

Sefton | Spring 2024 FREE

all about family



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DIRECTOR & PRODUCER **CHANTELLE NOLAN**
MUSICAL SUPERVISOR **CALLUM CLARKE** CHOREOGRAPHER **NAZENE LANGFIELD**

LIVE FAMILY ENTERTAINMENT
**ST. HELENS
THEATRE
ROYAL**

FRI 29 MAR - SUN 14 APR 2024
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Publisher
Andy Forster

Editorial
All About Family
Shakespeare House,
37 - 39 Shakespeare Street,
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Tel: 01704 531888

Design
Sarah Bannister
at Ten64 Productions

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BACK BY POPULAR DEMAND FOR ST HELENS EASTER PANTOMIME...

THE GREATEST SHOW ON EARTH!



The circus comes to town Easter 2024 in Regal Entertainments' magical pantomime, Goldilocks and the Three Bears. It promises to be just right with its mix of unbelievable circus tricks, madcap comedy capers, Regal Entertainments high production values, and a smash-hit selection of chart hits to sing and dance along to. Join Goldilocks, who, with the help of the Three Bears tries to save her Big Top from a rival circus owner! Get ready for a whole lot of family fun - it promises to be panto GOLD!

Please note - Children under 2 years require a £3 BABES IN ARMS ticket which may only be booked in person at the box office.

www.sthelenstheatreoyal.com



Spring into baa-riliant adventures with Shaun the Sheep on a colourful arts trail in our blooming gardens!

Pick up a trail sheet (small charge) and explore Tatton's 50 acres of glorious gardens.

The supersized Shaun the Sheep sculptures have been designed and painted by local and regional artists, some inspired by the flora and fauna you'll find in our gardens from around the world. Look out for a Botanical inspired Shaun grazing near the Fernery and a blossoming Shaun framed by the Japanese garden Cherry blossomscan ewe find them all?

Standard parkland and garden entry fees apply. Small charge for Shaun the Sheep activity trail applies.

www.tattonpark.org.uk

Spring into action for Claire House

Spring's the perfect time to enjoy warmer weather and spread the word about Claire House Children's Hospice, a charity that looks after seriously and terminally ill children in your area.

Claire House has a West Derby site offering day-care, clinics, play and music sessions and counselling, and a full hospice in Wirral.

By telling your friends about Claire House, you can ensure there are brighter days for children and their families all year round.

Liverpool mum Amelia Christie said Claire House has supported her son Oliver, three, who was born with a heart condition, every step of the way.

She said: "We've had some stressful times, like when Oliver needed emergency surgery, but Claire House are always there.

"They're like family, helping us to make special memories."

Whether you donate to our shops, do an event, or shout about the work we do, there are plenty of ways to help.

Visit: www.clairehouse.org.uk/events-challenges/



Oliver Christie and his family who are supported by Claire House.



St. Mary's College Preparatory School

Join us for our Open Morning:
Wednesday 24th 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



St. Mary's College & Preparatory School

St. Mary's College & Preparatory School in Crosby is proud to be rated 'Excellent' in all areas by the Independent Schools Inspectorate (ISI).

Awarding St. Mary's its highest-possible grading in both of the main inspection categories, ISI described the quality of pupils' academic achievements and personal development as excellent, due to the 'outstandingly positive attitudes towards learning' at the school'.

Academic excellence is a key aim at St. Mary's, and pupils achieve outstanding results at all key stages. However, success is measured by much more than examination results. The school places great emphasis on the development of the whole person, encouraging achievement in many fields via its rich programme of extra-curricular activities.

All of this makes St. Mary's College & Preparatory School a place where children can develop into bright, confident young people who want to make the world better for others, as well as themselves.

St. Mary's College Preparatory School is holding an Open Morning on Wednesday 24th April, 9am - 12pm.

Please pay them a visit and see for yourself why the school has been rated 'Excellent' in all areas by ISI.

0151 924 6302

www.stmarys.ac/prep



GIANT DUCK HUNT

at Martin Mere Wetland Centre

29 MARCH
-14 APRIL

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



For more information search **WWT Martin Mere**



Bing & Flop

are coming to WWT Martin Mere!

Families in Lancashire will have the chance to meet Bing, the title character from the multi-award-winning series at WWT Martin Mere this spring.

A Bing and Flop activity trail will be at Martin Mere from 23 March until 2 June for Bing's Nature Explorers event programme. There will be a range of Bing-themed activities to encourage families and young children to explore the fascinating wetlands.

In addition, during the May half term (25 May – 2 June), Bingsters will have the chance to meet the Bing and Flop costume characters for mini-shows and special photo opportunities at daily meet and greets.



Visit wwt.org.uk/martin-mere to find out more.

Discover a great read for your child...

Supertato: Mean Green Time Machine

Author: Sue Hendra
& Paul Linnet
Publisher: Simon &
Schuster Ltd



**OUT
NOW**

It's night-time in the supermarket, and the veggies are trying desperately... not to laugh at Supertato's baby photos!

Supertato looks super cute, but just as he's telling Carrot that he hasn't always been super, a certain mean, green character overhears him.

If only Evil Pea could have got rid of Supertato before he had his superpowers! But that would mean he'd need a time machine...wouldn't it?

Greg the Sausage Roll: Egg-Cellent Easter Adventure

Author: Roxanne Hoyle
& Mark Hoyle
Illustrator: Gareth Conway
Publisher: Penguin Books
Ltd



**OUT
NOW**

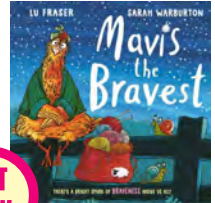
It's Easter morning and Greg is SO EGG-CITED for the fun to begin!

But when the chocolate egg delivery doesn't show up at the bakery, Greg and Gloria have to HOP to it - otherwise Easter will be ruined! Time to make their way to the most magical place on Earth - EASTERLAND! Can they find the Easter Bunny and make sure the chocolate eggs are delivered in time for the big Easter egg hunt?

Fans of Greg the Sausage Roll will be CRACKING UP at this EGG-CELLENT adventure!

Mavis the Bravest

Author: Lu Fraser
Illustrator: Sarah Warburton
Publisher: Simon &
Schuster Ltd



**OUT
NOW**

Mavis is not like her adventurous friend Marge.

Mavis is a chicken who finds EVERYTHING scary (night-time and daytime and anythinghairsty!). So when the slumbering peace of their cosy barn is disturbed by someone trying to steal their friend Sandra the sheep, will Mavis be able to find her bright spark of braveness and save Sandra?

This adorably warm-hearted story is brimful of humour, reassurance - and two exceedingly courageous chickens!

Peter Raven and the Pirate Raid

Author: Michael Molloy
Publisher: Chicken House Ltd
Age 9-12



**OUT
NOW**

After risking his life to liberate the people of Roc d'Or from the evil Count Vallon, Peter Raven is enjoying quieter times aboard the privateer ship Columbine. But the young midshipman has provoked the wrath of none other than Napoleon Bonaparte, and soon finds himself in the midst of a deadly conspiracy. Peter and his shipmates face a dual challenge: to save the life of a dear friend's grandfather, whilst outwitting French spies and Barbary pirates on the North African seas in a tense quest to save the island of Malta from a deadly plague. But can Peter defend his heart against the beautiful and brilliant Emma Swindon?

The Princess With The Blazing Bottom - A Very Fiery Fairy Tale

Author: Beach Publisher:
Simon & Schuster Ltd



OUT
NOW

Sir Wayne and his dragon are back and this time they're out to rescue a princess held captive by a Big Bad Beast. But who exactly will save her?

Sir Wayne: who can climb every wall - no moat is too deep, no tower too tall.

Or Dragon: so muscly and lean - he can fly and fart flames, he's a fighting machine!

If only there was a way to get the best of both.

Gigantic

Author:
Rob Biddulph
Publisher:
Harper Collins
Publishers



OUT
NOW

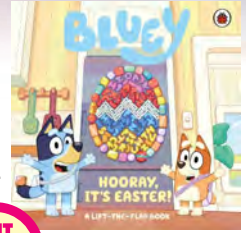
A powerful and standout sea-life story featuring one very small and determined blue whale from bestselling and award-winning author and illustrator Rob Biddulph.

Meet Gigantic, the smallest blue whale in the Atlantic. Dwarfed by the other whales, Gigantic keeps to himself, making new friends and perfecting his somersaults and flips in the bay.

But one day when Gigantic's brother, Titan, gets stuck on the sand, it's down to Gigantic and his smallest sea creature friends to save the day. Can they show it's possible to be tiny and tough?

Bluey: Hooray, It's Easter! A Lift-the-Flap Book (Board book)

Author: Bluey
Publisher: Penguin Random
House Children's UK



OUT
NOW

Bluey and Bingo are going on an Easter egg hunt following the clues left by the Easter bunny.

Will they find their eggs? Lift the flaps to find out!

Join Bluey and Bingo in this gorgeous lift-the-flap adventure!

Want more Bluey? Also available:

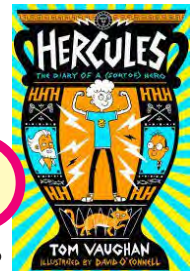
Bluey: Easter

Bluey: Easter Fun Activity

Bluey: More Easter Fun

Hercules: the Diary of a (Sort of) Hero

Author: Tom Vaughan
Illustrator: David O'Connell
Publisher: Scholastic



OUT
NOW

If Hercules Braver is going to survive his new secondary school, he has to live up to his name, fast. He needs to become strong and tanned and popular, like a Greek hero. Not weak and pale and unpopular, like a Greek yoghurt.

But his bid for popularity ends up saddling him with a set of impossible tasks... like cleaning out the monster-riddled school pond, facing up to the school bully and finding the headmaster's missing cat.

Then Herc's charming, impressive birth dad turns up after years living in Greece, and Hercules thinks his problems are solved. With God-like strength and awe-inspiring powers, could his dad even be ... the real Zeus?! And will Hercules learn what it truly means to be a hero?





Spring at Liverpool ONE

Families, assemble! Liverpool ONE is about to find itself submerged in a world of fantasy and fun characters as we get ready for the arrival of Comic Con. We're getting excited to welcome stars of the screen to the city again in a huge celebration of pop culture.

From Easter up until the May Bank Holiday Weekend expect to find exciting selfie opportunities, pop up appearances and plenty of surprises!

Entertainment for All

Take your little superheroes to our new active entertainment brand **Gravity MAX** on Chavasse Park, where they'll be in awe of the games, and the sheer amount of activities to get stuck into. If they've got a need for speed, the thrilling e-Karting track is a sure winner, and VR headset games will keep them on their toes (and, to be



honest, they'll give you a bit of a giggle, too!) Then, slow things down with a bit of crazy golf the whole family can get involved with up on the second floor. Entertainment is always on the cards at Liverpool ONE – along with **Gravity MAX**, there's fun to be had literally everywhere with **Junkyard Golf Club**, **Escape Live!** and others.

Shopping, Heritage and Culture

Brighter days are here! There's lots to enjoy in our outdoor spaces, from our open city centre green space Chavasse Park, to our shopping streets full of brands the kids will love, like **LEGO**, **Kenji**, **Swatch** and **Waterstones**.

Burn off some energy, stretch those legs and get some fresh air with the free Nature Trail, which has relaunched for Spring to make the most of our beautiful, diverse floral landscape that's blooming once again. Grab a map from the **Tourist Information Centre** on Wall Street, or use the digital version on our website, to follow the trail.



Dining

They'll be spoilt for choice up on the Terrace, where our brilliant dining brands cater for every taste, from **Wagamama** to **TGI Friday's** and everything in between. Look out for Kids eat Free deals, too, as loads of our brands bring the deals back in time for the Easter break. There's no villains here!

For more information visit liverpool-one.com





IS YOUR CHILD SAFE ONLINE?

In today's digitally fuelled times, electronic gadgets and mobile phones have become an integral part of our lives. Children especially are increasingly using these devices for entertainment, education and communication.

While they provide numerous benefits to children, there are some risks associated with their use.

As a parent or caregiver, the appropriate steps must be taken to ensure the safety of children while using these devices.

Here are some key points parents and kids need to know about online safety, security and privacy.

THE INTERNET IS HERE TO STAY

Photos, videos and words kids post on social sites today can stay with them for years to come. So it's important to educate your children about being smart when posting online and to think before they do it.

Once something is on a social networking site, or shared with a third party, don't be surprised if it ends up on the wider web even if you didn't intend it to.

Also, even if postings are deleted it doesn't necessarily mean it's gone for good.

SCAMS

Phishers send emails that look like legitimate correspondence and rely on you to give up personal information like usernames and passwords so they can commit follow-up attacks on your accounts.

Educate your children so they aren't unwittingly volunteering information to a hacker by clicking a malicious link in an in-game chat box or opening an email attachment and falling prey to a phishing attack.

USE PARENTAL CONTROLS

Most electronic gadgets and mobile phones come with built-in parental controls that allow you to limit access to certain apps, websites, or content. However, they are not always automatically switched on, so be sure to check with your provider.

Take advantage of these features to keep your child safe and monitor their usage. They also let you set limits on how long a child can spend on their device and even allow you to monitor exactly how they're using it.

You can also look to filter explicit Google search results using SafeSearch. SafeSearch allows you to determine what sites your child



can access with their smartphone, tablet or laptop. It's turned on by default for children under 13 signed into an account managed with the Family Link app. For these accounts, only parents can turn off SafeSearch.

ASK TO BUY

There have been many horror stories recently where children are completing in-gaming purchases without permission and parents are left with a huge bill at the end of the month. Amid the cost-of-living crisis, parents can't afford for their children to make this mistake.

The best way to prevent this is to change the settings for in-app purchases. You could disable or password-protect them.

LOCATION SHARING

Location services are used by apps and websites to help tailor experiences to where users are at any given moment.

To prevent sharing this data, it's a good idea to switch off this feature. Instead, there are apps and widgets parents can use so they only have access to this information.

PHONE SECURITY

By teaching children security measures now, it will help keep their devices secure in the long run.

MEASURES INCLUDE:

- Don't connect to public wi-fi where possible as it may give hackers access to the child's phone and information
- Don't share passwords with friends or strangers
- Don't overshare online
- Keep their phone close in their bags on hand rather than leaving it in their back pockets or places where it can be stolen
- Password protect the phone so that if it's stolen, personal information can't be easily accessed

By James Brown, protectyourbubble.com



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Getting your little ones involved with cooking not only helps you with the food prep but it also encourages child development by improving their fine motor and hand-eye coordination skills.

Getting them hands on helps them build healthier habits as they're more likely to try new foods by being exposed to a variety of ingredients. Cooking together can also improve their language and mathematical skills by reading instructions and counting measurements, so you can continue your children's education even out of the school setting.

The Benefits of Cooking with Children

It's time to get messy

Cooking foods that you can get hands on with – like pizza – throws up plenty of opportunities for the kids to get involved with, from the dough through to the toppings. Ditch the mixer and let everyone get messy with the dough and crush those tomatoes by hand.

Sneak in the good stuff...

Getting the kids to eat their 5 a day can be challenging at the best of times but getting the little ones involved in cooking their own food is an amazing vehicle to make those things more desirable. Opt for colourful veggies to encourage them to get excited about these healthy ingredients, or you can even just throw in whatever spare veg you have to hand.

Encourage interactivity

Themed dinner nights are a

great way to get children excited about what they will eat. For example, you could base your theme on your family's favourite movie or even create dishes to look like your favourite animal. A blindfolded tasting session is another a fun way to get the kids to try new and different flavours. You could even set this one up as a game with a scoreboard to see who can identify different foods by taste.

Grow your own

Growing your own fruits and veggies develops a brilliant respect and understanding of ingredients as well as being fun and education. Cress and herbs are the easiest to start with and can even be done by a window. If you have an outdoor space you can use it to grow a variety of delicious and nutritious foods like tomatoes, peas, onions and carrots.

www.gozney.com

FREE Fast Track English and Maths Courses

Our Fast Track English and Maths Functional Skills courses are available at various levels and take just 6 weeks to complete!

Whether you want to advance in your career, progress into further education, help your children with their homework, or manage your household budget, our courses can improve your skills.



Find out more: www.knowsleycollege.ac.uk/EMFS

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WorkWorld offers **FREE*** short courses to help build your confidence or support you into work or on to further learning.

Personal Development and Wellbeing

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Find out more: www.knowsleycollege.ac.uk/WW

* Subject to eligibility



Nugent's Impact: A Presentation at St Basil's Catholic Primary School

In a heart-warming collaboration between Nugent and St Basil's Catholic Primary School in Widnes, Keith Wilde, Nugent's Head of Communities, recently took centre stage to shed light on Nugent's work within our local communities.

St Basil's has been on a fundraising mission for Nugent throughout the years, demonstrating unwavering support for our various appeals. Keen to understand the direct impact of their efforts, the school eagerly welcomed Keith to deliver a presentation to the school.

The presentation served as a comprehensive overview of Nugent's extensive range of services, including care homes catering to vulnerable children and adults, as well as our adoption service. Keith navigated through the multitude of initiatives, ensuring the students gained insight into the diverse ways Nugent contributes to the well-being of individuals in need.

Keith also presented about our various challenge events such as the Sahara Desert Trek and Sleep Out with Nugent. One highlight



was the students expressing their desire to take part in the Sleep Out with Nugent event, with one eager participant asking, 'What date do we do the Sleep Out?'.



Keith Wilde, visibly pleased by the engagement and interest, described his time at St Basil's as a fantastic opportunity to connect with a school that invests considerable effort in fundraising for Nugent.

Reflecting on the visit, Keith emphasized the significance of such interactions, stating, 'It was a fantastic opportunity to meet a school who put in so much hard work to fundraise on behalf of Nugent and promote the work we carry out every day. The impact was made even more profound by the way the pupils engaged and demonstrated a genuine interest in our work.'

Thank you to the staff and students of St Basil's Catholic Primary School for welcoming us!



The enthusiastic pupils actively participated by asking thought-provoking questions, like 'How do you care for people?' and 'If someone doesn't want your help, what do you do?' showcasing their genuine curiosity and empathy.

Charity Shop
Donation Drop Point







For more information or to set up a donation drop point, please contact us at fundraising@wearenugent.org or call **0151 261 2000**



You can also find out more by visiting our website: wearenugent.org/fundraising/donation-drop-points

 together we are
nugent

Caring, educating, protecting
and inspiring those in need,
for over 140 years.

 0151 261 2000

 info@wearenugent.org  

 wearenugent.org 

Corporate Trustee: Nugent Care 2019 Ltd (Company No: 13229571) Registered Charity 1187072: Nugent Care Registered Charity, 1187072-1



New Year, New Career with the Fast Track to Employment Programme



St Helens Chamber's Fast Track to Employment programme runs for 12 weeks, and is designed to give young people the skills and work experience needed to reach a range of career goals.

Fast Track to Employment supports those wanting to start an Apprenticeship, and those wanting to find employment in other roles.

Over 12 weeks, students on this exciting programme will:

- Develop employability skills
- Get skills and qualifications relevant to young people's chosen industry
- Give access to qualified Careers Advisers for advice and guidance
- Provide CV and interview support
- Include a work experience placement
- Include part in enrichment days

Lisa Weir, Director of Training at St Helens Chamber, explained: "This course provides everything a young person could need to get their career off to a great start. The Chamber works closely with local employers to secure exclusive vacancies including Apprenticeships, so there are lots of opportunities to get into employment.

"Alongside this, our qualified Careers Advisers will be on hand to help with CV writing, interview preparation and applications. All this, mixed with the

work experience placement and sector specific qualifications/training mean students on this new programme will have the best possible chances of success and standing out to employers."

If you know an ambitious young person aged 16-24 wanting to take the first step in their career and ensure that they have all the skills and experience employers are looking for, enrolments are taking place for courses starting in January.

Lisa added: "Everyone is welcome to come along to an open day and find out more about the programme – so make sure to come and see us and find out how we can help you start your career!"

To find out more about the Fast Track to Employment Programme and see upcoming open day dates, email Fasttrack@sthelenschamber.com or visit <https://www.sthelenschamber.com/startingpoint/fast-track-to-employment/>

LOOKING TO GET INTO WORK?

Whether you're looking for an Apprenticeship or another role, our NEW Fast Track to Employment programme will help you to secure the job you want.

#FASTTRACK TO EMPLOYMENT

Email apprenticeships@sthelenschamber.com to get started, or call on 01744 742045

LOOKING TO GET INTO WORK?

**#FASTTRACK
TO EMPLOYMENT**

Whether you're looking for an

Apprenticeship or another

role, our NEW Fast Track to

Employment programme will help

you to secure the job you want.



If you're aged 16-24, we can help you get on the path you need to achieve your career goals; with access to qualified Career Coaches every step of the way.

Email us at fasttrack@sthelenschamber.com
to find out more



St Helens Chamber



gaming addiction

Kids as young as 6 are at risk of gaming addictions, as parents admit it keeps them quiet.

In the digital age, video games have become a ubiquitous part of our cultural landscape, offering not only a source of entertainment but also a platform for social interaction and learning. However, it is crucial to shed light on the less-discussed aspects of gaming, particularly its impact on the younger generation.

The Allure of the Virtual World:

Video games offer an escape, a chance to live in a world where the rules are different, the challenges are surmountable, and the rewards are immediate. For children, this world is not just an escape but a canvas of imagination. However, this allure, if left unchecked, can lead to a disconnection from reality. The virtual world, with its high stimulation and interactive nature, can become more appealing than the real world, leading to a preference for the digital realm over physical activities and real-life social interactions.

The Risk of Addiction:

The structure of many games, with their levels, rewards, and achievements, taps into the brain's reward system. This can create a compulsion loop, compelling the player to engage in the game continuously. For children, whose self-regulation skills are still developing, this risk is amplified. The inability to disconnect can lead to behavioural changes, sleep disturbances, and a decline in

academic performance.

Social Implications:

While video games can offer a platform for social interaction, it's a double-edged sword. Cyberbullying, exposure to inappropriate content, and online predation are real risks in the online gaming community. The anonymity and distance that the digital world offers can lead to behaviours and interactions that might be unacceptable in the real world. For children, who are still learning to navigate social contexts, these negative experiences can have profound impacts on their development and well-being.

The Physical Toll:

Long hours spent in front of screens can lead to a sedentary lifestyle, contributing to the rise of obesity, vision problems, and other physical health issues. The immediate gratification that video games offer can also lead to impulsive behaviour patterns, affecting a child's ability to engage in delayed gratification - a key skill for personal development.

Nicholas Conn Addiction Expert, Founder of Rehubs says:

"Balancing screen time with physical activities, fostering real-life social interactions, and monitoring the content are crucial steps in ensuring that the digital world remains a positive force in a child's life."

OUT OF THIS WORLD

AND RIGHT ON YOUR DOORSTEP

A World Heritage Site and an out-of-this-world experience.
All in one great family ticket.



Jodrell Bank: Where Wisdom Meets Wonder

No visit to Cheshire is complete without a trip to Jodrell Bank – a globally recognised UNESCO World Heritage Site, a place of hands-on, eye-opening learning for all ages, and the UK's only fully-operational radio astronomy telescope!



For all those who've looked up at the skies and wanted to know more, Jodrell Bank is a must-see attraction. With interactive exhibitions, immersive planetarium shows in the Space Dome, and our expert team of Explainers on hand to answer all your questions. Prepare to be taken on a whirlwind tour from the very dawn of the Universe right up to the very cutting-edge of modern astronomy and astrophysics.



Opened in 2022, the award-winning First Light Pavilion is a highlight of any visit for space enthusiasts and novices alike. Using archival documents, recordings and equipment, Jodrell Bank's story is told in fascinating detail; from the first scientists who trekked out to a muddy field in Cheshire to the Lovell Telescope's key roles in the Cold War and Space Race.

Set your SatNav for Saturn today – are remember, if you book your tickets online you can visit again and again for 12 months! Jodrell Bank is the only place to be for an incredible day out amongst the stars!

Visit www.jodrellbank.net



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Fresh air and first aid – are you prepared?

Most parents love the summertime because it gives their children the chance to spend more time outdoors taking in the fresh air and playing. But unfortunately with the increase in activity – whether it's tree-climbing or a game of cricket – comes a greater likelihood of the need for some first aid!

Would you know what to do if your child broke their wrist, got sunstroke, had a reaction to a bee sting or suffered a bad nosebleed?

As the leading provider of first aid training in the country, charity St John Ambulance has a comprehensive First Aid Advice section on its website. It offers easy-to-follow advice on what to do in every type of scenario, using step-by-step diagrams and in some cases, videos. They also have a free First Aid App.

Below we've shared their advice on how to handle a nasty nosebleed, as a bump to the face or even a change in humidity can bring one on and there are some misconceptions about what to do

(Hint: don't put the head back).

St John Ambulance training delivery manager, Graham Ellis, said: "We certainly don't think parents should wrap their cherubs in cotton wool – but it's definitely a good idea for them to be

prepared in the event that first aid is needed. And kids make great first aiders, too!"

For first aid advice and information on first aid training visit sja.org.uk

Nose Bleeding Treatment



1. Ask them to sit down and lean their head forward



2. Pinch the soft part of the nose



3. Give them a tissue



4. Once stopped, advise them to rest.

Call 999/112 if bleeding is severe.



TRIO ENTERTAINMENT IN ASSOCIATION WITH THE BOLTON ALBERT HALLS PROUDLY PRESENT
A BRAND NEW CIRCUS THEMED PANTOMIME FROM THE TEAM BEHIND "BEAUTY & THE BEAST" & "THE WIZARD OF OZ"!

THE FAMILY PANTO THAT'S "JUST RIGHT"!

CORONATION STREET'S "ASHLEY" & DANCING ON ICE STAR

EASTENDERS "GARY HOBBS" & STRICTLY COME DANCING STAR

STEVEN ARNOLD

RICKY GROVES

THE HILARIOUS - PANTO FAVOURITE

AS BRADLEY

AS THE EVIL RINGMASTER

THE DELIGHTFUL

ANDREW CURPHEY

AS RINGO THE RINGBOY

REBECCA LAKE

AS GOLDILOCKS



Goldilocks

AND THE

AMAZING THREE BEARS

AN AMAZING
CIRCUS PANTOMIME!



5TH APRIL 2024
THE ALBERT HALLS, BOLTON

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Toy experts reveal 3 top tips for organising and storing your children's toys!

Alex Price, product expert at Outdoor Toys, has shared 3 key tips on how to organise your children's toys and store them effectively, reducing the clutter in your home:

1. Make space for their new toys by getting rid of the old ones

Decluttering your children's current toys and downsizing them will help you to make space for the new toys they received this Christmas. Consider getting rid of the toys they don't use anymore or the ones they've physically outgrown. Be sure not to get rid of any sentimental ones that you know they would be upset to see go, but be strict with how much you're removing. And definitely don't do this in front of your children, otherwise they will want to keep everything!

If you've unfortunately been gifted something your child already owns, decide whether you will replace it with the new toy or keep the old one, but avoid keeping both to reduce clutter.

2. Donate or sell your unwanted toys

Once you've decided what you're getting rid of, it's time to dispose of them appropriately. If they're used but in good condition, you can sell them online on second-hand platforms. If they aren't worth much or you're looking to declutter quickly, donating them to a charity shop is a great option. Of course, if you're looking to get rid of gifts because they're inappropriate for your child or they already own the toy, be sure to do so considerately in the form of gifting, or even using a gift receipt to exchange or return the toy.



3. Store and organise the wanted toys

Now that you're left with the toys you do want to keep, sort them into piles of your choice. Whether it be sorting by toys most played with or toys with multiple pieces to them, organising them into labelled boxes or in a way that both you and your child will find easy to categorise makes it easy for you to find in the future. An easy system will allow them to clean up after themselves too!

Once you've sorted the piles, all that's left to do is store them in any way that suits you, such as in toy bins, drawers or baskets. If you still find that you're left with a lot of toys, try rotating them every few weeks by bringing new toys to the front, so your child feels like they have something 'new' to play with and nothing is unused!



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Dome Shows
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OPEN NOW

Travel through the universe in one of the immersive planetarium-style Dome Shows! With free and premium options to choose from, the sky really is the limit. See the website for details on films and timings.

www.jodrellbank.net



Bing's Nature Explorers
MARTIN MERE
23 March - 2 June

New experiences around every corner:

- Activity trails – Follow Bing's Nature Explorers trail to discover fun-filled challenges and amazing wildlife facts. Be sure to pick up a map at the start and collect your sticker once you've completed the trail.
- Storytelling – Enjoy a Bing story with an interactive storytelling session. 12.30pm during weekends and holidays.
- Gifts and toys – Want to take the fun home with you? Visit our shop for a range of Bing gifts and toys.
- Character appearances – Meet Bing and Flop and snap a photo of your time together. May half term (25 May - 2 June)
- Mini shows – Join Bing, Flop and one of our WWT team for a mini show where you can learn all about wildlife and wetlands. May half term (25 May - 2 June)

www.wwt.org.uk/wetland-centres/martin-mere

Visions of the Night Sky
JODRELL BANK
Now until 14 April

Don't miss the current temporary exhibition, taking you on a tour of the solar system with immense detail and beauty. Included in the price of your ticket. VotNS is open Tuesday to Sunday, 10:00 – 17:00 until 14.04.24.

www.jodrellbank.net

Goldilocks and the Three Bears
ST HELENS THEATRE ROYAL
29 March – 14 April

The circus comes to town Easter 2024 in Regal Entertainments' magical pantomime, Goldilocks and the Three Bears. It promises to be just right with its mix of unbelievable circus tricks, madcap comedy capers, Regal Entertainments high production values, and a smash-hit selection of chart hits to sing and dance along to. Join Goldilocks, who, with the help of the Three Bears tries to save her Big Top from a rival circus owner! Get ready for a whole lot of family fun - it promises to be panto GOLD!

www.sthelensrtheatroyal.com



Curious Kids
JODRELL BANK
During Easter Holidays

Back by popular demand, the mind-blowing science show returns this Easter holiday, featuring live experiments and fascinating facts which are sure to inspire, entertain and amaze! Included in the price of entry, see website for more details.

www.jodrellbank.net

Easter GIANT Duck Hunt
MARTIN MERE
29 March - 14 April

Think you've got the detective skills to find 20 GIANT yellow ducks and their

five real-life friends hidden around Martin Mere Wetland Centre? Then we need your help!

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 each one and work out which cheeky yellow duck is still missing! It's £1 a go and there's a tasty treat if you find them all.

www.wwt.org.uk/wetland-centres/martin-mere



Baa-rilient
EASTER ADVENTURES
Shaun the Sheep
FIND THE FLOCK
TATTON PARK
29 March - 14 April 2024
Easter weekend chocolate rewards!

Shaun the Sheep:
Find the Flock at Tatton Park
TATTON PARK
29 March - 23 June

Spring into baa-rilient adventures with Shaun the Sheep on a colourful arts trail in our blooming gardens!

The supersized Shaun the Sheep sculptures have been designed and painted by local and regional artists, some inspired by the flora and fauna you'll find in our gardens from around the world.

www.tattonpark.org.uk

Dinosaur Easter Family Day
HAYDOCK RACECOURSE
30 March

Haydock Park Racecourse transforms into a prehistoric paradise for a day of family fun on Saturday 30 March 2024!

Embark on a journey back in time as the racecourse is transformed, encounter life-sized dinosaurs that move, roar, and amaze, creating an immersive experience for kids of all ages. Learn fascinating facts about these ancient creatures and take the opportunity to capture the perfect dino-selfie!

UNDER 18S GO FREE!

www.thejockeyclub.co.uk/haydock



Bad-riliant

EASTER ADVENTURES

Shaun the Sheep

FIND THE FLOCK



© Aardman Animations Ltd 2023

29 March –
14 April 2024

TATTON PARK

Easter
weekend
chocolate
rewards!

tattonpark.org.uk/easter
#ShaunAtTattonPark

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Our Kids Social Easter Family Silent Disco TATTON PARK - 30 March

Dust off your dancing shoes this Easter and join Our Kids Social on the dance floor for their 2 channel adults and kids silent disco party!

Dress to impress in your favourite Easter outfit - bunnies, chicks and eggheads welcome!
www.tattonpark.org.uk

Pink Floyd 50th Anniversary Show JODRELL BANK - 31 March

Immerse yourself in every note of Pink Floyd's iconic album, 'The Dark Side of the Moon'. 15:00 matinee, every Saturday & Sunday until 31.03.24, evening shows from April onwards
www.jodrellbank.net

The Tale of Peter Rabbit TATTON PARK 4 April

Explore the Gardens on a delightful storytelling tour, based on 'The Tale of Peter Rabbit.'

Meet Mr McGregor, learn about Peter's mischief and enjoy fun, hands on activities. Appropriate for families with children aged 3-6 years old.
www.tattonpark.org.uk



Goldilocks and the Amazing Three Bears ALBERT HALLS, BOLTON 5 April

Roll up, Roll up one and all for the Bolton's Easter pantomime as Ringo the ring boy brings Circus

Wonderland to the village of Boltondale. Join Goldilocks as she travels through the forest to the bears cottage and finds the porridge that is not too sweet or too salty, sits in a chair that's not too hard or too soft, and sleeps in a bed that is just right.
www.alberthalls-bolton.co.uk

Lambing Week at the Farm TATTON PARK - 5 - 12 April

Are you baarmy about lambs? Join us throughout Lambing Week, when Farm staff share their expertise with visitors, giving informative talks at the lambing shed. Learn how they spot the signs of lambing and how they look after sheep and care for lambs during this extra special time.

www.tattonpark.org.uk

Viking Life TATTON PARK - 10 April

Join Viking Warlord, Harald Bloodaxe, and his trusted Thrall at Tata's Tun.

Become one of Harald's Shield Warriors or Shield Maidens and learn about Viking history and their way of life, through an engaging workshop and series of hands-on activities at the Old Hall.

Suitable for families with children aged 7-11 years old.

www.tattonpark.org.uk



Annual Duck Race MARTIN MERE - 6 May

The only race that matters - the annual Bank Holiday rubber duck race! Colour in your rubber duck in our craft room for £3.50 all Easter and enter it into it into the duck race for free on Monday 6 May! We will also be opening the craft room from 10am on the day of the race if you haven't managed to visit us over Easter.

Bring your family along to the hotly-contested duck race. With a race at 12pm, 2pm & 4pm and a great prize for the winners up for grabs, who will emerge victorious?

www.wwt.org.uk/wetland-centres/martin-mere

Roman Day CHESTER RACECOURSE - 25 May

Roman Day celebrates both ours and our city's Roman roots. Did you know that the racecourse was once entirely underwater? It was used as an important harbour by the Romans for trade. Keep an eye out on the day and you may even see some real Roman Centurions wondering the racecourse trying to find their ships.

www.chester-races.com

Dinosaur Adventure Live - Trouble on Volcano Island ST HELENS THEATRE ROYAL - 27 May

Join the brave Rangers for another action packed Dinosaur Adventure in the all new and exciting show: TROUBLE ON VOLCANO ISLAND. When the island's ancient volcano becomes active, it spells danger for everyone - including the Dinosaurs! This amazing, immersive and interactive show is guaranteed to be an unforgettable adventure for the whole family.

www.sthelenstheatreroyal.com

Africa Oye - SEFTON PARK 22 - 23 June - 12.30 - 9.30pm Free Entry

Africa Oyé is a FREE family celebration of music and culture for all ages!

Taking place in Liverpool's Sefton Park - one of the city's most picturesque green spaces - the two-day festival is a family friendly weekend of live music, workshops, stalls and much more.

As well as international artists and Djs, the returning Oyé Active Zone offers audience members of all ages and abilities the chance to try out world dance, song, musical instruments and more with a programme of free workshops, suitable for all the family.

A range of traders selling everything from world cuisine to clothing and arts and crafts will feature in the Oyé Village and the ever-popular fun fair rides mean that children of all ages are catered for, whilst adults can enjoy refreshments at the Oyé Inn and soak in the unique Oyé atmosphere to the sounds of Africa and the Caribbean.
www.africaoye.com



What's on at Liverpool ONE this Spring & Easter

The latest cinema releases at ODEON

Round up the kids and grab some popcorn! You're spoilt for choice with new releases like Kung Fu Panda 4, and another chance to see some of the greats with some fab rereleases.

Kids Eat for Less or Free!

The popular offer is back – with lots of restaurants at Liverpool ONE offering free kids' meals this Easter break, there's something for everyone!

Visit: www.liverpool-one.com/whatson/kids-eat-free/



Entertainment on every corner!

From the colossal new Gravity MAX, with games to keep the whole family busy, to escape rooms at Escape Live!, and golf for everyone between Junkyard Golf Club and On the Green, not forgetting top-quality gaming at leveltap, Liverpool ONE is the perfect place to keep everyone entertained. Experience a jam-packed activity day out all in one place.



The Heritage Trail at Liverpool ONE

The Heritage Trail, both free and fully accessible, 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 self-guided audio tour takes between 60-90 minutes to complete. To follow The Heritage Trail, download the Liverpool ONE MyONE app or alternatively collect the printed map from the Information Centre on Wall Street.

Visit: www.liverpool-one.com/the-heritage-trail



Nature Trail at Liverpool ONE

For all the mini explorers amongst us, Liverpool ONE's Nature Trail is the perfect excuse to get outdoors and tour Chavasse Park learning about the vast array of resident plants and wildlife.



The free trail is self-guided by a map available online or at the Tourist Information Centre on Wall Street and it takes around 60 minutes to complete.

For more information visit: www.liverpool-one.com/nature-trail





This month Dave Roberts, Learning and Participation Facilitator and in house dinosaur expert and enthusiast at World Museum dives into the amazing world of Dinosaurs.

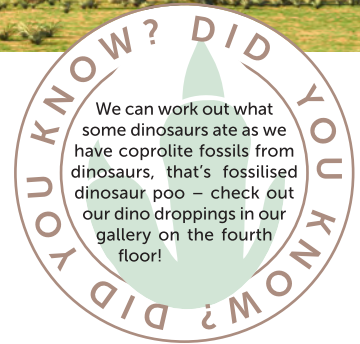
Are dinosaurs real?

Some people cannot believe that dinosaurs could ever be real, but fossils (preserved remains of once living things) prove that these animals did indeed exist. You can see some of these fossils at our museum.

How did dinosaurs live?

Dinosaurs lived and behaved like most animals that are alive today. We now believe them to be very birdlike, so they would make nests and lay eggs. What is amazing is how fast they grew. A baby Tyrannosaurus would be about the size of a loaf of bread when it hatched.

By the time it was thirteen years old it would be the size of an adult human being. Then it had a growth spurt, from age thirteen to sixteen, and would reach full size at 12 meters



long and around 6 tons, that's the same weight as a fully grown African elephant!

When did dinosaurs live?

Dinosaurs first appeared around 220 million years ago and the giant ones became extinct 65 million years ago, however as birds are now considered to be dinosaurs, you could say they still exist now.

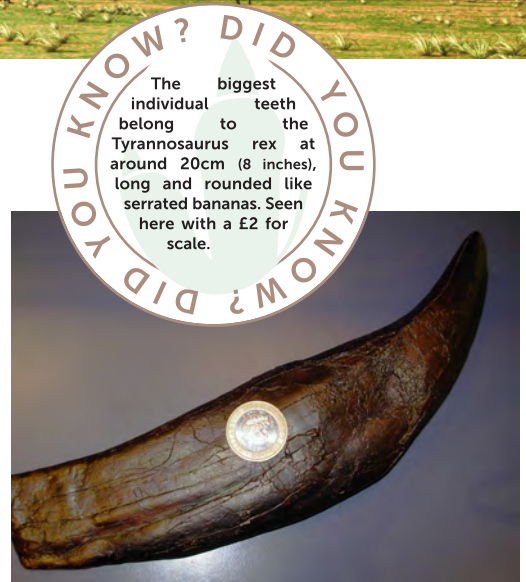
Where did dinosaurs live?

Dinosaur fossils are found all over the world, even Antarctica. There are lots of different prehistoric animals that lived at the same time as the dinosaurs such as Pterosaurs, Pleisosaurs, Mososaurs but the animals we call dinosaurs were all animals of dry land. This means that the rocks that have fossils are ones formed on land and not the sea. Most of the famous dinosaurs like Tyrannosaurus rex are from North America.



How do you put the dinosaurs together at the museum?

Dinosaur fossils are very, very rare. Even rarer are whole skeletons, we mostly find odd bits like a leg or a few ribs. It takes many years of carefully removing the fossils from the rocks, in laboratories. If we have enough from different individual dinosaurs of the same species we can work out what the missing bits are that make up the whole skeleton. For museums around the world to have dinosaur displays we need to make copies of these fossil skeletons, in materials lighter than the stone fossils. This is usually plaster or plastic and then fitted around a metal or wire to show the skeleton as you see it in the museum.



DO YOU KNOW? DID YOU KNOW?
The biggest individual teeth belong to the Tyrannosaurus rex at around 20cm (8 inches), long and rounded like serrated bananas. Seen here with a £2 for scale.



Anya and Aria dream of having their own café


Families



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