Community Sessions

Monday
- Mum & Baby Sensory Drop In 0-12m
  9:30-10:30 £3.75 per Child
  Sensoriel – Ashland House, Ince, WN2 2DX
- Advice on Healthy Eating & Wellbeing
  10am Clarington Place, Manchester Road
  Ince, Free Session All Welcome
  Telephone 01942 826051
- Active Aspull - Free Health Walks Starting
  10am from Aspull Surgery Haigh Road
  Telephone 01942 488481
- Toddler Time 10-12 My Life CIC Pepper
  Lane Standish £3 per Family Stay For
  Lunch For A Small Donation. To Book
  Telephone 01257 472900

Swim Tots 10:15-11:00 Wigan life centre
- Park Work Out Walk 16+ 10:30-11:15
  Mesnes Park Wigan - Meet At Mesnes
  Lodge, Telephone 01942 404982
- Shevington Youth Club – (Under 12’s –
  5:30-7) (13+ - 7:30-9) Highfield Avenue,
  Shevington Telephone 01257 423342

Tuesday
- Swim Tots 10:15-11:00 Wigan Life Centre
- Adults With Additional Needs Sensory
  Drop In 10:45-11:45 £5 per Adult -
  Sensoriel – Ashland House, Ince, WN2 2DX

Wednesday
- Sensory Drop In Children With Additional
  Needs 4:00-5:00 £3.75 per Child -
  Sensoriel – Ashland House, Ince, WN2 2DX

Thursday
- Mum and Pre-school Drop in 9:30-10:30
  £3.75 per Child -
  Sensoriel – Ashland House, Ince, WN2 2DX
- Rhyme time 10-3.0-11.30 Wigan library
- Aqua Natal 6.30-7.30 Wigan life centre

Friday
- Coffee Morning 10-12 Shevington
  Methodist Church
- X Zones 4-6 Wigan Town Centre

Saturday
- X Zones 11 Wigan Town Centre - In The
  Shops Under The Town Hall
- Animal Magic 10-12 My Life Pepper Lane
  Standish. All Ages £5 Per Person To Book
  Telephone 01257 472900
- Bowling Club 10:30-12 Ages 7-17 St
  Marie’s Bowling Club Old Beechfield
  Gardens Standish. Telephone 01257 423550

Are you registered with a Dentist?
Are you registered with a GP?
Would you like to volunteer?
For more information or to book a session please phone
01942 767503

Start Well
Family Centre Timetable
(Ince Hub and linked sites)
Autumn/Winter 2016

Come along and have some fun!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Incredible Years &amp; Crèche 9:00-12:00 Douglas Valley Link</td>
<td>Fun Box Sign &amp; Sing 0-5 9:45-10:45</td>
<td>Parenting Drop In 9:00-10:30 Douglas Valley Link</td>
<td>Parenting Drop in 9:00-11:00 Boston House Clinic (tbc)</td>
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<tr>
<td>Jo Jingles 12m+ 9:15-10:00 Ince Methodist Church</td>
<td>Child Minders Monthly Session 10:00-11:30 Shevington Link</td>
<td>L3 Teaching Assistant Course 9:15-12:15 Douglas Valley Link</td>
<td>Garden Gang 9:30-11:30 Ince Hub (Feb 2017)</td>
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<tr>
<td>Well Baby Clinic 9:30-10:45 Shevington Link</td>
<td>Sensory Garden 10:00-12:00 Ince Hub</td>
<td>Butterflies Course 9:30-12:30 Douglas Valley Link</td>
<td>Baby Bubbles &amp; Rhyme 10:00-11:00 St Anne’s Community Centre</td>
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<tr>
<td>Helping &amp; Working in Education Course 9:30-11:30 Sacred Heart Link</td>
<td>L2 Teaching Assistant Course 10:00-3:00 Ince Methodist Church</td>
<td>Well Baby Clinic 9:30-10:45 Ince Hub</td>
<td>Childminder Weekly Session 10:00-11:30 Shevington Link</td>
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<tr>
<td>L2 Beauty Course 10:00-3:00 Douglas Valley Link</td>
<td>First Aid 2 Day Course 10:00-3:00 Shevington Link (January 2017)</td>
<td>Family Frenzy 10:00-11:30 Standish Methodist Church</td>
<td>SGO Coffee Morning 9:00-10:30 Ince Hub</td>
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<tr>
<td>Pram Club 10:00-11:00 Aspull Library (Starting 14th November)</td>
<td>First Aid 2 Day Course 10:00-3:00 Aspull Library (February 2017)</td>
<td>Pram Club Standish Library 11:00-12:00</td>
<td>Treasure Baskets 11-12 Standish Library</td>
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<tr>
<td>Jo Jingles 0-12m 10:10-11:00 Ince Methodist Church</td>
<td>First Aid 2 Day Course 10:00-3:00 Ince Hub (March 2017)</td>
<td>Sensory Garden 12:00-3:00 Ince Hub</td>
<td>Basic Food Hygiene 9:30-11:30 UTC Town Centre (Includes Basic Baking – January 2017)</td>
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<tr>
<td>Baby Massage 0-6m 10:30 – 11:30 Christ Church Ince Parish</td>
<td>Basic IT 10:00-3:00 Scholes IT Unit (date tbc)</td>
<td>Early Start Course 1:00-3:00 Douglas Valley link</td>
<td>Fizzy Fun 10:00-11:00 Standish Library</td>
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<tr>
<td>Jo Jingles 0-5years 11:30-12:30 Manley Street</td>
<td>Fun Box Sign Pre-Walkers 11:00-12:00 Sacred Heart</td>
<td>Breastfeeding Support 1:00-3:00 Wigan Library</td>
<td>Baby Massage 0-6m 10:00-11:00 Shevington Link</td>
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<tr>
<td>Physibodies 11:00-12:00 Shevington Library (£1 per family)</td>
<td>Sensory Babies 1:30-2:30 Sensoriel Ashland House, Ince, WN2 2DX</td>
<td>Baby Yoga 1:00-2:00 Ince Hub</td>
<td>Tiger Feet 11:00-12:00 Shevington Library</td>
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<tr>
<td>Sensory Garden 12:00-3:00 Ince Hub</td>
<td>Parenting Drop In 2:00-3:00 Standish Library</td>
<td>Baby Massage 1:30-2:45 Douglas Valley Link</td>
<td>Let’s Get Ready 9:30-11:00 Ince Hub</td>
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<tr>
<td>Chatterbox 1:00-2:00 Aspull Library (Starting 7th November)</td>
<td>Time For You 1:30-3:00 Sacred Heart</td>
<td>Well Baby Clinic 1:30-2:45 Douglas Valley Link</td>
<td>Basic Food Hygiene 9:30-11:30 UTC Town Centre (Includes Basic Baking – January 2017)</td>
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<tr>
<td>Breastfeeding Support 1:00-3:00 Douglas Valley Link</td>
<td>Basic English 4-5pm St Catharines school (Start Date tbc)</td>
<td>Giggles, Wiggles Stories &amp; Rhymes 2:00-3:00 Shevington Library</td>
<td>Fizzy Fun 10:00-11:00 Standish Library</td>
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<tr>
<td>Mathematics Adult Learning 1:00-3:00 Douglas Valley link</td>
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<td>Children’s Voices 3:00-4:30 Ince Hub (Starting 23rd November)</td>
<td>Baby Massage 0-6m 10:00-11:00 Shevington Link</td>
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<tr>
<td>Well Baby Clinic 1.30-3:00 Aspull Clinic</td>
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<td>Getting It Right For Your Baby 6.30-8.30pm Douglas Valley Link (2nd Nov, 7th Dec, 10th Jan, 17th Feb, 7th March)</td>
<td>Tiger Feet 11:00-12:00 Shevington Library</td>
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<tr>
<td>Parenting Drop In 2.30-4.00 Douglas Valley link</td>
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<td>Breastfeeding Workshop 6:30-8:30 Douglas Valley Link (Starting 18th January 2017)</td>
<td>Friend’s First Asylum Seekers &amp; Refugee Drop In 11:00-1:00 St Catherine’s Parish Hall</td>
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<tr>
<td>English Course 5:00-7:00 Rosebridge Academy (January 2017)</td>
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<td>Parenting Drop In 11:30-12:30 &amp; 2:30-3:30 Ince Hub</td>
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<td><strong>Hub &amp; Link Sites colour codes</strong></td>
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<td>Baby Bubbles &amp; Rhyme 12:30-1:30 Shevington Library</td>
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<tr>
<td>Ince Hub- (Higher Ince, Lower Ince, New Springs)</td>
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<td></td>
<td>Arts And Crafts for Adults 1:00-3:00 Aspull Library (January 2017)</td>
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<td>Scholes/ Whelley Standish / Aspull Shevington Beech Hill/Sacred Heart</td>
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<td>Wigan Town Centre</td>
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