All you need to know about your local Sure Start Children’s Centre

Start enjoying your local services...
Information, advice and support / Play and learning facilities for children
Books for children and adults to borrow / Access to childcare and much more...

Sure Start Children’s Centres
Warrington

WARRINGTON Borough Council
The Families Information Service provides a wide range of information to families in Warrington on childcare, children’s centres, family support and activities, free early education and Inclusion services.

Contact us:

01925 443322
fis@warrington.gov.uk
www.warringtonchildren.org
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What are Sure Start Children’s

Sure Start Children’s Centres support families with young children – from pregnancy up to age five. They are a ‘one-stop shop’ bringing you advice, support and activities in your local community.

Children’s centres are usually on the same site as primary schools, nurseries, leisure centres, or health centres. They work closely with other organisations such as Job Centre Plus, Citizens Advice Bureau and Life Long Learning so that you can get all the family support you need in one place.

Services vary from centre to centre with general access to:

► information, advice and support
► play and learning facilities for children
► books for children and adults to borrow
► information on childcare
► health services for young children and their families
► family support workers
► outreach programmes, for example, providing activity sessions in local community venues
► adult learning courses
► support to return to work or education

“The people are so friendly, the children love it. The staff are fantastic. They are helpful, fun, always friendly and chatty. It’s a really lovely place to spend time.”
Where is my local Sure Start Children’s Centre?

Central/East

Sandy Lane Children’s Centre
Sandy Lane, Orford,
Warrington, WA2 9HY
01925 425580

The Orchard Children’s Centre
Hilden Road, Padgate,
Warrington, WA2 OJP
01925 816912

Central/South

Westy Children’s Centre
Tinsley St, Latchford,
Warrington, WA4 IRE
01925 570870

Sunshine Children’s Centre
O’Leary Street,
Warrington, WA2 7RQ
01925 628680
Start Children’s Centre?

West

**Great Sankey Children’s Centre**
Old Liverpool Road, Great Sankey,
Warrington, WA5 1SB

**Little Stars Children’s Centre**
Boulting Avenue, Dallam,
Warrington, WA5 OJG

01925 636856

“The centre has everything a child needs.”
Register now and start enjoying your local services

Children’s centres offer the services most needed in that area.

Anyone caring for a child who lives in Warrington and is under five, including dads, mums, grandparents, child minders, carers and parents-to-be can register to use a Sure Start Children’s Centre. You need to register at the centre closest to your home.

Therefore you need to register and access your local centre.

Complete the registration form at the back of this booklet and either drop it in to your local centre or post it back to the freepost address. You can then start using the centre straight away.

“Meet other parents and babies. Good activities to do that you may not think of to do at home”
The birth of a child is life changing, even if it is not your first, whether you are a mum or a dad. It’s not uncommon to feel worn out or less confident than usual.

Staff at your local children’s centre are there to help you get the most out of the support available to you. They will offer you a friendly face while you settle in, and also:

- help you to register at your local centre
- visit you at home to offer support and discuss a range of services you might like to access
- meet you as you arrive, and stay with you while you settle in
- introduce you to other parents or carers
- come with you to sessions until you find your feet

“It’s very friendly, staff are very helpful and they signpost you to places. I think it’s nice having a Family Support Worker coming to your home.”

“Very, very helpful and you can talk to someone about any problems you may have. They make you feel comfortable.”
Family life can be as stressful as it is rewarding and every family has different and often rapidly changing needs.

Sure Start Children’s Centre staff will give you support when you need it most. These might include:

**Courses**
- Parenting classes
- Adult Learning Courses

**Advice**
- Debt Counselling Service
- Housing advice
- Citizens Advice Bureau
- Benefits Advice
- Return to work
- Working Families Tax Credit

“Children enjoy the relaxed atmosphere, easy going staff and support when necessary. Toys and activities are fun and stimulating.”
Dads matter

Whatever your age or circumstances as a dad (biological dad, stepdad or any other father figure) you are really important to your child.

Research now shows that dads have a major impact on their children’s future health and happiness. Positive father involvement in children’s learning is linked to better educational, social and emotional outcomes for children, including:

- better examination results
- better school attendance and behaviour
- less criminal offending
- better quality of relationships in later life
- better mental health

Source: Department for Children, Schools and Families (DCSF)

Sure Start Children’s Centres understand that positive parenting comes, where possible, from both parents. They are there to support dads through the early years of their child’s development.

Dads, grandads and male carers are welcome at all groups, sessions and courses.

There are plenty of drop-in sessions where you can stay and play with your children, meet other parents and ask for advice or information on any concerns you may have.

Contact your local centre to find your nearest group or tell us where you might like a dad’s group.

Dad’s matter – there is no doubt about that!
Disabilities and additional needs

Access is easy and sessions are open to everyone.

Children’s centres can offer:

- home visiting
- special educational needs support
- light and sound stimulation
- speech and language therapy
- communication skills development
- advice and support for parents and carers

“Her ability to start to sign has been a big development in our relationship.”
Young parents and carers

We recognise that as a young parent or carer you might have specific needs such as advice on returning to study or just a bit of extra support.

Your local children’s centre might include the following support in addition to all the everyday activities you can join in with:

▸ teenage pregnancy midwife
▸ young parents and carers groups
▸ benefits advice
▸ education and career advice
▸ housing advice
▸ childcare information

“Lots of variety and activities, help for young mums to meet, very pleasant and caring staff, lovely surroundings.”

“Very useful for support, especially since I am new to the area and have no family locally.”
Health and midwifery services

Sure Start Children’s Centres bring health services together to make life easier for busy families. Support could be offered by a Health Visitor/Nursery Nurse/Community Nurse or Midwife.

Midwives could offer:
► help with filling out maternity grant forms
► classes that prepare for birth and baby’s arrival
► antenatal and postnatal health checks
► breastfeeding advice and support
► opportunities to meet other mums, dads and carers
► help to give up smoking

Health Visitors could offer:
► support in the first few weeks with new baby
► health checks for the whole family
► breastfeeding advice and support
► weaning advice
► health advice clinics
► nursery nurses who will give advice on potty training, crying, sleeping and behaviour issues
► one to one sessions
► parent and child sessions
► opportunities to meet other mums, dads and carers
► support when giving up smoking
► support to register with a GP or dentist

“Chance to meet other mums with great advice on breastfeeding.”
Sure Start Children’s Centres support families to make healthy choices about food and nutrition. These include:

- healthy eating and food on a budget advice
- dietary advice for the whole family
- weaning advice
- healthy drinks and snacks during sessions

“Some centres even have a community café where you can go to meet up with friends and enjoy a healthy snack.”
Learning and development

Help give your child the best start in life before school

Try our:

- story time sessions
- speech and language sessions using stories, props and rhymes
- fun play together sessions for you to do with your child
- indoor and outdoor play
- ways to help your child develop confidence and learn how to share

“My child still likes to come even when there are no classes or groups, he loves to read and Isle of Books provides constant reading material.”

(The Isle of Books is unique to Sandy Lane however, most centres have books and a place to read.)

And for adults

If you fancy learning something new have a look at our many courses.

- Computer skills
- Literacy and numeracy
- First Aid
- Weight management
- Parenting
- Healthy eating
- Holistic therapy
- Making story bags

“Different activities have developed my son’s social skills and speech.”
Family reading

Improve your child’s language and communication skills and have fun in our library groups with the Family Reading Workers.

Adults and children can enjoy reading, singing and time together in the library areas at the centres.

Drop in, enjoy reading and sharing a book together, and borrow them without worrying about fines if they are late back!

“I didn’t realise you can borrow books. That’s really good. You get fed up with reading the same ones all the time.”

“I never realised there were so many good books for children.”

“We come to the groups because it is a safe, clean and friendly place for my three year old and two year old. There is a good variety of books and it is good to have somewhere to read and chat with other mums. We like the fact there are no fines!”

“I really like the way you read the story with all the expressions. I’m going to try doing that at home.”
Money, work and volunteering

Being a parent or carer of a young family goes hand in hand with pressures on time and finances.

Children’s Centre services can help you gain the knowledge, skills and confidence to return to work, and/or improve your skills. They will help you to get the right advice about training, employment and financial benefits and simply let you know what might be possible.

Here are just some of the services you can find there:

- Citizens Advice Bureau
- Benefits advice
- Tax Credits
- Job Centre Plus advice
- Childcare advice
- Debt counselling
- Housing advice
- Help to return to work or training
- Literacy and numeracy skills
- Computer skills
- Volunteering

Volunteering

Children’s Centre services actively encourage volunteering because it is a great way to learn new skills, try different jobs to see if you like it, and do something rewarding at the same time.

You will receive:

- an induction and safeguarding children training
- support and guidance from centre staff
- access to accredited and non-accredited courses
- valuable experience in preparation for returning to work

“Friendly staff, clean and modern facilities, bright environment, conductive to learning and development, great garden area and activities offered.”
Sure Start Children’s Centres are working to make sure that every child and parent/carer has access to good quality affordable day care and nursery provision. All centres benefit from qualified Early Years practitioners who support the following services to deliver good quality:

- childminder support services
- signposting to good quality full day care for 0 - 5s.
- crèche facilities for those attending courses at the Children’s Centres
- access to the Families Information Service including details of childcare and local schools
- a base for breakfast, after school and youth groups (selected centres)

Whether you are looking for childcare to return to work or college, or if you are thinking about a career in childcare, the Families Information Service is there to help you.

“I think the centre is a valuable asset to our local community. It provides a quality and stimulating environment for my child and she enjoys it so much.”

For a list of local nurseries, childminders, playgroups, after school clubs, tots groups and free independent advice on which is best for you please contact the Families Information Service helpline on 01925 443322 or visit www.warringtonchildren.org
Childminder support

Childminder network groups are held at several Sure Start Children’s Centres throughout Warrington. They provide practical support and the opportunity for childminders to meet regularly with their children to share ideas, information and help each other.

Childminders can also arrange to use Sure Start Children’s Centre facilities such as books, toys and meeting rooms.
How safe is your child at home?

“How every year around one million children are taken to hospital after an accident at home. The vast majority of these accidents happen to under-fives.”

Department for Education

Sure Start Children’s Centres provide practical support and advice to parents and carers to help reduce the number of child accidents in the home and keep children safe.

Safe Buy: safe, affordable, family safety equipment

Sure Start Children’s Centres Safe Buy scheme provides very affordable safety equipment for expectant families and those caring for children under five. The equipment is new, of high quality, bought at cost price and sold to you for even less, thanks to government funding, so you can be sure you are getting good products at a good price. Contact your local centre for information.

“Children can play together and develop different skills at sessions.”
Outreach home visits

Sure Start Children’s Centres offer visits to your home by trained staff that provide information on what you can access at the centre.

Ideally these visits should take place within three months of the child’s birth but you can contact the centre anytime to request one.

Please contact your local Children’s Centre if you would like more information on this service.

“The staff are extremely friendly and know you by name. Everyone is very approachable and helpful. It is a nice, safe environment to enjoy with your children and friends.”
Have your say

Parents and carers’ views are very important to Sure Start Children’s Centres. The aim of every centre is to provide a service that local parents, carers and children need and want. Your views and suggestions are always welcome. If you would like to comment, or have your say please:

► inform any of the centre staff
► post a comment in the opinions box at any children’s centre
► complete a parent satisfaction questionnaire at any centre

If you would like to get more involved you can join the parent forum and/or advisory board.

Parent forums and advisory boards

Parent forums are the voice of the local community. They are made up of local parents and carers of children under five. They help to inform the centre of what is needed in their area and what they would like their centre to offer. Just ask at your local children’s centre for information on joining and how often they meet.

Advisory boards

Advisory boards act as a critical friend to Sure Start Children’s Centres. They are made up of members of the local community such as councillors and teachers, and health representatives.

Parents are represented on the board too, bringing valuable knowledge and information about key issues in their community.
Who are the Sure Start Partners?

**Warrington Borough Council**
Sure Start work with all parts of the council but mostly Children and Young People’s Services, this includes schools and maintained nurseries. Sure Start also work with Community Services, who run libraries, leisure and community centres. To find out about all council services visit www.warrington.gov.uk or call the customer contact centre on 01925 443322.

**Health Providers**
Health visitors, nursery nurses, midwives, speech and language therapists and assistants working in Sure Start Children’s Centres are employed by their respective health provider and work in partnership with Sure Start to improve health outcomes.

**Jobcentre Plus**
Jobcentre Plus offers help and support to people returning to work. www.jobcentreplus.gov.uk

**Citizens Advice Bureau**
The Citizens Advice Bureau provides free, independent and confidential advice on your rights and helps people find solutions to legal, money, housing and other problems. www.citizensadvice.org.uk

**Life Long Learning**
Life Long Learning delivers most of the adult learning courses in Sure Start Children’s Centres. www.lifelonglearning.co.uk

**Private nurseries, childminders and other childcare providers**
Sure Start work with all private childcare providers in the borough. Some of these provide the childcare in Sure Start Children’s Centres.
Homestart
Homestart are a charity who offer support, friendship and practical help to parents and carers with young children in the local communities. www.home-start.org.uk

Sure Start may sometimes work with other partners too if they have services that support families. For a full, up to date list please contact your local children’s centre.

“Very friendly, lots for the children to do. Great staff.”

“I like the parent and child sessions as it gets us out of the house, we really look forward to coming.”
Rooms for hire

Sure Start Children’s Centres have modern, child friendly rooms for hire throughout Warrington (at selected centres only).

Outdoor play areas, large and small rooms can be available daytime, evenings and weekends.

Sure Start would like to help others in the community who are also trying to give under 5’s the best start in life and improve outcomes for all children and young people. If your group/activity involves children, young people or families you may receive a discount on room hire rates.

Contact your local children’s centres for more information on rooms, availability and discounts.

Terms and conditions apply.

“It is very interactive and my little girl loves the sessions. They are very informative and I love the new centre and toys/facilities available both for parents and babies.”
Registration Form

Registration form missing?

► Pick one up from your local children’s centre and take a look around while you are there!

► Phone your local centre and ask them to send one to you.

► Your midwife or health visitor will also have registration forms, just ask.