

Sefton | Spring 2023 FREE

all about family

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THE
ATKINSON

Southport's
home for arts
& culture

FREE ENTRY

Plan your visit online

Music / Theatre / Comedy / Exhibitions
/ Museum / Shop / Café / Library

The Atkinson
Lord Street
Southport
PR8 1DB

theatkinson.co.uk
01704 533 333

Sefton Council 

REGAL ENTERTAINMENTS PRESENTS

LIVERPOOL'S SPELLBINDING EASTER PANTO

Starring

**KATY
MAC**

FAIRY SPARKLE

**LEWIS
BURRAGE**

PRINCE

**REECE
SIBBALD**

CHESTER THE JESTER

**MIA
MOLLOY**

SLEEPING BEAUTY

**RACHAEL
WOOD**

CADABOSE

**WARREN
DONNELLY**

KING

**MARK
TWO**

DAME



SLEEPING BEAUTY

TICKETS FROM **£15**

WRITTEN BY LIAM MELLOR - DIRECTED BY CHANTELE NOLAN
CHOREOGRAPHED BY NAZENE LANGFIELD - MUSICAL SUPERVISOR CALLUM CLARKE

**EPSTEIN
THEATRE**



FRI 7 - SUN 16 APRIL 2023

Book tickets: 0344 736 0151 | epsteintheatre.co.uk

*In person: Hanover House, 85 Hanover Street, Liverpool L1 3DZ

*There is a £2 booking fee per transaction when booking in person at the theatre box office.

Facebook, Twitter, Instagram, YouTube icons | @EpsteinTheatre

**REGAL
ENTERTAINMENTS LTD.**

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Merseyside Fire & Rescue Service

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Epstein Panto

From the 7th April to the 16th April, panto returns to the Epstein Theatre. Sleeping Beauty tells the enchanting tale of Princess Aurora, who is cursed by the evil fairy Carabosse, tricking her into eternal slumber which can only be broken by a kiss from her true love.



Will the beautiful princess find her true love and be freed from the evil fairy's curse? What fate awaits the evil fairy?

Set your alarms and get down to The Epstein Theatre this Easter to find out!
www.epsteintheatre.co.uk

Atkinson This Spring

The Atkinson in Southport offers a fun, creative and varied day out, with lots to do under one roof (and for free too!). The busy arts centre is open throughout the year and presents a seasonal programme of exhibitions, events and activities.



Their stunning Egyptology museum shows visitors what life was like in ancient Egypt at the time of the Pharaohs. Choose an outfit from the dressing up box and take a selfie; in Ancient Egypt mirrors were treasured and thought to be magical!

The local history museum tells the story of Sefton's coast, from prehistoric times to the present day.

Kids glued to their phones will love the 'Local Legends' tour, bringing artefacts in the museum to life by scanning QR codes. Be inspired in the galleries and discover an impressive variety of artworks on display; painting, sculpture, digital art and more.

You can get creative too, there are always activities in the gallery 'Art Box' including artist led craft sessions for children. The Atkinson is also home to Southport Library who house an extensive Children section. Pick up a book and read together in a ship specially made for the library, based on a real fishing boat built in Southport around 1900.

In the Theatre, families can enjoy seasonal pantomimes, magic shows, music and dance, as well as adaptations from best selling authors. Every seat in the auditorium has a great view of the stage and booster seats are available for littluns. Oh, and did we mention there is an award-winning café and a fabulous gift shop?...

Families are at the heart of The Atkinson, see the full offer for all ages online here.
<https://www.theatkinson.co.uk/>



Spring at The Strand

Lots of FREE family activities are happening at The Strand shopping centre this Easter Holidays. Easter Crafts, face painting and even the chance to meet Peter Rabbit! What a great way to spend some quality family time whilst entertaining the children.

The events will be happening at Mons Square Upper Mall on Tuesday 4th, Wednesday 5th & Thursday 6th April 11am – 3pm.

Beauty & The Beast at St Helens Theatre Royal

The Easter Panto returns to the St Helens Theatre Royal. This is the timeless story of Belle, a beautiful young woman who falls in love with the most unexpected of princes, who has been cursed to look like a hideous beast. Will the Beast learn to love and be loved? Will the spell be broken in time for all to live happily ever after?

An enchanting tale, filled with hilarious comedy, wonderful songs and a story which proves that even the grumpiest of Beasts can change his ways. Make sure to book your tickets before the final rose petal falls! www.sthelenstheatreroyal.com





CHESTER

ENJOY A GREAT DAY OUT AT THE **TOTE ROMAN DAY** 27TH MAY



GUARANTEED FUN FOR ALL THE FAMILY, INCLUDING:

A ROMAN CHARIOT DISPLAY
WOODLAND WORKSHOPS
MAKE & DO ACTIVITIES

BOUNCY CASTLES & INFLATABLE FUN
ARCHERY
PLUS MUCH MORE!

BOOK YOUR TICKETS ONLINE NOW AT CHESTER-RACES.COM

EASTER DUCK TRAIL

at Martin Mere Wetland Centre

SAT 1 - SUN 16
APRIL

Can you **'quack the case'** this Easter and find the **bright yellow ducks** hiding around our wetlands!



WWT

For more information search **WWT Martin Mere**



A WILDLIFE - FILLED day out for all the family

Wildfowl & Wetlands Trust Martin Mere Wetland Centre is a fantastic day out for all ages. Situated in Lancashire and with over 600 acres of wildlife, the centre boasts an impressive range of wildlife. Walk around

and meet bird species from around the world, including flamingos, geese, cranes, swans and many ducks. Meet the adorable Asian Short-Clawed Otters, Penny and Kenai, and attend their feeds to learn more about the species.

Explore the waters by boat or canoe each day or find exciting wildlife in the pond zone each weekend and half term. Then, take a break in the Mere Side Cafe, where you can find a selection of drinks and delicious meals. With so many events throughout the year such as the GIANT Duck Trail and the annual Duck Race, keep going back for something new and exciting with a family membership. For as little as £6.50 a month, enjoy unlimited visits to all WWT wetland centres and take advantage of what nature has to offer as many times as you want. Search WWT Martin Mere to find out more.





St. Mary's College Preparatory School

Join us for our Open Morning:
Wednesday 26th April, 9am - 12pm

*Visit us and discover why St. Mary's Prep is rated 'Excellent'
in all areas by the Independent Schools Inspectorate (ISI)*

0151 924 6302 www.stmarys.ac/prep

The independent Catholic school for boys and girls of all faiths aged 0-18



5 ways to keep your kids safe when gaming

1 - Check the game's content

Most games will contain content warnings if they include content or gameplay which could be deemed harmful or inappropriate for certain users or age groups - this can also be reflected through age ratings labelled on the game.

2 - Parental Settings

By checking the game settings, there is often the option to limit certain features of the game such as online access, expletives, gaming with strangers and online chat rooms within the game.

It is also worth having a look at console settings to reduce the chances of your child coming

across a game with inappropriate content.

3 - Communication is key

Talk to your children about the games they are playing - if you allow an open discussion about the content of these games and whether it's appropriate.

Communication is also vital in the chance that they are experiencing toxic online / gaming environments with bullying or expletives interrupting their enjoyment.

4 - Set boundaries

It is important to be aware of how long your child is spending on their games console as there is the risk of addiction or

dependency forming.

Setting clear boundaries for the amount of time they can spend gaming can be important in reducing these risks.

5 - Monitor Payments

Most modern game consoles and systems allow for games to be purchased for instant download. Try and avoid saving your payment details on the system after any previous purchases as this will reduce the chances of your child buying a game without your permission.

Thanks to Proxyrack

Photo by Sophie Traynor



Family Fun at the Bluecoat

- **Family Weekend** with free creative activities. Sat 22 & Sun 23 Apr, 1-4pm. Drop in
- **Baby Book Club** for babies 3-12 months Starts Thu 4 May, 10.30am. £75 for 10 sessions, includes a hot drink. Booking required
- **Fun in our children's corner** with activity packs, books, busy boards and more
- **Delicious children's meals** in our cafe and bistro

Find out more on our website:
thebluecoat.org.uk/family

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Supported and funded by
**ARTS COUNCIL
ENGLAND**



**Liverpool
City Council**

**Culture
Liverpool**

What's on for families this **Spring** at the **Bluecoat**

There's something for all ages this season at the Bluecoat.

Save the date for our Family Weekend, Saturday 22 – Sunday 23 April, packed full of free creative activities for all the family.

Our popular Baby Book Club returns in May, which is the ideal way to introduce your little one to the joy of reading. Spend quality time together, and meet other families too.

There's always a warm welcome at the Bluecoat, so don't wait for a special event to visit us. Get creative with one of our activity packs, or have fun in our children's corner with books, busy boards and more. Enjoy lunch in our café or Bistro, where we have delicious options for all ages.

Our building is family friendly, with baby change facilities, high chairs and plenty of pram space.

Visit www.thebluecoat.org.uk/family for all our family events.



@family_allabout



All About Family

www.allabout-family.co.uk

Discover a great read for your child...

Meet The Weather

Author: Caryl Hart
Illustrator: Bethan Woollvin
Publisher: Bloomsbury Children's Books



OUT NOW

This bold, bright follow-up to the acclaimed picture books 'Meet the Planets' and 'Meet the Oceans' is packed with gorgeous illustrations of everything from rainy rainforests to snowy mountains and stormy seas. Story-led with bold, striking artwork, it's the perfect first introduction to weather – and great for getting little ones interested in the natural world! Combining STEM learning with a rhyming twist, it's perfect for all little meteorologists.

Minx and Spanner

Author: Dougie Max
Illustrator: Dave Hill
Publisher: Troubadour Publishing



OUT NOW

Minx and Spanner are two cats who are living their best lives on the same street. They're not friends, not yet, but one day they find themselves thrown together when they are suddenly catnapped by a ruthless gang of thieves! The gang are stealing pet cats and dogs around the area and selling them to new families who don't know they already have owners. It's a catastrophe! Minx and Spanner must now learn to trust each other to get away and figure a way out – and what are cats best at? Running, jumping and hiding. But will they succeed in getting away? And if they do, can they find their way back home to their families?

Bertie's Big Day

Author: Annie Stewart
Illustrator: Michael Avery
Publisher: The Book Guild Ltd



OUT 28/3

Bertie the wild boar lives in a beautiful forest which he loves, but he is also very lonely. The problem is that people expect him to be fierce, so when they see him they are scared and run away. How can Bertie persuade everyone that he just wants to be friendly? He has lots of ideas, but will they work? Bertie's Big Day is a delightful story about friendship and determination which will appeal to children and adults alike. It features good messages for young readers and is ideal for bedtime reading.

Snufflelump: Trouble At School

Author: Neil Sunley
Publisher: Troubadour Publishing



OUT NOW

Snufflelump; Trouble at School is a book that ignites young children's imagination, as they learn about a lovable character who experiences a challenging time at school.

With proven, anti-bullying advice, this is a fun bedtime adventure story which shows how Snufflelump experiences many self-doubting thoughts during his journey but, as the story progresses, finds new skills as well as learning about the need for resilience in such situations.



St. Mary's College Crosby

More than 250 students from St. Mary's took part in the concert in the spectacular setting of Liverpool's Philharmonic Hall.

ACCLAIM FOR ST. MARY'S COLLEGE PRODUCTION OF 2,500 - YEAR - OLD CLASSICAL GREEK TRAGEDY

More than 30 talented young actors and musicians from St. Mary's College took part in the classic play *Oedipus* by Sophocles in the studio at Southport's prestigious Atkinson arts centre on Lord Street.

The play, written in the 5th century BC, tells the story of Corinthian Prince Oedipus who fulfils a horrifying prophecy by unwittingly killing his father and marrying his mother on his way to becoming King of Thebes.

Despite its age, the play is still highly regarded and unfolds as a compelling mix of murder mystery, political thriller and psychological whodunnit.

The complexity of the play's themes, were very successfully brought to life by the St. Mary's company which included in other key roles James Domville (Creon), Oliver Sugden (Tiresias) and Eleanor Fyfe and Eleanor Arthur (Antigone and Ismene).

The production also featured a classical Greek chorus of ten pupils and atmospheric incidental music chosen and arranged by a five-piece on-stage band, led by Juliette Duncan.

Other well-received aspects of the play included two dance interludes by Annie Grealis and Lola Thomas on, both of whom choreographed their own performances an ode spoken in Ancient Greek by Edward Newton, with a translation by Verity Clark.

St. Mary's Head of Classics and Latin, Mrs Nancy Moore, commented: *"This was a first-class production of a challenging play. The acting talent on display on stage was outstanding, and the students' hard work and dedication was apparent for all to see."*



The *Oedipus* company receiving the audience's applause at the end of the production.

YOUNG MUSICIANS FROM ST. MARY'S COLLEGE TAKE TO THE PHILHARMONIC HALL STAGE

More than 250 pupils from St. Mary's College and Preparatory School took part in the school's annual Festival of Music at the Philharmonic Hall in Liverpool.

The concert featured a wide range of musical ensembles including St. Mary's award-winning Symphony Orchestra, Symphonic Wind Band, Stage Band, Lower School Choir, Chamber Choir and Preparatory School Concert Choir.

As usual the concert featured an ambitious and eclectic repertoire from different periods and around the globe which took the audience on a musical journey from Brahms to the Beatles.

Highlights included movie music by John Williams from *Jurassic Park* and *Indiana Jones* and musical theatre selections from hit shows *Wicked* and *Six*.

Meanwhile the soloists at this year's concert were Victoria McKinley-Smith who performed the *Molto Allegro* from the Clarinet Sonata by Saint-Saens, and pianist Juliette Duncan who played Grieg's *Wedding Day* at Trolldhaugen.

St. Mary's College Principal, Mike Kennedy, added: *"Tonight's concert was the product of many months of dedication and hard work by our pupils, and the teachers and parents who support them."* I would like to pay tribute to the outstanding contribution that has been made by everyone involved in the event.



Spring clean your way to a safer home

At this time of year, we tend to take steps to make our homes a little tidier and Merseyside Fire & Rescue Service (MFRS) is urging people to take this opportunity to say goodbye to the clutter and make sure your family knows what to do in the event of a fire.

Every second counts when escaping a fire and the most important thing you can do to keep you and your family safe is to have working smoke alarms. You should have AT LEAST ONE working smoke alarm on each level of your home. Consider installing additional alarms in

rooms with electrical devices or sleeping areas.

Remember to keep internal doors closed during the night as they help reduce how quickly fire and smoke spreads around the house.

If you don't have working smoke alarms, give us a call on 0800 731 5958. Smoke alarms are fitted free of charge for those over 65 or meeting certain criteria.

But remember, smoke alarms might give you the warning you need to get out of the home safely, but blocked exits and locked doors can add crucial

seconds to your escape time. Lauren Woodward, Group Manager at MFRS, said: "Every second counts when escaping a fire. Having working smoke alarms and knowing the escape plan in an emergency could make all the difference." If you have dependents or someone less able to care for, it could take more time to **get out, stay out and call 999**. Make sure you're always prepared, your exits are clear and everyone knows what to do if the worst should happen.

Follow these top tips to keep you and your family safe:

SAY GOODBYE TO CLUTTER & HELLO TO A FIRE SAFE HOME

Merseyside Fire & Rescue Service
www.merseysidefire.gov.uk

- Try to stop smoking, but if you must, use a proper ashtray and make sure it is placed on a level surface away from combustible items. Make sure your cigarettes are fully extinguished.
- Keep candles & tea lights away from anything that can catch fire. **NEVER** leave lit candles unattended.
- Make it a priority to keep cooking areas clear & clean from combustible materials.
- DON'T** leave pans unattended while cooking. **NEVER** leave children or pets unattended in the kitchen.
- Make sure your escape routes are clear from any clutter. Keep your door & window keys in a known and accessible place.

Remember, in the event of a fire:
Get Out, Stay Out & Call 999

If you don't have working smoke alarms in your home, or need fire safety advice, call **0800 731 5958** or complete a **FREE** online home fire safety check by scanning the QR code.



HAVING A BEDTIME ROUTINE COULD SAVE YOUR LIFE!



Do you close your internal doors at night? Do you switch off and unplug electrical items? Simple things like this can make all the difference. Before you go to bed tonight, be sure to follow our bedtime checklist to keep your and your family safe.

- Close internal doors at night
- Switch off and unplug electrical appliances unless they are designed to be left on don't charge mobile phones and other electrical devices overnight
- Put candles and cigarettes out properly – don't smoke in bed
- Make sure exit routes are clear and keys are where everyone can find them.
- Take your phone to bed with you so you can call for help in the event of an emergency. Remember, in the event of a fire: **get out, stay out and call 999**

You are more at risk of fire when you are asleep, so make sure you check your home before going to bed.



Close all doors.



Switch off & unplug electrical appliances unless they are designed to be left on.



Put candles & cigarettes out properly. **DON'T** smoke in bed.



Make sure exit routes are clear & keys are where everyone can find them.



Take your phone with you so you can call for help in the event of an emergency. In the event of a fire: **GET OUT, STAY OUT & CALL 999.**

COMPLETE A BEDTIME CHECKLIST TO KEEP YOU & YOUR FAMILY SAFE.



DON'T IGNORE YOUR NEIGHBOUR'S SMOKE ALARM

It's really important that you take action if you hear a neighbour's smoke alarm and call 999 if you suspect a fire in a nearby property – a delay in alerting the emergency services to a fire can be the difference between life and death.

If you hear a smoke alarm, either as a resident or a neighbour, take action immediately and call 999. If you suspect a fire, get out, stay out and call 999.

Make sure you follow these smoke alarm top tips:

- Install at least one smoke alarm on every level of your home
- The ideal position is on the ceiling, in the middle of a room or on a hallway or landing
- Consider fitting additional alarms in other rooms where there are electrical appliances and near sleeping areas
- Don't put alarms in or near kitchens and bathrooms where smoke or steam can set them off by accident
- Test your smoke alarms every week
- Replace your smoke alarms every ten years.

Be Water Aware this spring

Merseyside is arguably blessed with some of the best waterfront locations in the country, and with lockdown restrictions now starting to ease, we're sure many of you will be looking forward to days out at the beach or local beautyspots with your family and family. But when enjoying our waters, it's important to remember the dangers they pose.

Rescue Service is proud to be part of the Merseyside Water Safety Forum alongside local authorities, ambulance service, police and organisations

including the RNLI, HM Coastguard and the Canal & River Trust.

So before you head to the beach, or take the family to be part of any activity near water, make sure you are prepared. Merseyside Fire &



OPEN WATER: DON'T TAKE THE RISK

THE WATER IS COLD...
...even on very warm days, rivers and canals contain water barely above 10 degrees. Sudden immersion can lead to cold water shock, which can cause gasping and intake of water. **This can be deadly in a matter of seconds.**

DID YOU KNOW?
Even the narrowest of rivers can be considerably deep. Rivers are subject to strong flow and hidden currents which can trouble even the strongest of swimmers.

WHAT LIES BENEATH?
The water is untreated and can make you ill. Canals and rivers contain pollutants, sewage and often unsealed underground obstructions and snag hazards. Debris under the water such as shopping trolleys, broken glass and cans can cause injury or trap you.

TOP TIP
ALWAYS GO TO A BEACH WITH A LIFEGUARD

GOING TO THE BEACH? BE AWARE OF WHICH FLAG IS FLYING AS THIS WILL WARN YOU OF ANY DANGERS. RED & YELLOW FLAGS MEAN LIFEGUARDS ARE ON PATROL.

IN AN EMERGENCY...NEVER enter the water to try and help a person or animal. You could get into difficulty yourself. Instead, dial 999 and use any water rescue equipment that is available. **If you fall into the water unexpectedly, fight your instinct to thrash around. Instead, lean back, extend your arms and legs & float.**

DON'T ENTER THE WATER IF YOU'VE HAD ALCOHOL.

Remember, there are no lifeguards to help you at your local river, lake, canal or dam.

Rivers can be very difficult to climb out of, especially with steep or slimy banks. Stay clear of rivers with steep or unguarded banks.

Merseyside Fire & Rescue Service
www.merseysidefire.gov.uk

SAY NO TO GRASS FIRES

Each year, as the weather starts to improve and more people head outside, Merseyside Fire & Rescue Service sees an increase in grass and woodland fires. Whilst some of these are started deliberately, many are caused as a result of careless actions, including the improper use of barbecues, unattended camp fires and discarded cigarettes.

environment and public amenities, but they also take fire crews away from dealing with other potentially life-threatening incidents.

You can help us to reduce the number of grass and woodland fires this spring and summer by following this advice.

Fires like these have the potential to spread quickly. Not only do they cause extensive damage to our natural



SAY NO TO GRASS FIRES

TAKE YOUR LITTER HOME WITH YOU - THIS INCLUDES BOTTLES & GLASS.

DON'T LIGHT FIRES IN OPEN COUNTRY OR WOODLAND.

DON'T LIGHT BBQS IN OPEN COUNTRY OR WOODLAND. THEY ARE BANNED ON & AROUND BEACHES.

DON'T THROW CIGARETTES ON THE GROUND OR OUT OF CAR WINDOWS.

Merseyside Fire & Rescue Service
www.merseysidefire.gov.uk

Samantha dreams of being an explorer



Families



Children are incredible, with their own individual talents, interests, traits, needs and circumstances.

From single children to sibling groups, they are waiting for safe, loving, stable forever families to help them grow and flourish.

If adoption is a route you've been thinking about then get in touch with our friendly team today - it's easier than you think!



01744 613 041



adoption@weare Nugent.org



nugentadoption.org



**6 Chain Lane,
St Helens, WA11 9RA**



**nugent
adoption**



nugent adoption

01744 613 041 |

nugentadoption.org

Nugent Adoption – helping bring families together since 1943

First founded in 1943, Nugent Adoption has been helping connect children with loving homes for 80 years.

We pride ourselves on providing a friendly, responsive service and on guiding our prospective adopters through the adoption process and beyond, making them feel valued and supported.

We know every child, every adult and every relationship is different, and so we strive to create a unique service that is tailored to meet the needs of our adopters and children.

How We Support Our Families

Each individual child and family will need different types of adoption support at different times; some support services are special to

adoption, whilst sometimes adopters will be helped to access a universal service.

We offer training to help you meet the needs of your adopted child as well as offering advice on parenting and behaviour management. Alongside training, we offer information, leaflets and helplines to answer any questions you may have as they come up.

We understand this process can put a huge strain on a person or relationship, and so we offer mentoring, support groups and access to therapeutic support if needed. As well as providing financial assistance by helping you

access the Adoption Support Fund.

We know that adopted children's needs change as they grow and develop and that sometimes difficulties may arise after a period of time, for example in adolescence. Nugent Adoption will always be there for you and your family in the future, so you can rely on advice, support or perhaps just a listening ear. We will support you at every stage of the adoption process for as long as you need us.

Anya and Aria dream of having their own café



Adoption in numbers:

- 82,170 children in care
an all-time high (up 2% from 2021)
- 2,950 children adopted in 2022 (up 2% from 2021)
- 13% of children who left care in 2022 left under a special guardianship order and 10% left through adoption
- The average age of a child at adoption is 3 years and 3 months
- Correct as of February 2023, government published statistics in November 2022, can be found here:

[Children looked after in England including adoptions in 2022](#)

Considering Adoption?

We actively welcome all potential adopters regardless of their gender, age, sexuality, disability, ethnicity, religion or marital or homeowner status.

We welcome adopters from all walks of life with all kinds of different experiences. We ultimately look for adopters that are able to offer loving and stable environments for children. If you feel like you can offer a child a positive, safe and secure family life; get in touch with our friendly and experienced team to start your adoption journey with us today!

Visit nugentadoption.org for more information, or get in touch with our team by calling **01744 613 041** or emailing adoption@wearenugent.org



**Zeke loves books
and wants to be a
writer**





This is Liverpool ONE calling!

You can feel it in the air: Spring has sprung, we're getting closer to Summer, and beautiful blossoms are flowering on our trees here on Chavasse Park. Seems like it's just the perfect time to get excited for a big party in the city, which is good news, because Eurovision in Liverpool is on the horizon!

Liverpool ONE is at the centre of the action, with the buzz on the streets extending into our shops and restaurants. It's safe to say, everyone's excited for the competition. As well as all the fun activity for the big event we've got planned, there's loads to enjoy before then. As Spring begins, Liverpool ONE will be taken over by **beautiful floral installations**, which includes plenty of **selfie spots** for when you're hitting the shops.



Some of the city's best artists have been collaborating with schools and Ukrainian community groups to create our **Eurovision art installations**, which takes the form of huge decorated eggs in honour of the Ukrainian tradition of pysanka. Appearing from 31 March kids will love spotting the installations as the weather gets milder.

Liverpool Comic Con will take over the city from 1 April, and as the biggest names in fandom descend on the city, we'll be soaking up the atmosphere with characters milling around the city centre for the whole weekend. Kids who are crazy about characters from every kind of universe can enjoy experimenting in the LEGO shop or stuffing their very own cuddly version at Build-a-Bear. Keep an eye on our social media channels for all the brands who'll be joining in the fun!



With warmer weather comes more opportunities to enjoy **dining al fresco**, so make the most of a heatwave and bring the family to enjoy our outdoor eating areas at Slim Chickens, Wagamama, and loads more of the kids' favourite brands. Eating out at Liverpool ONE just got more rewarding, as we launch our first-of-its-kind **loyalty programme** that puts cash back in your account. Download our app to find out more!



Then after your meal, head to the Sugar House Steps as they're once again spectacularly adorned with Astro turf, and watch the sun set over the docks. If you're reluctant to go back indoors now the days are brighter, enjoy our **free activities at Liverpool ONE**. Make the most of the sun shining, the trees blossoming and the fresh air by following our **Nature Trail**, which takes kids on an educational trail around our city centre green space. Find bugs and birds and identify flora – just download our app to access the trail, or head to the Information Centre on Wall Street for a map.



If history's more their thing, the **Heritage Trail** takes young learners through some of the locations that have shaped Liverpool's past and future, all located right here at Liverpool ONE.



Spring is where the party starts at Liverpool ONE, as we get ready for one of the biggest events the city has ever seen. Get your glad rags on and come and enjoy the fun with us! ■

Check out the full list of restaurants, stores and upcoming events by visiting:
www.liverpool-one.com



How to Keep Children Interested in Sport

Start young

One way to ensure your child remains passionate for sport is to encourage it throughout their younger years. Perhaps encouraging a sport which is separate from their school social circle might help as they develop friendships with others outside of their normal environments, supporting their enjoyment of these external activities through friendship.



Praise rather than improvement

Another way to keep your child interested in sport is to keep a positive framing around the activity. Rather than focusing on how you child can improve, and pushing towards higher levels of performance, praise the skill and enjoyment they have had so far. It might be tempting to aim your child for higher, such as joining regional competitions, for example, but this competitive nature might not be what your child needs.

STAND UP TO STAND OUT

Initiatives such as **Stand Up, Speak Out** aim to encourage people to speak out against bullying, harassment, and other forms of unacceptable behaviour in society. Not only can sport have a physical benefit for children, but it can be a

charitable activity for those who want to make a difference in an area of their choice.

Mental well-being

You might also consider educating you child around the benefits of sport. While they may understand the physical benefits, it is important to open up about mental well-being and the improvements that regular exercise can have on their mental health. Exercise not only helps mental health by reducing stress, but it can also have other cognitive benefits such as improving memory and concentration.

Set an example

Children who grow up in a household with inactive parents are more likely to be inactive themselves. So, by being active yourself, you are instilling a lifestyle which your teenagers are more likely to follow.

For girls especially, 50% quit sport due to the onset of their period. Girls might feel more comfortable competing in sport during puberty if they have seen other women in their life also go through this. Sport is not just a healthy activity for your children to be into, but it also has many ethically and mentally positive impacts.

From speaking out against a range of discriminations in society, to improving your child's own mental health, sport can bring people together and encourage change. Making sure your child feels safe to explore their own identity, practice sport, and follow your example could make the difference in them maintaining exercise into adulthood.

Thanks to Suso



T-LEVELS

THE NEXT LEVEL QUALIFICATION

T-Levels are a two year qualification for 16 -19 year olds, designed by leading businesses and employers to give them a head start towards their career!

Each T-Level includes an in-depth industry placement, allowing students to gain valuable experience in the workplace and gain the skills employers need. T-Levels will prepare students to progress onto university, a higher apprenticeship or into skilled employment.

**80% COLLEGE
20% PLACEMENT**

**1 T-LEVEL =
3 A LEVELS**

**BACKED BY
BUSINESSES**

WHAT T-LEVELS ARE AVAILABLE AT KNOWSLEY COMMUNITY COLLEGE?

Course Area	T-Level
Business, IT and Digital	Digital Production, Design and Development
Health and Social Care	Health (Supporting the Adult Nursing Team)

www.knowsleycollege.ac.uk/discover-tlevels



TEAM OASIS

CHILDREN'S CHARITY

Established in 2003 with the aim of offering inclusive opportunities for children and young people of all abilities and circumstances to engage together in a variety of activities and projects. We believe that promoting activities that engage children/youngsters in exciting, adventurous activities with others that might have a particular disability bears much universal fruit. Friendships blossom, mutual respect abounds and of course we like to think that we have a major impact on diverting young people away from the prevalent negative influences that can make it so difficult for young people these days. From early numbers attending of just eight children, Team Oasis now has over three hundred children/young people attending each week positively intervening on approximately 200 desperate individuals. We deliver totally inclusive activities for fifty weeks each year. Our sessions prioritize participation for all.

As well as lots of activities for the children on offer we offer Free Food for our Community on five days each week

We are just about to introduce a FREE BREAKFAST LOUNGE & WARMTH HUB offering free breakfast for children before School and our elderly, lonely, isolated between 9.30am and 12.00pm.

"to create an environment where all children and young people of all abilities plus their families can live, share, play, learn and socialise in an environment of collective inclusive learnedness, awareness, understanding and respect".

There really is something for everyone. Have a look below at our activities and what days they are available;

Football

We offer opportunities for tots football right through to under 13s Football. Football is Tuesdays, Saturdays and Sundays.

Dance

Saturdays, Wednesdays & Thursdays

Kudo

Mondays

Brazilian Ju-Jitsu

Sundays

Boxing

Fridays

Guitar Classes

Wednesdays & Thursdays

Keyboard Classes

Wednesdays & Thursdays

Morris Dancing

Thursdays

Parent & Toddler Classes

Tuesdays & Thursdays

After School Clubs

Tuesdays & Thursdays

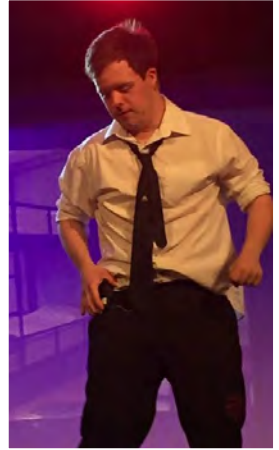


Also available; Recording studio, sound production, film making, photography and shortly a radio station.



We also have a fabulous theatre group which shall be performing The Jungle Book 'la' at a major Liverpool Theatre in 2023. Parents with children who would like to audition are welcome to get in touch.

Very shortly we shall be introducing a musical ensemble of singers and musicians. This will be an amazing ensemble for all young people of all abilities.



FREE
Caravan
Holidays

Field Trips

Day Trips

Community
Coach Trips



Children &
Young People Now
Awards 2022

Children &
Young People Now
Awards 2021

Winner

People are welcome to Donate via:
<https://localgiving.org/donation/teamoasis>
or by post to: Team Oasis, The Turner Home,
Dingle Lane, Dingle, Liverpool, L8 4RN.
Cheques Payable To TEAM OASIS

We have opportunities
for volunteering in all activitie
and office admin and bid writing /
fundraising.



@family_allabout



All About Family

www.allabout-family.co.uk



St Helens Chamber proud to have achieved Ofsted Good Rating

St Helens Chamber is pleased to announce that it has achieved a "Good" rating in its latest Ofsted inspection.

The rating reflects the hard work and dedication of all the training and support staff at the Chamber, who provide high quality training courses for both young people and adults in the region.

Tracy Mawson, Chief Executive of St Helens Chamber, commented: "I am immensely proud that we have achieved this rating. So much hard work has gone into making our training the best that it can be across Apprenticeships, programmes for young people and our adult training provision –so to have this reinforced by this rating is fantastic.

"Now we have our 'Good' rating we will continue to upskill and support local people and businesses and will continually add to and improve our offer based on the needs of the community.

St Helens Chamber offer a range of Apprenticeship training for both adults and young people, and short training courses for adults across the Liverpool City Region. Training is delivered in a range of subject areas and industries; and can be tailored to ensure that individuals get the most from their programme

Tracy added: "The inspectors commented on learners appreciating the support they get from staff and that this support combined with the high-quality training means that 'Apprentices

move closer to achieving their career goals and ambitions and are well supported to develop their confidence.'

"Inspectors also highlighted that programmes are 'ambitious and meaningful' so that learners 'improve their future career prospects and their lives' and highlighted how 'all adult learners, and the large majority of young learners, progress into employment' too.

"The "Good" rating was reflected over all areas of St Helens Chamber's training and safeguarding delivery, and the report noted that learners at the Chamber felt safe and supported and knew who to contact should they have safety concerns.

Tracy added: "These comments are outstanding and really goes to show the level of commitment from the team in making sure our training matches the needs of the learners, as well as ensuring we provide a safe and comfortable learning environment.

"We really pride ourselves on the quality of our provision, so to have this recognised by Ofsted is a fantastic achievement."

St Helens Chamber will continue to provide training to young people and adults and aim to continue to develop and improve to support both learners and businesses alike.

To find out more about training at St Helens Chamber visit <https://www.sthelenschamber.com/> or call on 01744 742000



St Helens Chamber



FREE SHORT COURSES

If you're looking to add skills to your CV, St Helens Chamber have a range of free short courses to help you.

Learning and developing new skills can be key to ensuring your success in the workplace, which is why our FREE* short courses are all designed to help you:

- ✓ Get on in your career
- ✓ Get a job if you are unemployed
- ✓ Build your confidence

Plus there are qualified Careers Advisers on hand to help you find and apply for work in your chosen industry – **all completely free of charge!**

Our range of free courses will help you develop your existing skills or build new ones, and we run courses to suit everyone, including:

Doors Security Training with
SIA Licence (Level 2)

Digital & IT Skills (Level 2)

Construction

Hairdressing

AAT Bookkeeping

Plus many more

For more information on our free courses (for Liverpool City Region residents aged 19+), call us on **01744 698800**



See full course list



*To be eligible for these courses you must be aged 19+ and a resident of the Liverpool City Region.



Looking for the perfect getaway this year?

Alfa Travel have over 30 years experience in the travel industry. Truly trusted by our customers who book with us time and time again, as the UK's only Employee Owned Travel Company we go that extra mile to provide you with the very best holiday experience. Expertly planned from start to finish, we offer passengers vibrant and exciting Coach Holidays and Hotel Breaks to top resorts across the UK and Ireland.

Staying in one of our very own 22 Leisureplex Hotels, or a hand

picked preferred partner hotel, you can be assured of quality accommodation with a warm welcome. Not to mention, there is so much included all year round, with a range of amazing excursions and Seasonal Offers available on a wide selection of our breaks.

If you choose to holiday by coach we know how important it is to travel in comfort and style. So sit back and relax in reclining seats onboard one of our luxury Alfa Mercedes Tourismo coaches, with seat reservations and return travel from local convenient pick up points, all at no extra charge!

Discover the stunning 'English Riviera' with its mild climate and sparkling waters, or scenic Fort William with its picturesque lochs and glens. Or why not head to beautiful Bournemouth, home to our **NEW FOR 2023** Leisureplex Norfolk Royale Hotel?

What's more, we have an exciting selection of BRAND NEW fun-filled Family Breaks which are the perfect way to spend some quality time with the whole family! Not only do these fantastic tours include tickets to some incredibly popular attractions, they also include direct travel from a local pick up point to your hotel, making them an excellent choice for those travelling with children.

To order a FREE brochure visit alfatravel.co.uk or call 01257 248080 today! We look forward to welcoming you and the family on board very soon! ■

New for 2023

FAMILY COACH HOLIDAYS

Alfa TRAVEL

DEPARTING FROM NORTH WEST PICK UP POINTS

Tickets & Transport included

The perfect way to spend some quality time with the whole family!

Our Family Breaks Include:

- ✓ Accommodation, dinner & breakfast
- ✓ Great hotels in great locations
- ✓ Attraction tickets
- ✓ Excursions at NO EXTRA CHARGE
- ✓ Return coach travel from local pick up points
- ✓ NO ADDITIONAL CHARGE for local pick up points or seat reservations



3 DAYS FROM £229 PER PERSON



2 DAYS FROM £179 PER PERSON



2 DAYS FROM £149 PER PERSON



alfatravel.co.uk/special-event-breaks | 01257 248080



T&Cs: Supplements may apply. Family Break deposits vary. Legoland Break is bed and breakfast only. Please see website for full terms and conditions.

Construction Club The Atkinson
25 March and 29 April
Last entry at 12pm

FREE Young inventors, creators and builders are invited to drop in and play with our massive supply of LEGO. The iconic building blocks are part of so many people's childhoods all over the world. In 1998, LEGO was one of the original toys to be inducted into the National Toy Hall of Fame. Construction Club takes place on the last Saturday of the month.

www.theatkinson.co.uk



Easter Duck Trail
Martin Mere
SAT 1 - SUN
16 APRIL

The perfect opportunity to get outdoors with all the family. Explore our amazing wetlands as you hunt for 25 bright yellow ducks and their friends and discover more about our real life ducks. Each little hunter will be given an activity sheet on arrival, which will take them on a trail around the grounds. Search high and low, and use all of your hide-and-seek skills, to find the giant yellow visitors.

Liverpool Indoor Funfair
4 April - 13 April
Liverpool Exhibition Centre

Get ready for a fun family day out at Liverpool Indoor Funfair. With jaw-dropping rides and amazing attractions for all ages, Liverpool Indoor Funfair offers all the fun of the fair in an indoor, climate-controlled and family-friendly environment. There is also a cafe and baby changing facilities for families on-site.

Riding Wristband £12.99
 Babies in Arms - FREE
 Spectator (This does not allow any rides) - £5
All under 16-year-olds must be accompanied by an adult.
www.indoorfunfair.org/tickets/liv-erpool/

FREE Easter Fun!
4/5/6 April 11am - 3pm
Strand Shopping Centre

Don't miss FREE Easter Fun at the Strand Shopping Centre, Bootle. Meet Peter Rabbit, join in with Easter crafts and have your face painted.
 Mons Square (upper mall) Tuesday 4th, Wednesday 5th & Thursday 6th April 11am - 3pm.
www.strandshoppingcentre.com



BEAUTY & THE BEAST - EASTER PANTOMIME
5 April - 16 April
St Helens Theatre Royal

This is the timeless story of Belle, a beautiful young woman who falls in love with the most unexpected of princes, who has been cursed to look like a hideous beast. Will the Beast learn to love and be loved? Will the spell be broken in time for all to live happily ever after? An enchanting tale, filled with hilarious comedy, wonderful songs and a story which proves that even the grumpiest of Beasts can change his ways.

Make sure to book your tickets before the final rose petal falls!
www.sthelenstheatreroyal.com

Beauty and the Beast
7 - 8 April

Albert Halls Bolton
STARRING: Coronation Street's "Ashley" and Dancing on Ice star STEVEN ARNOLD, Xfactor finalist and Celebrity Big Brother star CHRIS MALONEY, Pantomime Favourites ANDREW CURPHEY and REBECCA LAKE with a great supporting Cast!

The mysterious Beast imprisons Beauty in his enchanted castle. Can she escape with the help of her family and melt the Beast's icy heart before it's too late? Will the plan work before the last rose petal falls?
www.alberthalls-bolton.co.uk



SLEEPING BEAUTY
Epstein Theatre
7 April - 16 April

Sleeping Beauty tells the enchanting tale of Princess Aurora, who is cursed by the evil fairy Carabosse, tricking her into eternal slumber which can only be broken by a kiss from her true love. Will the beautiful princess find her true love and be freed from the evil fairy's curse? What fate awaits the evil fairy? Set your alarms and get down to The Epstein Theatre this Easter to find out!

www.epsteintheatre.co.uk

SUPERHERO FAMILY DAY AT THE RACES
8 April
Haydock Racecourse

Join us for an afternoon of fantastic Jump racing action at our Superhero Family Day, on Saturday 8 April. With characters straight out of the comic books, free children's entertainment throughout the day



Free Distance Learning Courses

Study when and where you want!

Are you looking to unlock career progression, secure a new job role or simply deepen your knowledge of a particular subject area?

Learn at your own pace with a flexible, online distance learning course and achieve a recognised qualification on completion.

-
- Business and Leadership
 - Health and Social Care
 - Mental Health and Counselling
 - Children's Health and Wellbeing

including inflatable assault course, superhero crafts, face painters and magician plus a visit from the ponies, it's sure to be a fantastic day! There will also be a kid's costume competition so don't forget to bring your cape!

UNDER 18S GO FREE!

www.thejockeyclub.co.uk/haydock



Family Fun at the Bluecoat

- Family Weekend with free creative activities, Sat 22 & Sun 23 Apr 1-4pm. Drop in.
- Baby Book Club for babies 0-18 months. Starts Thu 4 May, 10.30am. £7.5 for 6 sessions, includes a hot drink. Bookings essential.
- Fun in our children's corner with activity packs, books, busy boards and more.
- Delicious children's meals in our cafe and bistro.

Find out more on our website: thebluecoat.org.uk/family

April Family Weekend

Bluecoat

22 April – 23 April 1pm – 4pm

Free, drop in
Join us for two days of free creative activities to inspire budding artists.
www.thebluecoat.org.uk

SING-A-LONG-A ENCANTO

23 April

St Helens Theatre Royal

From the producers of Sing-a-Long-a Sound of Music and Sing-a-Long-a Frozen, the brand new smash hit film musical of 2021 about the Family Madrigal with lyrics on screen that everyone can't stop singing. It couldn't be easier or more fun! The first rule of Sing-a-long-a is THERE ARE NO RULES! Fancy dress is strongly encouraged and full audience participation essential. You the audience are the stars!

www.sthelenstheatreoyal.com

DINOSAUR WORLD LIVE 2023

25 April – 26 April

St Helens Theatre Royal

Grab your compass and join our intrepid explorer across uncharted

territories to discover a pre-historic world of astonishing (and remarkably life-like) dinosaurs. Meet a host of impressive creatures, including every child's favourite flesh-eating giant, the Tyrannosaurus Rex, a Triceratops, Giraffatitan, Microraptor and Segnosaurus!

www.sthelenstheatreoyal.com

The Tiger Who Came to Tea
The Atkinson 9 May – 10 May

The doorbell rings just as Sophie and her mummy are sitting down to tea. Who could it possibly be? What they certainly don't expect to see at the door is a big, stripy tiger!

Join the tea-guzzling tiger in this delightful family show; packed with oodles of magic, sing-a-long songs and clumsy chaos. Don't miss this stunning stage adaptation of the classic tale of teatime mayhem... expect to be surprised!

www.theatkinson.co.uk

Tote Roman Day
27 May

Chester Racecourse Roman Day has become one of our best-known, community events of the year. Alongside a spectacular day of racing, we also turn our Open Course into a Roman-themed hotspot for families and groups. Filled with free activities for attendees to take part in, this is a race day which appeals to everyone, of all ages.

www.chester-races.com

Pop Princesses
The Atkinson
31 May 1pm and 3pm

A Magical show where beautiful Princesses become Pop Stars! This is the children's pop concert with a big difference. A musical spectacular starring four fabulous Fairy tale Princesses who just love

to sing! It's the perfect mix. Featuring a soundtrack of top pop hits from artists such as Little Mix, Ariana Grande, Taylor Swift, Meghan Trainor and Miley Cyrus, plus all the best songs from all your favourite Films and Musicals. Come and join the fun!

www.theatkinson.co.uk

Goldilocks and the Three Bears
The Atkinson

Friday 2 June 2023: 2:30pm

Saturday 3 June 2023: 2:30pm

Join us for 'The Greatest Show On Earth' as K D Theatre Productions & Harlow Playhouse present their brand new production of Goldilocks and the Three Bears. This hilarious and spectacular pantomime-style show will include some of the best seasoned performers alongside top circus and speciality acts. Expect high energy choreography, loveable characters, colourful set and costumes. There is even an opportunity to meet the characters after the show!

www.theatkinson.co.uk

Ministry of Science
17 June

St Helens Theatre Royal

Enjoy an anarchic approach to science communication whilst looking at the scientists, engineers and inventors who have shaped the modern world that we live in whilst proving that each and everyone of you have the ability to change our world for the better!

Expect 20ft LIQUID NITROGEN clouds, exploding OXYGEN & HYDROGEN balloons, FIRE TORNADOS, HYDROGEN bottle rockets, ignited METHANE and even a self-built Hovercraft!

www.sthelenstheatreoyal.com



What's on at Liverpool ONE this Spring



The Heritage Trail at Liverpool ONE

The Heritage Trail invites visitors on a journey to explore more than 300 years of Liverpool's history.

Discovering the events, places and people that shaped the maritime powerhouse that is Liverpool, the trail is packed with secrets that promise to surprise not only guests to the city, but locals and everyone in between!

The self-guided audio tour takes visitors on a trip to 16-stopping points that all play a vital role in the fascinating tale of Liverpool's history.

Both free and fully-accessible, the trail begins on Thomas Steers Way and ends at Chavasse Park, but guests are welcomed to join at any point, with the whole tour taking between 60-90 minutes.

To follow The Heritage Trail download the Liverpool ONE MyONE app, available on both the App Store and Play store or alternatively collect the printed map from the Information Centre on Wall Street.

To learn more about The Heritage Trail at Liverpool ONE, visit: www.liverpool-one.com/the-heritage-trail

Nature Trail

For all the mini explorers amongst us, Liverpool ONE's Nature Trail is the perfect excuse to get outdoors and tour Chavasse Park's vast array of resident plants and wildlife. The trail is guided by a free map available online or at the Information Centre on Wall Street. The Nature Trail allows young visitors to discover the park's natural environment, while

simultaneously learning about conservation.

No need to book this exciting adventure as it's a self-guided tour that promises fun and learning for the whole family.



To learn more, visit: www.liverpool-one.com/nature-trail

Ukrainian Egg Art Display

From 31 March - 14 May

Artists, Ukrainian community groups and schools across the region have collaborated on our Ukrainian egg art display, in the egg decorating tradition of pysanka, popular in Ukraine.

The art display brings some of the city's best artists to honour the tradition, which is delivered in collaboration with Culture Liverpool as part of the city's build up to Eurovision.



PING!

From March

For those looking to dust off their forehand skills, Liverpool ONE's PING! Tennis tables are a fun open-air opportunity to get competitive!

The tables, which are free to use, are the perfect excuse to get the whole family out for some fresh air and battle it out - so grab your most compatible pal or family member and take on the challenge!

For more information on PING! visit: www.liverpoolone.com/ping

Eurovision at Liverpool ONE

From 20 March

We're getting ready for one of the biggest parties the city has ever seen, and loads of the action can be found right here at Liverpool ONE.

With musical performances setting the scene for a festival of fun, against a backdrop of beautiful floral installations and giant mirror selfie spots, the city will come together to celebrate hosting Eurovision on behalf of Ukraine.

Soak up the atmosphere by seeing what our brands have to offer. With our hundreds of outdoor dining seats, al fresco is on the menu as you find the perfect spot to order something chilled, something tasty, and watch the world go by - especially enjoyable when the world is adorned with feather boas and glitter!

And there's lots of fun to be found up on Chavasse Park, our city-centre green space, as performing artists bring the music. Gather with your friends and enjoy everything the city has to offer at this fabulous time of coming together.





EASTER FUN at the Strand!

On Mons Square, Tue 4th,
Wed 5th and Thu 6th April
11am-3pm



**FREE Easter
crafts**



**FREE Face
Painting**

**Meet Peter
Rabbit!**



/StrandShoppingCentre

www.strandshoppingcentre.com

Opening Times: Mon-Sat 8am - 6pm • Sun 10am - 4pm



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