG.UK**



HAF

Holiday Activities and Food

Are your children
on benefit related
free school meals?

Scan me



If yes, they can attend up to four fully funded holiday activities this Easter. Browse now at warrington.gov.uk. Bookings will go live on 13 March at 12pm. Email haf@warrington.gov.uk to find out more.

Not eligible?

Many clubs offer paid places at a reduced rate.



#HAF2026



WARRINGTON
Borough Council



Department
for Education

WHAT IS RADICALISATION?

RADICALISATION MEANS SOMEONE IS ENCOURAGED TO BELIEVE
EXTREME IDEAS AND MAY BE PRESSURED TO SUPPORT OR DO
HARMFUL THINGS.

 IT CAN HAPPEN ONLINE OR IN PERSON

 ANYONE CAN BE TARGETED

 TALK TO A TRUSTED ADULT IF SOMETHING FEELS WRONG

SPEAK UP. STAY SAFE.

SOMEONE MAY BE AT RISK IF THEY:

START REPEATING EXTREME OR HATEFUL VIEWS

SPEND TIME ON UNSAFE WEBSITES OR GROUPS

BECOME SECRETIVE ONLINE

DISTANCE THEMSELVES FROM FRIENDS

ARE PRESSURED BY SOMEONE TO ACT OR THINK A CERTAIN WAY

**IF SOMETHING WORRIES YOU, TELL ANY MEMBER
OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.**

KEEP YOURSELF SAFE

RADICALISATION MEANS SOMEONE IS ENCOURAGED TO BELIEVE EXTREME IDEAS AND MAY BE PRESSURED TO SUPPORT OR DO HARMFUL THINGS.

KEEP YOURSELF SAFE FROM RADICALISATION

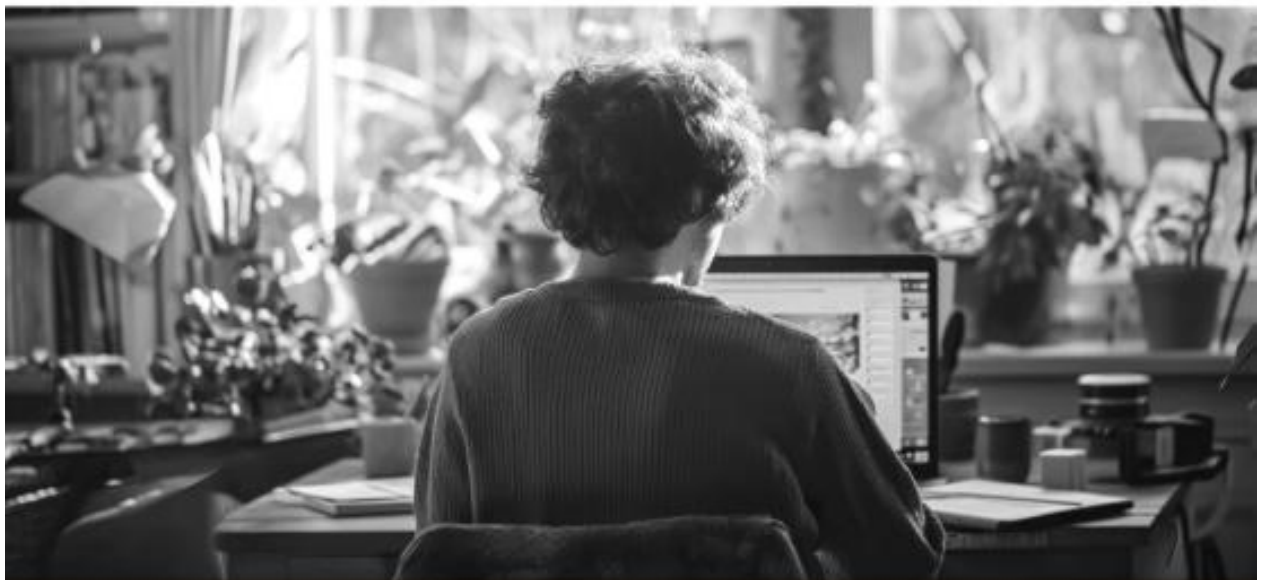
■ THINK BEFORE YOU CLICK

? QUESTION THINGS THAT DON'T FEEL RIGHT

⊘ DON'T JOIN GROUPS THAT ENCOURAGE HATE OR VIOLENCE

🗣️ TALK TO SOMEONE IF YOU FEEL UNCOMFORTABLE OR UNSURE

YOU ARE NEVER ALONE—SUPPORT IS ALWAYS AVAILABLE.



IF SOMETHING WORRIES YOU, TELL ANY MEMBER OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.

PREVENT = PROTECTION

PREVENT IS A SAFEGUARDING PROGRAMME THAT HELPS KEEP YOUNG PEOPLE SAFE FROM BEING ENCOURAGED INTO DANGEROUS OR EXTREME IDEAS.

 SUPPORTS PEOPLE WHO MAY BE AT RISK

 PROMOTES POSITIVE, SAFE CHOICES

 STOPS HARMFUL GROUPS FROM INFLUENCING YOUNG PEOPLE

 HELPS EVERYONE STAY SAFE ONLINE AND IN REAL LIFE

YOU ARE NEVER ALONE—SUPPORT IS ALWAYS AVAILABLE.



IF SOMETHING WORRIES YOU, TELL ANY MEMBER OF STAFF, OR ANOTHER ADULT WHO YOU TRUST.



Information/ guidance

1. A great site to help you lock your social media setting is:

WWW.INTERNETMATTERS.ORG

There is a Social Media section on their page which provides a 'step by step' guide on how set the security setting for each site.

2. If you receive a suspicious text message forward it to 7726
3. If you receive a suspicious email, forward them to report@phishing.gov.uk
4. You can check to see if your data has been lost by checking your email address or phone number at: <https://haveibeenpwned.com>
5. Protect your online world with good strong passwords. 'Three Random Words' <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-words>
6. Use this free password checker to see if your current password is any good! <https://www.security.org/how-secure-is-my-password>
7. <https://www.truecall.co.uk/> Reducing unwanted incoming calls.
8. By dialling 159 will automatically connect you to your bank's fraud prevention service. If you suspect someone is trying to trick you into handing over money or personal details, hang up and call 159 to speak directly to your bank!
9. Family Link <https://familylink.google.com> If you have a Goole account you can monitor individual devices in the home and turn off internet access to individual devices.
10. Check your credit score with sites such as Experian. This is a **multinational consumer credit reporting agency** (CRA) based in Dublin, Ireland. [Experian | Credit Scores, Reports & Credit Comparison](#)
11. [Action Fraud](#)

12. Family Link <https://familylink.google.com> If you have a Google account you can monitor individual devices in the home and turn off internet access to individual devices.
13. ReThink [ReThink - Before the Damage is Done](#) – A great app to download onto a child's mobile phone to help monitor the content of messages being written.
14. [Report Remove | Childline](#) – Help having indecent images removed from some Social Media servers.
15. [Smartphone Free Childhood](#) – Support for parents.
16. [Cyber Governor programme - Governors for Schools](#) All schools should have a Cyber Governor. Great place to start supporting them.

Always report any suspicious activity online particularly if you are concerned with content your child has seen or if someone has been speaking to your child you do not know.

All Social Media Sites contain adult material, so negotiating Social Media can be difficult for a child.

Further information and support can be found on:

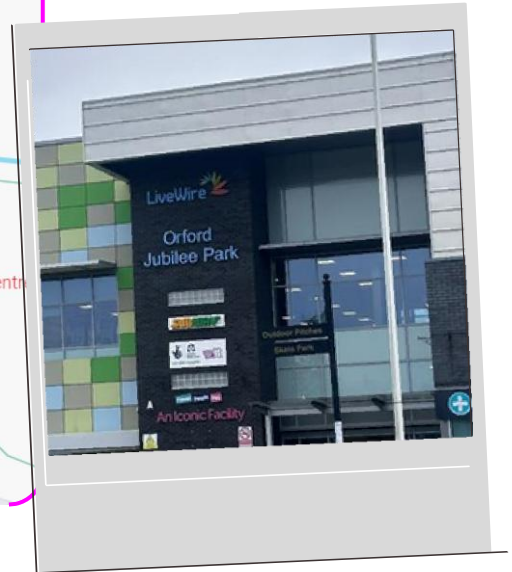
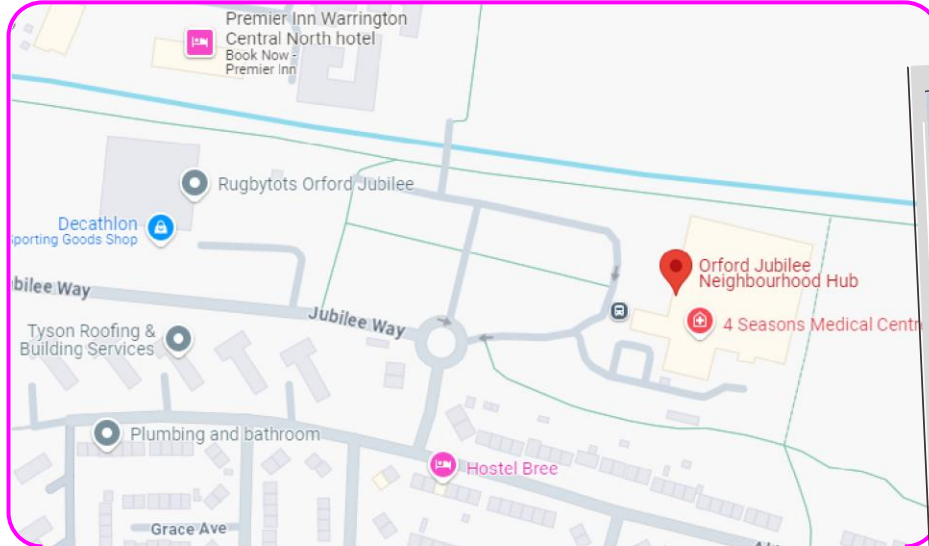
<https://www.iwf.org.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://www.nspcc.org.uk/>



Axess 4 u sexual health clinic for those aged 19 and younger opening at Orford Jubilee Neighbourhood Hub in Warrington



Rooms 15 and 16, Floor 1, Orford Jubilee Neighbourhood Hub, Jubilee Way, Warrington, WA2 8HE



Opens Tuesday 26 November and runs on Tuesdays between 3.30-6pm. No appointment required!



- Emergency contraception
- Contraception
- STI testing and treatment
- Pregnancy testing
- Information and advice

0300 323 1300

X@axess_sh

www.axess.clinic

Scan the QR code for information on all axess 4 u clinics



<https://www.axess.clinic/axess-services/axess-sexual-health-clinics/>

Sexual Health



Information for Young People, Schools Staff and Parents

<https://warrington.foodbank.org.uk/>

WARRINGTON FOODBANK
WE ARE HERE FOR YOU...

Read here...



184,248

meals provided to Warrington families
in 2023



1962

People fed in December 2023
1,175 adults
787 children
Equating to 17,658 meals



90%

of low-income households on
Universal Credit are currently going
without essentials



VAPING AND E-CIGARETTES THE FACTS



**NICOTINE VAPES CAN HELP ADULT
SMOKERS TO STOP SMOKING.**

SMOKING CAUSES DISEASE AND EARLY DEATH.

Vaping is much less harmful than smoking as you don't inhale the **toxic tar** and **carbon monoxide** you get from tobacco smoke.



BUT VAPES ARE NOT HARMLESS.

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.



**MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.
DON'T SMOKE? DON'T START TO VAPE.**

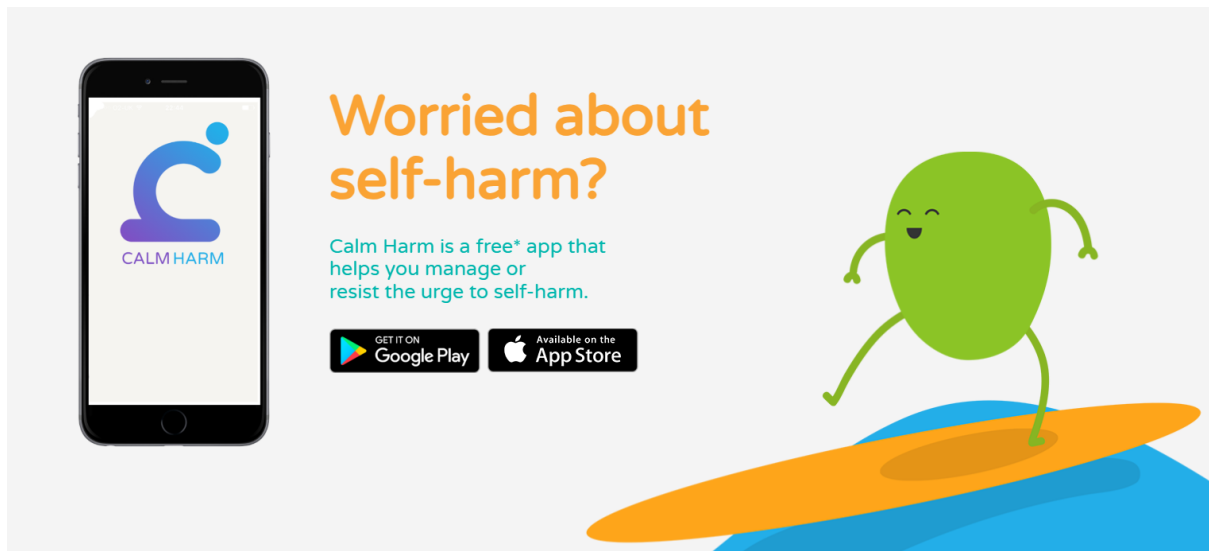
 **Smokefree
Sheffield**

ash.
action on smoking and health

LiveWire 

Developed by Smokefree Sheffield in collaboration
with Action on Smoking and Health (ASH)

talktofrank.com
livewirewarrington.co.uk/lifestyles/stop-smoking



Worried about self-harm?

Calm Harm is a free* app that helps you manage or resist the urge to self-harm.

GET IT ON Google Play Available on the App Store

The advertisement features a smartphone on the left displaying the Calm Harm app logo, which consists of a stylized blue 'C' with a dot above it. To the right of the phone is the headline 'Worried about self-harm?' in large orange letters, followed by a sub-headline in blue. Below the sub-headline are two buttons for downloading the app from Google Play and the App Store. On the far right is a green, bean-like cartoon character with a smiling face, standing on a blue wave with an orange surfboard.

About Calm Harm

Calm Harm is an award-winning app funded by teenage mental health charity **stem4**, to help manage the urge to self-harm. It was developed by Clinical Psychologist Dr. Nihara Krause MBE, in collaboration with young people and uses principles from an evidence-based psychological treatment called Dialectical Behaviour Therapy (DBT).

The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it.

Learn to ride the wave with the Calm Harm app by choosing activities from these categories:

Comfort, **Distract**, **Express Yourself**, **Release**, and **Random**.

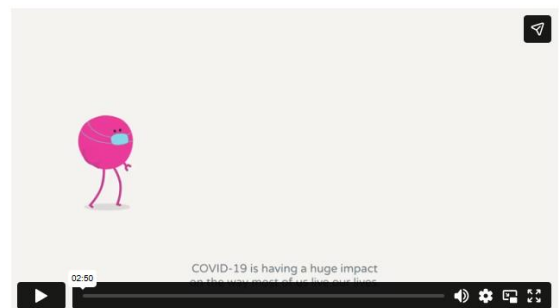
There is also a breathing exercise to help you be mindful and stay in the moment, regulate difficult emotions, and reduce tension.

When you ride the wave, the urge to self-harm will fade.

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help.

The app is private, anonymous, and safe.

Please note that the Calm Harm app is not a substitute for the assessment and individualised treatment by a health or mental health professional.



Warrington Food Pantry

The Warrington Food Pantry at Fearnhead Youth and Community Centre has now re-opened

- Opening hours are **Wednesday & Thursday 10.00am – 1.00pm**

Warrington Food Pantry is the first of its kind in Warrington and is a joint venture between the council, local housing providers Clarion Futures of Clarion Housing Group, Torus and Warrington Foodbank.

The pilot project has been set up at Fearnhead Youth and Community Centre to support residents to improve their health and wellbeing.

People can be referred to the pantry by the council and local partners, including the Warrington Wellbeing service, Torus, Clarion, Citizens Advice Bureau and local GPs. Once registered, service users can pay a weekly £3.50 membership fee, which entitles them to choose a basket of 10 items of food worth up to £20.

Who to contact

Contact Name	Lyn Mullen
Contact Position	Senior Administration
Telephone	01925 443057
E-mail	lmullen@warrington.gov.uk

Where to go

Name	Fearnhead Community Centre
Address	Insall Road Fearnhead Warrington Cheshire

Time / date details

When is it on	Wednesday & Thursday
Time of day	Morning
Session Information	Sessions are drop-in from 10.00am to 2.00pm



We can help you with mental health, relationships, alcohol, smoking, bullying & more...
Get confidential & anonymous advice from an NHS Specialist Community Nurse via text:

- **Young People aged 11-19:** Text: 07507 33010



TikTok (13+)

You can choose to have a public or private account. If you set your account to private, then only those you accept as friends can see your videos. To do this go to your profile, tap the settings icon (three dots), tap Privacy and Safety and turn on Private account (by default accounts for people under 16 are set to private).

Report inappropriate content: you can report an account, video, comment and message. Follow the instructions here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Family Pairing

You can use Family Pairing to link your own TikTok account to your child's account. This will give you access to additional controls such as:

- **Screen Time Management:** Control how long your child can spend on TikTok.
- **Direct Messages:** Limit who can send messages to them or turn off direct messaging completely. *Direct messaging is automatically disabled for registered accounts between the ages of 13 and 15.*
- **Restricted Mode:** Restrict the appearance of inappropriate content.
- **Discover Search bar** - Option to disable.

Find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>



Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to Settings and Privacy, select Privacy and Safety, select Audience and tagging and ensure protect your tweets is selected.

Unfollow somebody: Click the the three dots next to their tweet and select unfollow.

Blocking: Click the three dots next to their tweet and select block.

Location: To keep your location private (so followers can't see the location you are tweeting from), go to Settings and Privacy, select privacy and safety, select location information and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>

Sibling Support Pack



Navigating neurodiversity

[Sibling Support Pack](#)

[The voice of the infant: expert insight videos | NSPCC Learning](#)

HOW CAN SENDIASS SUPPORT YOU?

With advice & support around:

- SEN (Special Educational Needs) Support in early years, schools and colleges.
- Communication with educational settings, local authority, health, and social care.
- Transition between educational settings or between children's and adult's services.
- Transport application processes for children with SEND.
- EHCP Application and Needs Assessment.
- Annual Reviews of Educational Health Care Plan (EHCP).
- Refusal to assess for an EHCP, refusal to issue an EHCP, contents of an EHCP, ceasing to maintain an EHCP, and placement decisions.
- Suspensions, exclusions and part-time timetables for children with SEND.
- Emotionally based school avoidance (EBSA).
- Equality Act 2010.
- Making a complaint.
- Health and social care queries related to the child and young person's SEND.

IS SENDIASS FOR YOU?

TO RECEIVE SUPPORT FROM US YOU MUST MEET THE FOLLOWING CRITERIA:

Be a parent/carer of a child or young person who:

- Is ordinarily a resident of Warrington.
- Is 0-25 years old.
- Has or may have Special Educational Needs (A diagnosis is not required to receive support with or without an EHCP).
- Has a query or issue relating to SEND

CONTACT US

01925 442 978

infosendiass@warrington.gov.uk

www.warrington.gov.uk/warringtonsendiass

https://www.facebook.com/WarringtonSENDIASS

We aim to respond to all enquires within 3 working days; however, this may be extended during periods of high demand.

Please note that we require 5 working days to review paperwork.



WARRINGTON SENDIASS

SENDIASS (Special Educational Needs & Disability Information Advice & Support Service) aims to empower parents/carers children & young people to take an active & informed role in making decisions about their education, health & social care needs.



AIM OF SENDIASS

Our role as an information, advice and support service (IASS) is to help parents/carers & young people build their knowledge, understanding, and confidence in SEND procedures, policies, practices, and law, and enable them to communicate their own needs, wishes, aims and rights.

Information will only be shared with professionals or other services with the understanding and consent of parents/carers or the young person, unless there is a safeguarding concern or if asked by OFSTED.

We will not take sides with parents/carers, young people, the local authority or any other stakeholders.

SENDIASS IS

- Free
- Impartial
- Confidential
- Arms- Length
- Trained

SENDIASS DO:

- Assist you to understand policies and procedures.
- Help you to understand & exercise your rights, roles & responsibilities.
- Empower you to feel confident to express your views & wishes.
- Advise you of your options so you can make informed decisions.
- Signpost to model letters.
- Provide resources in various formats to support your query.
- Help you to prepare for meetings, annual reviews, tribunals & at transition points.
- Review documents & forms completed by service users (e.g. EHC Needs Request forms).
- Promote positive working relationships between parents & carers, young people, settings and partner agencies.
- Explain jargon.
- Provide support & advice on how to move forward when things go wrong.
- Offer awareness & information sessions for parents carers & young people.

SENDIASS DO NOT:

- Make decisions for you (we are not an advocacy service).
- Routinely offer face to face meetings. (calls & Team meetings are available).
- Routinely attend all meetings in respect of your child.
- Arrange meetings or take minutes.
- Write letters or emails for you.
- Complete paperwork on your behalf
- Print or photocopy documents for you
- Review benefit forms e.g. DLA or PIP
- Have access to information about waiting lists for other services.
- Have priority access to other services.
- Have the power to speed up statutory processes.
- Provide therapeutic services or direct interventions.





Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

Unfriend: go to their profile, click on Friends and select Unfriend.

Blocking: go to their profile, click on the three dots and select Block.

Facebook Privacy Check up: this tool helps you review your settings. Find out more here: <https://www.facebook.com/help/1297502253597210>



Instagram (13+)

When you set up your account, it is automatically set as public (except if you are under 18 and it is set to private as default). To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings (from menu), tap Privacy and tap to toggle Private Account on.

Remove a follower: Go to your profile and tap followers and select remove to the right of the person.

Blocking: If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.

Turn off commenting on a post:

Tap the 3 circles above your post and select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo. To change any of these settings, go to settings, account and privacy.

Reporting: When you receive a message from an unknown number for the first time, you will be given the option to report the number. You can also block and report a user by clicking on their name and selecting Block or Report. You can report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/general/security-and-privacy/staying-safe-on-whatsapp/>



Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

Unfriend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Remove Friend'.

Block a friend: Go to the chat screen, tap and hold on a friend's name, tap 'manage friendship' and then tap 'Block'.

Location settings: This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose (please note that snaps you submit to Snap Map can still show up on the Map, no matter what location setting you choose):

- **Ghost Mode (Only Me):** your location won't be visible to anyone else.
- **My Friends:** your location will be shared with all of your friends.
- **Select Friends, Except:** your location will be shared with your friends, except the friends on this list.
- **Only These Friends:** choose specific friends to share your location with.

Who Can Contact Me: in your privacy settings you can choose who can contact you directly with Snaps, Chats, calls, etc. Remember, if you're in a group, then anyone can communicate with you in that Group Chat regardless of your settings.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>

Get urgent help

Contact us

Warrington CAMHS
The Alders
12 Birch Avenue
Warrington
WA2 9TN
Tel: [01925 575 904](tel:01925575904) (9am to 5pm, Monday to Friday)
Crisis Response Team

Our 24 hour crisis response team is for young people up to the age of 18 experiencing a crisis needing an emergency response.

Contact us on [01744 415 640](tel:01744415640)
Those over 18 can contact the crisis line on [0800 051 1508](tel:08000511508)

Going through a crisis? Based in the UK? Place2Be can't provide support outside of our schools, but there are other organisations that can help.

If someone's life is in immediate danger, please call **999**.

Shout (in partnership with Place2Be)

Text **CONNECT** to **85258**

- **For:** anyone in the UK
- **Available:** free, 24 hours a day
- **More info:** giveusashout.org

Childline

Call **0800 1111**

Chat online (set up an account first)

Send an email (set up an account first)

- **For:** children and young people in the UK
- **Available:** free, 24 hours a day
- **More info:** childline.org.uk

Samaritans

Call **116 123**

Send an email (response within 24 hours)

- **For:** adults in the UK
- **Available:** free, 24 hours a day
- **More info:** [samaritans.org](https://www.samaritans.org)

Knowing I wasn't alone got me through a difficult night. Texter, Shout

Support for under-18s

If you're worried about something, talk to an adult that you trust as soon as possible.

This could be:

- Someone in your family, like your mum, dad or carer
- Someone at school, like a teacher or Place2Be (if you have it in your school)
- Your doctor.
If you are not sure who to talk to:
- Call Childline on **0800 1111** or
- Text **CONNECT** to **85258** to contact Shout (in partnership with Place2Be).

Talk or text for free any time, wherever you are in the UK.

Find other places where you can get help and advice **I'm worried about my child or young person**

If their life is in immediate danger, call **999**.

If not, we recommend talking to someone who can help you understand what they might be going through and refer you to support in your area.

This could be:

- Your doctor
- The Place2Be staff member at their school OR a similar support service if the school doesn't have Place2Be
- The Young Minds Parents Helpline, which you can call for free on 0808 802 5544 (9.30am-4pm, Monday-Friday, UK).

Read more about supporting your child or young person

Support for teachers

Education Support Partnership Helpline

Call **08000 562 561**

Text **07909 341229**

For: Teachers / educators

Available: free, 24 hours a day

More info: [educationsupport.org.uk](https://www.educationsupport.org.uk)

Warrington Multi – Agency Safeguarding Hub (MASH) – 01925 443322

Out Of Office – Duty Team – 01925 443322 – Option 2

Need urgent help with your mental health?

Call the local 24/7 mental health crisis line on 0800 051 1508