



Autumn Edition Liverpool Parenting Newsletter September-November 2023

"Welcome to the Autumn Edition, of Liverpool's Parenting Newsletter.

I hope you managed to spend some family time together over the summer holidays.

I cannot believe it is Autumn already! But for me, Autumn brings new opportunities and new starts. Back to school... transitions for nursery and primary children, older children gaining independence and starting new learning opportunities and higher education starts for our young adults. Sometimes its an opportunity for us as adults, to go on and start a new learning journey too!

Autumn time is great for us to get a chance to reflect on what we would like to do with our time. Whether its starting an adult learning course or thinking about getting back into the world of work. Now is a good time to think about what new starts we would like in our lives. You can find out more information in this newsletter on adult learning opportunities and getting back into employment.

During the summer the first of our Family Hub Networks were launched in the City. Clubmoor and Eller green children's centre, Tuebrook, West Derby and Yew Tree Children's Centre and Fazakerley, Croxteth, Stoneycroft and Knotty Ash Children's Centre all form part of our very first Family Hub network. The centres hosted some fantastic, free, family fun day events.

This marks the start of bringing some great Family Hub Services across the City, for families and their children aged 0-19 and up to 25 for our young adults with additional needs. Keep an eye out for our next Family hub launch, towards the end of November!

There is always lots going on in our city. In October our famous River of Light festival returns, where you can visit the waterfront and experience the amazing light trails and its all free!

More information can be found on this spectacular event in the newsletter along with lots of helpful information on services that support children and families.

I'll be sending out another newsletter for December, with lots of information regarding festive events happening across the city and in Family Hubs. But for now, I hope you find the Autumn newsletter useful and don't forget.... **the clocks go backwards by one hour on Sunday 29th October at 1am!!**



Liverpool River of Light 2023 - "United by Light"



River of Light is an outdoor illuminated gallery on Liverpool Waterfront lit daily, featuring light and sound from local, national and international artists.

Some artworks are new to Liverpool and some are never-seen before, brand-new commissions. This year's theme, following on from hosting an incredible Eurovision Song Contest in 2023 is United by Light, as a continuation to Eurovision's 'United by Music.'

Stayed tuned as the full list of installations is soon to be announced. For more information, head to [river of light 2023](#)

Family Hubs are here in Liverpool.



Family Hubs are building on the strengths that exist within our communities, to provide wrap-around support for the whole family, whatever their situation or need.

Family Hubs will bring together multiple partners under one roof to support people with services such as infant feeding, mental health, health and parenting, debt advice and youth support.

We know how frustrating it can be for families to have to repeat themselves to various organisations when trying to sort out a challenge they're facing. Family Hubs aim to prevent this for families and help early on by putting families in touch with the right services at the right times.



Have you heard of "Best Start For Life"? Are you expecting a baby or have a young child up to the age of 2?



As a part of the Family Hub programme, Liverpool City Council has put together a **Start for Life offer** to provide you and your family with everything you need to know **prior to conception, throughout pregnancy and birth**, all the way through until your baby turns two years old.

[Start for Life offer](#): is a single, reliable, evidence-based online resource for parents and carers.

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

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

Before Baby Arrives

Your Babies Health and Development

Mum's Health Support for Family Members

Special Educational Needs and Disabilities (SEND)

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

New online courses and information for parents of pre term babies and babies who have been unwell



Understanding your preterm or sick baby in hospital



Online course to help you develop the best bond and relationship with your baby



inourplace 

www.inourplace.co.uk
for emotional health and wellbeing

Scan the QR code to access for free... your free registration code is purplebin



Understanding your
preterm or sick baby
now you're home



Free online access at your convenience



inourplace 

www.inourplace.co.uk

developed by psychologists, health professionals and parents



Thinking of doing something just for you?



Centres for Lifelong Learning, Skills & Employment Support

New Courses

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

Adult Learning Venues

Granby Street L8 2TU T: 0151 233 2400	Newsham Drive L6 7UH T: 0151 233 1809	Norris Green L11 1DQ T: 0151 233 8530	Park Road L8 6SE T: 0151 233 2430
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Contact one of our centres above to join the Essential Digital Skills, English, Maths or ESOL courses and we can place you in a class that is right for you.

We support our residents to

BELIEVE. ACHIEVE. SUCCEED.

APPLY ONLINE NOW!

Contact: 0151 233 3026

Visit: Liverpool.gov.uk/learninginliverpool

 @liverpoolals

 @liverpool_als



WELCOME BACK TO SCHOOL

*EXCITED, NERVOUS, ANXIOUS?
NOT SURE HOW THEY'RE FEELING?*

EMOTIONAL HEALTH CAN MAKE A BIG DIFFERENCE
TO CHILDREN'S PROSPECTS IN SCHOOL AND BEYOND

In Liverpool, we believe in supporting children's emotional health development, and that's why we've invested in online courses in understanding your child for parents.

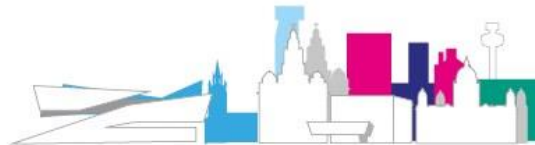
By understanding how your child's brain develops and responds emotionally, you can better support their needs as they navigate the big milestones in school.



- Learn to better read and understand behaviour
- Help them to communicate how they feel
- Gain psychologist-informed ideas to support your child



GO TO [INOURPLACE.CO.UK](https://www.inourplace.co.uk)
AND ENTER THE CODE **PURPLEBIN**
FOR FREE ACCESS TO THE ONLINE COURSES



LOOKING for WORK?

This is a
FREE
service

We have jobs with **local employers**

If you are a Liverpool resident and not in work we can help you with:

- Create or update CV's
- **Job search skills**
- Online job applications
- **Interview skills**
- Explore job opportunities
- **Cover letters**
- Using a computer
- **Training**

Plus other help to make you job ready

 @liverpoolinwork  @liverpoolinwork

liverpool.gov.uk/waystowork

liverpoolinwork.co.uk

0151 233 5312

The Ways to Work programme is funded by the Liverpool City Region Combined Authority Strategic Investment Fund.

LIVERPOOL

WAYS TO WORK

Is a free service that supports Liverpool residents to find work.

We assist residents who are aged 16+ who are not currently employed and have the right to live and work in the UK.

LIVERPOOL IN WORK

We offer professional, impartial and confidential information, advice and guidance on looking for and gaining work.

From identifying what's holding you back and helping you to find your solutions, to practical things like effective job searching, CV writing, job applications and advice on implementing career plans.

We can provide you with the support that you need.

EMPLOYER SERVICES

We help businesses to recruit.

We work with employers to understand what they really need from new employees.

We advertise vacancies - matching and screening candidates to opportunities.

We advocate on job seekers' behalf to employers and work with them to consider different recruitment methods to give local residents a competitive chance at their jobs.

We seek out empathetic employers who are willing to offer our customers experience and opportunities to gain employment.

POSITIVE INCLUSION TEAM

If you are not quite ready for work and need additional support, we offer a range of bite sized one to one and group sessions.

These include confidence building, writing a CV, preparing for interview and staying safe online.

E: pip@liverpool.gov.uk



Liverpool
City Council

New start in Learning

We offer a wide range of courses for adults for over 19 years.
We help thousands of learners to achieve their goals and ambitions.

Courses include gaining qualifications in English, maths, digital skills and vocational courses like child-care, first aid and beauty.

We also have courses for personal interest, wellbeing or to help you in your journey to find work.

Many of our courses are FREE when in receipt of certain benefits.



[liverpool.gov.uk/
learninginliverpool](http://liverpool.gov.uk/learninginliverpool)

Apply online
now


[@liverpool_als](https://twitter.com/liverpool_als)

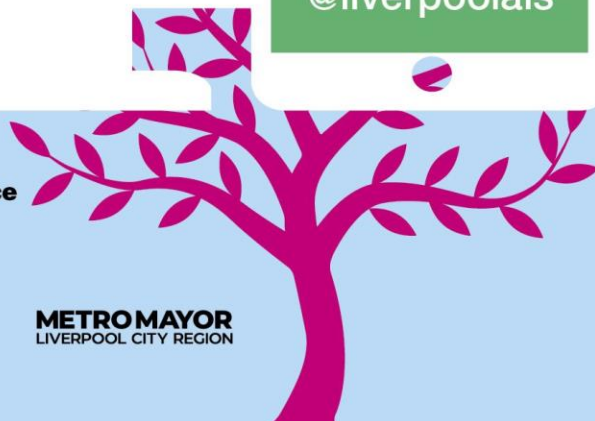

[@liverpoolals](https://www.facebook.com/liverpoolals)

als Liverpool
Adult Learning Service

call : 0151 233 3026



METROMAYOR
LIVERPOOL CITY REGION





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

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

ONLINE COURSES FOR PARENTS,
GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series

Understanding...

English more languages available powered by Google Translate

Enjoy a fresh new look on mobiles

...pregnancy, labour, birth and your baby

...your baby

...your child

...your child with additional needs

...your teenager's brain

...your feelings (for teenagers only!)

...your relationships

and much more!

optional voice-over where available

Do you live in Liverpool?

1. Scan QR or visit www.inourplace.co.uk

2. Enter the Access Code*

3. Begin learning

*Sign in or registration required

Access Code: PURPLEBIN

Locally funded PREPAID

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

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

Liverpool families can go to this website;

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

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

- Arabic - فهم أطفالكم
- Bulgarian - Как да разбирате детето си

- Chinese - 认识您的孩子
- Polish - Zrozumieć swoje dziecko
- Urdu - اپنے بچے کو سمجھنا

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

Liverpool Children's Centre's





Umbrella Stay & Play

For children with characteristics of / emerging characteristics of neurodevelopmental conditions

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

Every Friday 9.30am-10.30am

Free - No booking required

At Five Children and Families Trust Centre
Conleach Road, Liverpool, L24 0TW

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

Neurodiversity 1:1 Session

**Every Friday 11.30pm - 12.30pm, 1pm - 2pm,
2pm - 3pm**

Contact the Centre to book on 0151 4869719

**Come and meet a member of the Neurodiversity Early Years
Team, to explore strategies to support your child at home. The
session provides an opportunity for you to explore a range of
topics, tailored to your child - this could include - understanding
early child development, sensory sensitivities, emotion
regulation, positive sleep routines**

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

Baby Massage - FREE

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

Welcome to Play - FREE

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

SEND Support - FREE

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

Nurture Parenting Programme - FREE

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

You & Me, Mum - FREE

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



Kinship Carers



A kinship carer is a person looking after someone else's child because their parents are unable to care for them. You might be a grandparent, auntie, uncle, sibling, or friend. You might be caring for very young children or teenagers. You might be new to kinship caring or you may have been doing it for many years.

How can Kinship Carers Support You?

Kinship caring is both rewarding and challenging. Some families face difficulties, at different stages of the kinship family journey. You are caring for others but who is caring for you? We are here to give you advice, information and support dependant on families need.

Every kinship family situation is different.

Coffee morning

22nd September 2023

10-12

Garston Childrens Centre L19 8JZ

Once a month after that!

Garston Children's Centre Kinship Support Group

Support and guidance available from the Kinship support team

or pop in to meet other kinship carers, have a chat and a cup of tea.

Contact Garston Children's Centre for more information and dates of meetings on 0151 233 6868.

Any kinship support contact Kinship carers Liverpool 0151-270-2108

website: [kinship Carers](#)

Registered Charity No. 1122907 Kinship Carers is a company limited by guarantee No.05943911

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

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

COFFEE MORNINGS

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

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



Bite size courses from CAMHS - helping parents to support their children and young people

CAMHS offer a variety of short bite size courses to help children, young people and their parents. They are all free and can be accessed online. Here's the link to the CAMHS website [liverpool.camhs](https://www.liverpool.camhs.nhs.uk/) click on this link to explore more.

Everton In The Community Activities For Dad's and Families



What's on?

Dads Walk - FREE

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

Dads Club - FREE

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

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

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

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





Stay and Play - FREE

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

Complete the registration form above.



Dads Classes - FREE

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

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

Free Football For Children!

LFC Foundation Kicks Project Timetable - Free Football				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Kicks 6-7pm Ages 8-11 7-8pm Ages 12-15</p> <p>Central Youth Club L6 9EJ</p>	<p>Kicks 5-6pm Ages 8-11 6-7pm Ages 12-15</p> <p>Toxeth Firefit L8 8HD</p>	<p>Kicks Girls 5-6pm Ages 8-10 6-7pm Ages 11-14</p> <p>Anfield Sports Centre L6 0AG</p>	<p>Kicks 5-6pm Ages 8-11 6-7pm Ages 12-14 6-7pm Ages 15-16</p> <p>Wavetree Leisure Centre L15 4LE</p>	<p>Kicks 4-5pm Ages 4-7 5-6pm Ages 8-15 6-7pm Ages 16-17</p> <p>Kirkby Sports Centre L32 8SA</p>
<p>Kicks 5-6pm Ages 8-10 6-7pm Ages 11-15</p> <p>Hive Youth Zone CH41 4EA</p>	<p>Kicks Girls 6-7pm Ages 8-11 7-8pm Ages 12-15</p> <p>Woodchurch Sports Complex CH49 7NG</p>	<p>Kicks 5-6pm Ages 8-11 6-7pm Ages 12-15 6-7pm Ages 16-18 U16s Rep Team</p> <p>Anfield Sports Centre L6 0AG</p>	<p>Kicks 5-6pm Ages 10-12 6-7pm Ages 13-15</p> <p>Adom Park L10 1GG</p>	<p>Kicks 6-7pm Ages 8-9 6-7pm Ages 10-11 7-8pm Ages 12-13 7-8pm Ages 14-15</p> <p>Netherton Activity Centre L30 3TL</p>
	<p>Kicks 4-5pm Ages 4-7 5-6pm Ages 8-11 6-7pm Ages 12-15</p> <p>Stonyfields Dingle Vale, L8 9SU</p>	<p>Kicks - Lord Derby Students 6-7pm Year 7 7-8pm Year 8 & 9</p>	<p>Kicks 6-7pm Ages 8-11 7-8pm Ages 12-15</p> <p>Holewood Academy L26 1LG</p>	<p>Kicks Girls 5-6pm Ages 8-10 5-6pm Ages 11-14</p> <p>Tiber Football Centre L8 0TP</p>
<p>     </p>				



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



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

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

You will also be eligible for NHS Healthy Start if:

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



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



Mobile Shop

NEW BEGINNINGS IMPROVING LIVES CIC

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

Stop times below



Wednesday
12pm BNEC - Everton

Thursday 10.30am Firefit -
Toxteth

Thursday
1pm Christ Church - Norris Green

Friday
10am Woodcutters
Garston

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

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

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

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

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

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

The stop location times/days are:

Wednesday

BNENC Everton 12.00pm

Mulgrave street/Urban scape Garden 2.30pm

Thursday

Firefit Toxteth 10.30pm

Norris green Christ church 1.30pm

Friday

Garston woodcutter social club 10am

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

Local Foodbank's and Cost of Living Help



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

Please see links below

[Locations | North Liverpool Foodbank Website](#)

[Locations | South Liverpool Foodbank Website](#)



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

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

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

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

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

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

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

[citizens advice website](#)

[twitter link](#)



SEND Support For Children and Families



2 - The ASD Training Team



LIVERPOOL CITY COUNCIL

EARLY NOTIFICATION 0-5 YEARS OLD

WHO WE ARE?

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

EARLY YEARS GATEWAY TO SEND

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

WHAT WE DO?

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

FACE TO FACE

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

CONTACT US FOR MORE INFORMATION



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



CHRIS - 07522619983
LAURA - 07933172130



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



Umbrella Stay & Play

For children with characteristics of / emerging characteristics of neurodevelopmental conditions

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

Every Tuesday 10-11AM

Free - No booking required

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

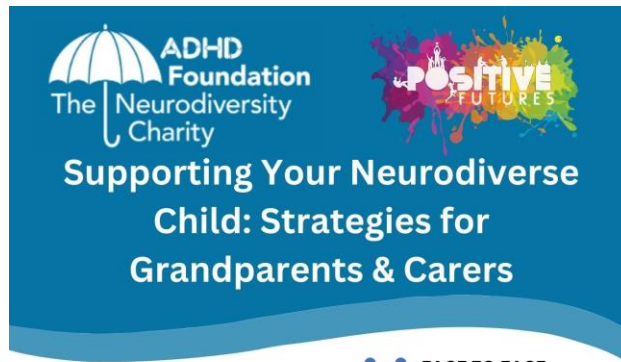
**Come along to meet with other families, play with your
child and explore strategies from the Early Years
Neurodiversity Team**

Neurodiversity 1:1 Session

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

Contact the Centre to book on 0151 233 8500

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



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

We will cover:

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

FACE TO FACE WORKSHOPS

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

ONLINE WEBINARS

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

READING BOOKLETS



Understanding and Supporting My Child's ADHD



ADHD Guide for Children



ADHD Guide for Teenagers

 pfr@adhdfoundation.org.uk

 www.adhdfoundation.org.uk

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

One to one Telephone/Virtual Consultation

Group Questions and Answers (virtual sessions)

Question and Answer session into schools

Early concern - Social Communication/Interaction workshop

Pre an ASD assessment training/workshop

Post an ASD assessment training/workshop

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

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

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

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



ADDvanced Solutions **Community Network**

Working in Partnership with NHS Liverpool CCG

3 - ADDvanced Solutions

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

What's available?

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

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

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

[ADDvanced Solutions](#)



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

Explore the website here [adhd foundation](#)

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

Explore the website here [adhd foundation](#)

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

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

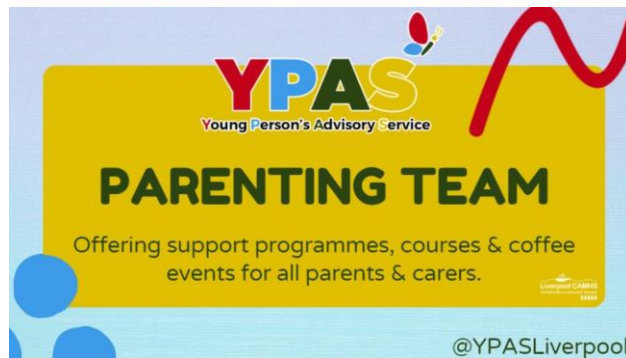


5 - Referrals for the programme can be made by CAMHS, Local Authority and Paediatrics, however, families can also self-refer into the service by completing our online referral form [form](#) .



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

Liverpool YPAS and Parenting Programmes



6 - For more information on Liverpool YPAS Parenting services please contact the YPAS Parenting Team on: 0151 707 1025 or have a look on the calendar of events to see what's on <https://www.ypas.org.uk/whats-on/>



7 - Incredible Years:

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

[liverpool ypas](#)

This is a face to face delivery service

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



8 - Youth Connect 5

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

[liverpool ypas](#)

This is a face to face delivery service

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

PARENTS/CARERS PARTICIPATION GROUP

have your say....



Did you know you can:

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

Liverpool Children's
1942

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

YPAS
Young Person's Advisory Service

www.ypas.org.uk

0151 707 1025

support@ypas.org.uk



WHISC Information Support Centre

Women's Health and



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

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

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

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

Call us on 0151 707 1826

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

WHISC

Wellbeing Walk

THURSDAY'S 1PM AT PRINCES PARK

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

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

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

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



WHISC

NEW MEDITATION SESSION:

Time to Breathe



Every Tuesday 11.30-12.30

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

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

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

Could you be a Foster Carer?



Liverpool's Fostering Service

Could you give a child a safe and loving home?

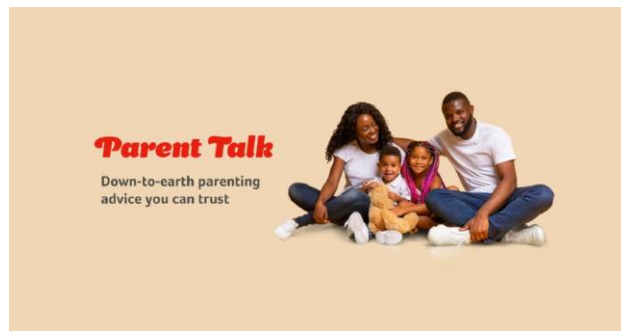
We're looking for foster carers to give love and care to young people who really need, and deserve it.

Visit: [liverpool fostering service](#)





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



9 - Free 1-2-1 Parenting support

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

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

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

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

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



A green rectangular advertisement. On the left, a purple speech bubble contains the text "Feeling low? Overwhelmed? Anxious?". Below it, a white speech bubble contains the text "Talk to us.". On the right, the text reads: "Text GREEN to 85258 for free and confidential support 24/7". Below this is the "shout 85258" logo, which includes the text "in partnership with" and the logo for "Cheshire and Merseyside Health and Care Partnership".

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

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

Adults in Liverpool & Sefton Text HEAL to 85258



BUILDING RESILIENCE THROUGHOUT RECOVERY dates for 2023

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

7 /11/2023 Self Care and Self Esteem

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

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

Recovery Group 4.30 pm – 6.30 pm

Carers/Parents Groups 6.30 pm – 8.30 pm

Tax Free Childcare



Childcare Choices

Tax Free Childcare

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

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

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

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



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

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



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

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

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

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

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

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

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

Rape and Sexual Abuse (RASA)

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

Our 24/7 Rape & Sexual Abuse Support Line is open 24 hours a day, every day of the year:

 [Call free on 0808 500 2222](tel:08085002222)

 [Visit the website](#) to start a free online chat

Domestic Abuse Support

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

Friendship Group

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



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



Who to call for advice

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



Liverpool Domestic Abuse Services

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

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

email: enquiries

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



Merseyside Domestic Violence Service

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

Tel: 0780 272 2703

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

Paul Lavelle Foundation

Support for men in domestic abusive relationships.

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

email: info@paullavellefoundation.co.uk

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



Savera UK -

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

email: [website infomration](#)

website: [website information](#)

SAVERA UK

Victim Support Merseyside

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

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

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



Worst Kept Secret Helpline Merseyside

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

email: [localsolutions](#)

website: [local solutions](#)

Our Partner Agencies



Some of our partners

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

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

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

Liverpool's Parenting Coordinator on the email below

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