

Spring Edition Liverpool Parenting Newsletter March - May 2023



"Welcome to the Spring Edition, of Liverpool's Parenting Newsletter. It's so good that Spring is now here and we can enjoy getting outdoors again as the weather warms up! Its great to get out of the house on a sunny spring day. Research tells us that getting outdoors and being in green spaces is good for our mental health. A good walk can give us time out when we need it, help us to get our thoughts in order, reflect, plan and motivate us.

One of the amazing places I love to go at this time of year in Liverpool, is to Sefton Park and Gardens to see their famous daffodil fields. As a mum, I often took my daughter there when she was little and we

still love to go today! The park is a great place for a free or low cost afternoon out with the kids. There's lots of paths and woodlands to explore which are also accessible. The paths are pram friendly and wheelchair friendly. Kids can ride a bike or a scooter...walk the dog...go for a run...play football.

You can visit the lake area with its ducks, swans and geese. There's a great play area for children and a beautiful tropical palm house to visit. Take a picnic or visit the café to grab a drink or an ice cream! This is just one of our great parks in Liverpool with good public transport links. A trip to the park can be a positive incentive for our children too".

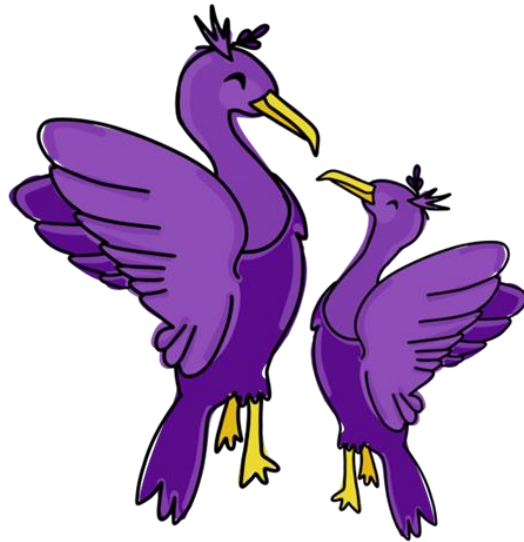
In this edition of the newsletter you will find information updates about new and existing services, events, activities and courses from our partners across the city who support those who care for children and their families.

Plus details of activities happening over the school Spring holiday period and activities linked to our Eurovision Festival!

I hope you find the newsletter useful.



Early Help - Getting Help When We Need It....



We may need to access some form of help.... at any point in life. We want to help our children to be the best they can be and for our families to be safe, happy, healthy and to thrive.

As a parent or carer, having an "If and Then" plan is always good, to help us to try and avoid things before they get into a crisis. Getting **Early Help** can be anything from accessing guidance, advice or being signposted to services, to having somebody else helping us to identify what may be best... helping to get the right services around us to do this. This could be your child's nursery, local children's centre, school, your GP, health visitor or an Early Help worker. **Liverpool Early Help Hubs** assist professionals who help families in this way. I recently visited one of the hubs and I have to say, the team were so friendly and knowledgeable, it was great to see some of the ways they were helping families and the professionals who were supporting them.

Getting Early Help when we need it... is a good thing to do.

Check online by going to google and typing [Liverpool Family Information and SEND Directory](#) for regular updates on services and new programmes from a wide range of council and partner services that support families and for more information on Early Help.



13th May 2023 - Eurovision!



The city is staging Eurovision on behalf of Ukraine on 13 May. Running alongside the main event will be a two week festival which will take place in the city from 1st-14th May... EuroFest.

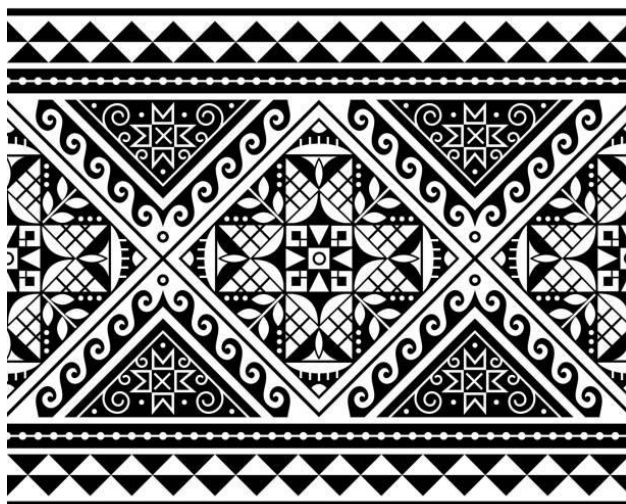
The festival will include a huge outdoor underwater sea disco which will parade through the city. UK and Ukrainian designers, musicians and community groups will be involved in the parade. The parade will feature Blue and Yellow Submarines, inspired by the colours of the Ukrainian flag, that will potentially float above at some point along with the song and film by Liverpool's most famous band, The Beatles. The parade will have everything from glitterball jellyfish through to kazoo-playing seahorses a true spectacle to kick off the Eurovision celebrations! The parade will be on Friday 5th May between late afternoon and early evening to tie in with the start of the weekend and Eurofest.



Schools across the city will be involved in "EuroLearn" with the theme of "**Embracing the Eurovision family of countries**". EuroLearn has three main strands – music, visual arts and storytelling. Schools across the city region will be supplied with resource packs which they can use to bring Eurovision into the classroom.

Children will be offered Pysanky workshops - a Ukrainian custom where eggs are painted with bright colours to mark the first day of Spring. Artists from Liverpool One will work with some schools to decorate giant eggs which will go on display around the city from 31st March.

Ideal activities for children of all ages to try at home during the Easter break...If you would like to try.. you can view and download your activity resource pack here [VISUAL ARTS RESOURCE PACK](#)





Look out for further information on the run up to Eurovision and some of the activities you will be able to get involved in or visit on the Liverpool City Council website, [Liverpool City Council Website](#) or Liverpool's tourist information website [Liverpool Tourist Information website](#)

Why not have a go at making Traditional "PASKA" Ukrainian Easter Bread

Ingredients

For the Sponge:

- 2 (.25 ounce) packages active dry yeast
- ½ cup warm water (110 degrees F/45 degrees C)
- ½ cup white sugar
- 3 cups warm milk
- 4 cups all-purpose flour

For the Dough:

- 6 eggs, beaten
- ½ cup white sugar
- 1 cup butter, softened
- ¼ teaspoon salt
- ¼ teaspoon lemon zest
- 12 cups all-purpose flour
- 1 egg
- 1 tablespoon water
- 2 tablespoons butter, melted



Directions

1. Proof the yeast in 1/2 cup warm water in a large bowl until slightly frothy.
2. In the meantime, dissolve 1/2 cup sugar in the warm milk; allow to cool to lukewarm. Once cooled, add the milk mixture to the yeast mixture along with 4 cups of flour. Mix well with a wooden spoon. Cover and put in a dark, warm place until the mixture is bubbly and doubled in size, about 2 hours.
3. Stir in the beaten eggs, 1/2 cup sugar, 1 cup butter, salt, and lemon peel. Stir well to blend. Begin adding the remaining flour a cup at a time to form a very soft dough.
4. Knead the dough on a floured board until soft and elastic, about 10 minutes. Place the dough in a greased bowl, turning to coat all sides. Cover bowl with plastic wrap and allow to rise in a warm place until doubled, about 2 hours. Punch dough down, and allow to rise again for 30 minutes.
5. Divide dough into three parts (see Cook's Note). Shape into slightly rounded loaves, and place on greased baking sheets. Let rise until doubled, about 45 minutes to 1 hour. Beat 1 egg with 1 tablespoon water; brush onto loaves.
6. Preheat oven to 350 degrees F (175 degrees C).
7. Bake in preheated oven until loaves are deep brown, 45 to 50 minutes. Once they are done, brush the tops with melted butter for a soft crust.

Cook's Note:

This recipe can be shaped into 3 large loaves or 6 small ones. (Check small loaves at about 30 minutes during baking.) You may use orange peel in place of the lemon zest, if you prefer.

Easter HAF Activities For Children.



The Easter HAF programme starts on the 3rd April and there are lots of great activities happening over the school holidays. Children and young people, who are eligible for benefits related free school meals, will be able to access hundreds of activities throughout the Easter break including specific provision available for children with SEND or additional needs, at **no cost to you**. There's a great range of activities across the city including **boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, a make up course, trips out, Eurovision themed activities** and much more! Every day there will be a meal available for every child that attends.

To find out where your nearest scheme and all the details of what is on click on this link - [Merseyplay website](#) or visit [Merseyplay website](#) and click on the Easter HAF link.

When you have chosen an activity, you will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If your child has any additional needs or dietary requirements then please discuss this with the organisation when you book. There is no central booking system so please read the details of the programmes on the website and ring the providers directly.

Solihull Free Online Parenting Courses are now available on a mobile App!



ONLINE COURSES FOR PARENTS, GRANDPARENTS, CARERS AND TEENS

Discover the Solihull Approach series

Understanding...

English  more languages available powered by Google Translate



Enjoy a fresh new look on mobiles

  
optional voice-over where available

...pregnancy, labour, birth and your baby

...your baby

...your child

...your child with additional needs

...your teenager's brain

...your feelings (for teenagers only!)

...your relationships

and much more!



Do you live in Liverpool?
1. Scan QR or visit www.inourplace.co.uk
2. Enter the Access Code*
3. Begin learning
*Sign in or registration required

Access Code:
PURPLEBIN


Locally funded
PREPAID



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

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

Liverpool families can go to this website;

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

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

- Arabic - فهم أطفالكم
- Bulgarian - Как да разбирате детето си
- Chinese - 认识您的孩子
- Polish - Zrozumieć swoje dziecko
- Urdu - اپنے بچے کو سمجھنا

Go online to [Solihull website](http://www.solihull.nhs.uk) and use the access code, PURPLEBIN or access the App.

Liverpool Children's Centre's



**CLUBMOOR
& ELLERGREEN
CHILDRENS CENTRE**

Utting Avenue East, Liverpool, L11 1DQ
TEL: 0151 233 8500

SEND Month in March!

Friday 17th March
The Brain Charity Value of You Workshop— 12:30 to 2:30pm.
Building confidence in families caring for someone with a neurological condition.
Creche available.

Wednesday 22nd March
The Brain Charity Becoming a parent of a child with additional needs —
12:30 to 2:30pm. Learn about potential funding/grants, support available for you
and your family.
Creche available.

Friday 24th March
LivPAC Understanding Sensory Processing—12:30 to 2:30pm.
Creche available.

Wednesday 29th March
LivPAC Understanding Autism—6pm to 8pm.

Thursday 30th March
The Open Doors Project coming to SWAN
1:3pm to 2:30pm. Providing outdoors and nature experiences for children with a
range of additional needs.

Contact the centre to book on
to any of our sessions.

A decorative illustration at the bottom of the flyer showing silhouettes of children playing in a field with butterflies and flowers.

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

Baby Massage - FREE

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

Welcome to Play - FREE

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

SEND Support - FREE

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



Nurture Parenting Programme - FREE

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

You & Me, Mum - FREE

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

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



Everton In The Community Activities For Dad's and Families

What's on?

Dads Walk - FREE

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

Dads Club - FREE

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

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

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

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



Stay and Play - FREE

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

Complete the registration form above.



Everton in the Community is pleased to be able to offer free Sing and Sign classes to parents with children aged 5 months – 18months old in the L3, L4, L5 and L6 postcodes.

"Babies have the capacity to communicate but lack the language to express their self. Children who are taught to communicate through sign develop their language and communications skills much earlier."

"To get the full benefit of the classes you need to be able to attend the class weekly and use the signs you are taught at home and while out and about".

Sing And Sign - Places are limited so please fill out this registration form to sign up [everton in the community](#).

How to communicate through basic sign language.

Thursdays | 1-2pm

10 week course The People's Hub, L4 4DF

Signing benefits include:

- Helping to understand your baby's needs, thoughts and ideas.
- Enhancing early vocabulary and understanding.
- Promoting a positive relationship between baby and parent.
- Encouraging the development of speech.
- Enriching your baby's relationships.

- Building confidence and self-esteem.
- Stimulating your baby's intellectual and emotional development

Dads Classes - FREE

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

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

LFC Foundation

The LFC Foundation are holding a FREE event for children and families in April. Their Spring Flower Festival walks will be held on 1st April. You can choose to attend a morning or an afternoon session. See the flyer for more details on how to register for the sessions.



Kinship Carers



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

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

COFFEE MORNINGS

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

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

Upcoming Easter events for Kinship Families:

Easter bonnet making, quizzes, bingo and crafts, hot food provided – best of all Easter eggs!

Ellergreen Community Centre

Wednesday 5th April 2023, 12-2.00pm

Exciting day out at Applejacks Adventure Park with the family

Applejacks

Thursday 6th April 2023

9.30 - 4.00pm



Liverpool City Council are working to offer more support to parents and carers who are experiencing conflict in their relationships, whether they are together or separated.

Conflict in relationships is normal, but conflict that is intense and poorly resolved can affect our children, now and in the future. Parents can find content on some really common things, like struggling to communicate well with your partner, raising kids together, and parenting after break-up.





"Everyone needs a hand with their relationship sometimes. Add kids into the mix, and there can be lots of extra pressure on you both, as you juggle looking after yourselves and your little (and not so little) ones".

Click on the link to access the new website which supports parents and carers who may be experiencing conflict in the family.

[relationkit website link](#)

The Brain Charity

The Brain Charity are holding an event on the 8th June at The Brain Charity, Norton Street, Liverpool, L3 8LR

"Caring for the Carer" - 8th June 9.30 am to 2pm

The event will offer Mindfulness, pamper sessions, information and informal presentations on "taking care of yourself" plus an afternoon cream tea!



Find the Value of You

Free confidence coaching for anyone in Liverpool affected by a neurological condition

Are you lacking confidence?
Would you like support to change your employment situation?

Let The Brain Charity's confidence coaches help you feel happier, empowered and more independent.

To find out more or sign up now:
 @: confidence@thebraincharity.org.uk
 ☎: 07888 301735 (Mandy)
 ☎: 07888 310811 (Emily)
 Or scan the QR code opposite →





The Brain Charity's **Value of You project** offers confidence coaching for parents (and none parents) with a neurological condition, or for those who look after someone with a condition. The service is **free** and runs in small groups, which has the added benefit of connecting like-minded people to enhance confidence, self-esteem and social circles.

The project is funded by Merseycare Life Rooms and includes modules on boundary setting, positive affirmations, breathwork and mindset.

Get in touch with the team to sign up [the brain charity infomration](#) or visit [the brain charity information](#) for more information."



**Looking for your next
opportunity? Speak to The
Brain Charity about:**



Directions & New Horizons Employment Projects

**Supporting people with a neurological condition to
find work, access training or qualifications, build
new employment skills and confidence**

In partnership with The Women's Organisation.
Part funded by the European Social Fund.






Employability support from our friendly team is free and personal to YOU

- Employability, careers and skills advice
- Smart job search and CV workshops
- Job application support, interview techniques, post placement support
- Source training, qualifications or placements with accredited providers
- Employer liaison
- Inclusive and empowering environment
- Connecting with disability friendly employers to find quality jobs
- Self confidence building
- Weekly job searches and news



Participants must live in the Liverpool City Region, be aged 18-65 and receive an unemployment benefit. For more information:

 employment@thebraincharity.org.uk
 0151 298 2999



NEW HORIZONS
LIVERPOOL CITY REGION



Directions
Ways to a brighter future



European Union
European Social Fund

The Directions and New Horizons programmes are open to anyone in the Liverpool City Region. We support those looking for work or to progress towards the labour market (getting people into training, education, job search etc).

Sign up or send referrals to [employment support with the brain charity](mailto:employment@thebraincharity.org.uk)

More Information can be found here: [employment support with the brain charity](mailto:employment@thebraincharity.org.uk)

Supporting Liverpool's Royal Naval and Royal Marine Families - The Naval Families Federation.





MEET NATALIE!

Natalie is part of the families advocacy team at the NFF. She was born and bred in Liverpool and like you, part of a Royal Navy family.

Watch a short intro video



ABOUT THE NFF

The Naval Families Federation are an independent charity that champion Royal Navy Royal Marines Service personnel and their loved ones. Our team can provide support and guidance on matters that affect your daily lives. We act as an advocate when needed to resolve complex issues. Also, as a critical friend to the Royal Navy, we can offer evidence-based feedback to those in positions of power, to inform research, policy, and shape change. Our website has vast amounts of valuable information, including a wide range of bespoke resources tailored to you.

Visit our website



GET IN TOUCH:

023 9265 4374

Natalie.Carmon@nff.org.uk



The Naval Families Federation are offering a new project to support Liverpool Service families, who are serving either in the Royal Navy or the Royal Marines.

Natalie is an Advocacy worker for the Naval Families Federation and can offer support and guidance to families on matters that affect their daily life. Natalie is originally from Liverpool and is a wife of a Naval serviceman and a mum. She has first hand experience of naval family life and what its like caring for a family together and separated from a partner whilst they are in service.

Natalie has access to resources and information that can help parents and their children on matters that affect daily life.

If you would like more information about how to access support please click on the QR codes in some of the information above to see how the Naval Families Federation can help support you.

You can also click on this link which will take you to an introductory video with Natalie.

[video](#)



We are LivPaC.. Liverpool Parents & Carers Forum

We offer mutual support, training for Parents, Carers and Professionals.

We are volunteers, but work in participation with service providers, sitting on participation groups and consulting with services to help to design better services for our children and young people.

Our New home is:-

Liverpool Parent and Carer Forum - LivPaC

Granby Adult Learning Centre

Granby Street

L8 2TU

Email:- liverpool.parent.carer.forum

Facebook:- LivPaC – Liverpool Parent and Carer Forum

Twitter:- LivPaCL8

Website:- [liverpool parent carers forum](http://liverpoolparentcarersforum.org)

COMING SOON IN 2023

New coffee sessions times and dates LivPaC Lending Library Training Sessions Focus Groups Local Offer LIVE 2023 - 5th July

Have a look at the LOCAL OFFER:- [liverpool SEND offer](#)

- Let us know what you think?
- What is missing?
- Do you like the new banner and icons?

Short Breaks

Please complete the survey below with regards to short breaks. The service is under review and we need parent feedback:

- what's working well
- what is missing
- what would you as a parent and carer like your child/young person to access

[LIVPAC survey link](#)

SEND Support For Children and Families



LIVERPOOL CITY COUNCIL

EARLY NOTIFICATION 0-5 YEARS OLD

WHO WE ARE?

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

EARLY YEARS GATEWAY TO SEND

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

WHAT WE DO?

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

FACE TO FACE

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

CONTACT US FOR MORE INFORMATION



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



CHRIS - 07522619983
LAURA - 07933172130



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

The Neurodiversity Early Years Team have a new exciting **“Umbrella Stay and Play “ programme based at Clubmoor and Ellergreen Children Centre.** The Neurodiversity Early Years Team will be hosting 1:1 parent/carer support sessions at Clubmoor and Ellergreen Children Centre every Tuesday 1:30pm-3:30pm. Please contact the centre direct to book these sessions. These sessions offer information, advice and guidance to families on the best way to support their child who has, or may have emerging traits of, a neurodevelopmental condition such as ADHD, ASD, DCD etc.

“Understanding and supporting my child’s ADHD” programme




The three-part “Understanding and supporting my child’s ADHD” programme explores different aspects of living with ADHD and strategies to support. The programme is delivered as live streamed online sessions, with sessions available on a wide range of dates and times including evenings and weekends.

Referrals for the programme can be made by CAMHS, Local Authority and Paediatrics, however, families can also self-refer into the service using the **referral form below**.

ADHD Foundation Neurodiversity Charity offer therapeutic services throughout all key stages in a large number of schools in the Liverpool Region. Our team work closely with those schools providing both 1:1 and group support to children and young people. We provide support to parents/carers via a variety of “Understanding and Supporting” programmes that cover topics such as ADHD, ASD and Behaviour.

Please see attached flyers. Referrals for therapeutic work and parent webinars should be made by the school SENCO

For further info, head to adhd.foundation.org.uk




Understanding and Supporting ADHD

Does your child have ADHD? Are they on the ADHD Pathway? Are you just interested to find out more about ADHD?

The ADHD Foundation Neurodiversity Charity invites you to attend our 3-part, live-streamed webinar series with one of our Parenting Team to explore ADHD.

<p>Session 1 - Neuroscience of ADHD</p> <ul style="list-style-type: none">• Understanding ADHD characteristics and dispelling myths• Understanding co-occurring conditions and complexities• Exploring the impact of living with ADHD <p>Session 2 - Sleep and Wellbeing</p> <ul style="list-style-type: none">• Understanding sleep physiology• Understanding diet in relation to ADHD• Exploring the role that movement plays. <p>Session 3 - Stress Awareness and Self Regulation</p> <ul style="list-style-type: none">• Understanding our stress response system• Recognising internal and external triggers• Exploring strategies to promote self regulation	<p>What people have said about this course:</p> <p>"I found the session completely whizzed by I was so engaged."</p> <p>"Great sessions, I would highly recommend to other parents"</p> <p>"I really enjoyed all 3 webinars, I gained some really useful knowledge about ADHD which will hopefully help me on my journey with my children!"</p> <p>"I would just like to say thank you so much for your clear explanation and knowledge of ADHD, so many things now make sense."</p>
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For further info, head to adhd.foundation.org.uk



Understanding and Supporting ASD

Does your child have ASD? Are they on the ASD Pathway? Are you just interested to find out more about ASD?

The ADHD Foundation Neurodiversity Charity invites you to attend our 2-part, live-streamed webinar series with one of our Parenting Team to explore ASD.

Session 1 - Introduction to ASD

- Understanding ASD characteristics
- Identifying different ways ASD may present and dispelling myths
- Exploring Sensory Integration

Session 2 - ASD and Complexity

- Understanding the impact of cooccurring conditions
- Exploring ASD and mental health
- Exploring how we can support our child when they are overwhelmed

What people have said about this course:

"My child did not present as 'classic' ASD. Thank you for helping me make sense of her diagnosis"

"Thank you. The sessions have been very clear and informative"

"This has given me a much better insight into some of the behaviours my son shows"



For further info, head to adhd.foundation.org.uk



Understanding Behaviour

Our behaviour is how we express ourselves. Sometimes our children may behave in a way that we do not understand, in ways that may not seem appropriate, or may seem challenging. When we understand behaviour, we are better able to support our child - recognising triggers for their behaviours, helping them to regulate their emotions and supporting them to make positive life choices.

The ADHD Foundation Neurodiversity Charity invites you to attend a live-streamed 2-part webinar series with one of our Parenting Team to explore Behaviour.

Session 1 - What is behaviour?

- Understand how we make choices by using our emotional or logical brain.
- Understand what the behaviour may be communicating
- Exploring how lifestyle choices may impact on behaviour

Session 2 - Promoting behaviour we want to see more of

- Identifying behaviour triggers
- Exploring positive behaviour strategies
- Exploring self-care

Each session lasts approximately 1 hr 15 mins and is followed by Q+A.

What people have said about this course:

"My son's behaviour makes more sense to me now"

"I have tried some of the strategies I learnt on the course yesterday and I can already see some difference"

"It was good to have time to ask questions at the end and the trainer was great in helping me with strategies for my daughter"



We work closely with The Virtual School Service to support looked after children and support their families and placements. Services offered may include therapeutic counselling, ADHD assessment (using QB Test technology), and a range of 'Understanding and Supporting' webinar programmes.

The 'NeurodiverCity Training Academy' is for neurodiverse young care leavers from Year 11 up to age 21, hoping to learn a valuable skill, enter the world of work, create a business, or go onto further training. Working closely with Liverpool City Council, The Virtual School Service and other partner agencies, this multi sector partnership will ensure learning and mental health needs are prioritised, and that young people and their carers, get the support they need as they transition and into adulthood.

Further details can be found here [liverpool ways to work information](#)



1 - The ASD Training Team

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

One to one Telephone/Virtual Consultation

Group Questions and Answers (virtual sessions)

Question and Answer session into schools

Early concern - Social Communication/Interaction workshop

Pre an ASD assessment training/workshop

Post an ASD assessment training/workshop

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

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

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

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



2 - ADDvanced Solutions

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

What's available?

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

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

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

[ADDvanced Solutions](#)



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

Explore the website here [adhd foundation](https://www.adhd.foundation)

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

Explore the website here [adhd foundation](https://www.adhd.foundation)

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

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



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



Liverpool Adult Learning & Employment Help and Support



Centres for Lifelong Learning, Skills & Employment Support

New Courses

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

Adult Learning Venues

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

We support our residents to
BELIEVE. ACHIEVE. SUCCEED.

APPLY ONLINE NOW!
Contact: 0151 233 3026

Visit: liverpool.gov.uk/learninginliverpool

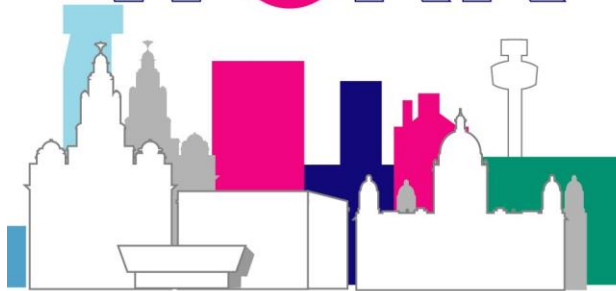
 @liverpoolals
 @liverpool_als





LIVERPOOL WAYS TO WORK

This is a
FREE
service



This project is part-funded by the European Social Fund
and Youth Employment Initiative



LIVERPOOL
CITY REGION

METROMAYOR
LIVERPOOL CITY REGION



Liverpool
Adult Learning Service



Liverpool
City Council

Liverpool Ways to Work

Our friendly team builds the confidence and widens the skill set of people living in Liverpool so they are ready to find a job.

We have a range of programmes designed to help people of all ages including those who are most vulnerable and may have additional barriers towards finding work.

We help people who:

- Are aged 16 – 70+ and are unemployed or inactive
- Have the right to live and work in the UK
- Are a part-time or full-time student.

Liverpool in Work employer services

We also help businesses to recruit. We screen and match candidates who have registered with the programme with vacancies.

Training

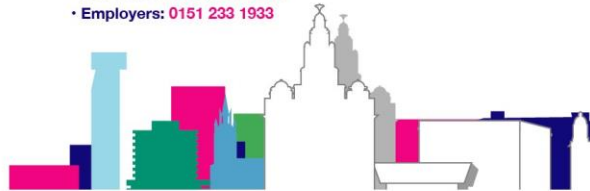
We offer routeway training programmes in construction, NHS traineeships and social care, all with a guaranteed job interview on completion.

For up-to-date job vacancies and training programmes please visit:

liverpoolinwork.co.uk

To contact Liverpool in Work:

- Email: Liverpoolinwork@liverpool.gov.uk
- Jobseekers: 0151 233 5312
- Employers: 0151 233 1933



Support for parents and carers of young children

Children's centres bring together a range of free services for children from birth to five, and their families including employment support for parents and carers.

Adult Learning Service

If you are registered with us and need additional support, we offer a range of bite-sized one-to-one and group training sessions. These include helping with job searches, writing a CV, preparing for interview and staying safe online.

To book an appointment please email:

Alswaystowork@liverpool.gov.uk

or call 0151 233 3026

Liverpool Ways to Work contacts

0151 233 3026 or 0151 233 5312

liverpool.gov.uk/waystowork



@liverpoolinwork



@liverpoolinwork



Queen of Greens Fruit and Veg Bus



The 'Queen of Greens' is taking to the city's streets to increase access to healthy food.

I was lucky enough to experience helping out at the van, when they visited Granby Street recently. The variety and quality of their fresh fruit and veg was amazing and it was so good to see how local people from the community accessed this service. Residents were able to collect fresh food, while they were

either passing by or on the school / nursery run... no need to have to go out of their way to big supermarkets.

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

The bus route is focused on areas where residents currently have to travel a kilometre or more to reach a supermarket, 800 metres to a convenience store, or 500 metres to a fresh market stall which sells 'green' produce.

The bus, which has been launched by Feeding Liverpool in partnership with Liverpool City Council and the local NHS. The bus visit 29 stops each week – including schools, hospitals and community centres. The healthy bus gives residents more opportunities to shop for nutritious food closer to their home, or workplace.

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

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



Have you checked to see if you can claim Healthy Start Vouchers?

An NHS poster with a blue background. At the top right is the NHS logo. The title 'Healthy Start' is in large white letters. Below it, a green box contains the text 'The Healthy Start paper voucher scheme is changing and vouchers will be replaced with a prepaid card.' At the bottom, white text reads 'You'll need to reapply online to continue to get help to buy food and milk. We'll let you know when you can apply.'

5 - Healthy Start Vouchers have changed

Accessing Healthy Start vouchers has changed...

What are Healthy Start vouchers?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

How have they changed?

Healthy Start paper vouchers are being discontinued and the vouchers are going digital.

The scheme will now offer a prepaid card instead of paper vouchers. This card will be automatically topped up every 4 weeks with your payment.

If you currently receive the paper vouchers, **you need to reapply to get a digital prepaid card and continue to receive this benefit.**

You can apply here: [Healthystart - How to apply](#)

Local Foodbank's and Cost of Living Help



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

Please see links below

[Locations | North Liverpool Foodbank Website](#)

[Locations | South Liverpool Foodbank Website](#)



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

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

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

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

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

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

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

[citizens advice website](#)

[twitter link](#)



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

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

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

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

Call us on 0151 707 1826

Click here for details of the services that are available [whisc](http://whisc.org.uk)



Monday

- **10am-12pm 'Toasty Time' group** - morning group with tea/coffee and toast, receive financial advice and gain support. Drop in or book on 0151 707 1826
- **10am -12pm KNITTING AND CROCHETING** 6-week course for both beginners and the more advanced. To book a place call WHISC on 0151 707 1826
- **10.45am - 11.45am FUN EXERCISE CLASS** in North Liverpool, VNC Vauxhall Neighbourhood Council Silvestrian Suite, 1-3 Augustine Street (Off Silvester Street) L5 8YD Email: lisamcloughlin@whisc.org.uk for further info.

• **Returning 17th April:**

- **12.30pm - 1.30pm TAI CHI** at St.Lukes (Bombed out church) with Lis D, email to book on [contact](#)
- **2.15pm - 3.15pm TAI CHI** with Lis D at WHISC. Book on 0151 707 1826.
- **4.30 m – 5.30pm TAI CHI** Unitarian Church, Ullet Road, Liverpool Email: [contact](#)

TUESDAY

- **10.00am – 11am – BUMPS AND BABES** For new mums and mums to be
 - **1pm – 2pm – MENOPAUSE SUPPORT** – group sessions

WEDNESDAY

10.30am - 11.30 am FUN EXERCISE CLASS in North Liverpool, VNC Vauxhall Neighbourhood Council Silvestrian Suite, 1-3 Augustine Street (Off Silvester Street) L5 8YD Email: [whisc contact](#) for further info.

- **1pm - 2.30 pm WELLBEING AT WHISC** - new peer support group for women with mild to moderate mental health difficulties including anxiety and depression. Please call WHISC on 0151 707 1826 to book a place.
- **1.30pm - 3pm MENTAL HEALTH & WELLBEING SUPPORT GROUP.** Via ZOOM. To attend, please call on 0151 707 1826 or email ruthwhitfield@whisc.org.uk

THURSDAY

- **10am-2:30pm- Women's Health Training Course – Starting again in June, apply now!** 8 Week course for women to gain an insight into health issues relevant to them. To apply please collect an application form from WHISC or telephone 0151 707 1826.
- **10:30am-12am Craft Class – 16th March and 20th April with Denise**
- **1pm WALK 'N' TALK (Continuing soon)** - Group for women with anxiety, depression or experiencing isolation, connect whilst we walk & talk to attain and maintain your health and wellbeing. (**Princes Park, Toxteth** Meet at the Picnic bench close to the Children's Playground). To book your place, please email liznorth@whisc.org.uk Please provide your name, contact number and let us know if you have used WHISC's Services before.
- **2pm - 4pm CUPPA AND A CHAT** - All women welcome, every Thursday afternoon.
- **4pm-5pm Free Yoga Session for beginners** – Introduction to Yoga classes on 23rd, 30th March and 6th, 20th and 27th April.
- **9.00pm – 9:30pm Bed Time MEDITATION** VIA ZOOM: nourish and recharge your mind before going to sleep. Email gurudham_kaur@yahoo.it to get the ZOOM link.



FRIDAY

- Closed

SATURDAY

11am - 2 pm SATURDAY CLUB For the integration of all women. Refugee, Asylum-seeking and migrant women particularly welcome. Contact: [whisc contact](#) for further info.

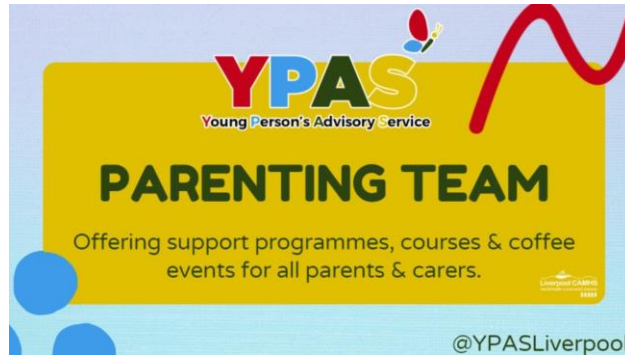
WORKSHOPS & TRAINING

New offers will be advertised as soon as they are available. Places on all courses and workshops are limited, so please email or call to book your place or Call: 0151 707 1826

[whisc](#)

New Support for Service Families In Liverpool!

Liverpool YPAS and Parenting Programmes



7 - For more information on Liverpool YPAS Parenting services please contact the YPAS Parenting Team on: 0151 707 1025



8 - Incredible Years:

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

[liverpool.ypas](http://liverpool.ypas.org.uk)

This is a face to face delivery service

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



9 - Youth Connect 5

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

[liverpool.ypas](http://liverpool.ypas.org.uk)

This is a face to face delivery service

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

**PARENTS/CARERS
PARTICIPATION GROUP**
have your say....



Did you know you can:

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


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

YPAS
Young Person's Advisory Service
www.ypas.org.uk
0151 707 1025
support@ypas.org.uk



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

Parent Talk
Down-to-earth parenting
advice you can trust



10 - Free 1-2-1 Parenting support

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

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

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

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

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



**Feeling low?
Overwhelmed?
Anxious?**

Talk to us.

**Text
GREEN
to
85258**

for free and
confidential
support 24/7

**shout
85258**

in partnership with

 **Cheshire and
Merseyside**
Health and Care Partnership

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

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

Adults in Liverpool & Sefton Text HEAL to 85258



FUNDRAISING EVENT AT LIVERPOOL BEATLES MUSEUM ON TUESDAY 18/4/2023 – TICKETS AND RAFFLE TICKETS AVAILABLE – CONTACT LEIGH BEST ON 07974796990 TO DONATE PRIZES OR SELL RAFFLE TICKETS

BUILDING RESILIENCE THROUGHOUT RECOVERY dates for 2023

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

Recovery Group 4.30 pm – 6.30 pm

Carers/Parents Groups 6.30 pm – 8.30 pm

THEMES THIS YEAR

4/4/2023 Self-Compassion

2/5/2023 Mindfulness, Acceptance, and Managing Anxiety

6/6/2023 Positive Affirmations – what they are and how to use them

4/7/2023 The Thought Feeling Behaviour Chain

1/8/2023 Recovery Planning and The Change Cycle

5/9/2023 Using Character Strengths during Relapses

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

7 /11/2023 Self Care and Self Esteem

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

Could You Be A Foster Carer?



Liverpool's Fostering Service

Could you give a child a safe and loving home?

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

Visit: [liverpool fostering service](https://www.liverpoolfostering.org.uk/)





Tax Free Childcare



Tax Free Childcare

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

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

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

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



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

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

RASA Merseyside



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

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

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

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

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

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

For further information with regards to these courses please email rasa.service

Domestic Abuse Support



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

Friendship Group

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

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

I ♥ MYC

The poster features a large orange speech bubble with the text 'Friendship Group'. Below the speech bubble, there is an illustration of six diverse people standing in a circle, holding hands. The background is light blue with white clouds. The text is in various colors and fonts, including orange, white, and black.

Who to call for advice

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



Liverpool Domestic Abuse Services

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

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

email: [enquiries](mailto:enquiries@ldas.org.uk)

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



Merseyside Domestic Violence Service

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

Tel: 0780 272 2703

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

Paul Lavelle Foundation

Support for men in domestic abusive relationships.

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

email: info@paulavellefoundation.co.uk

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



Rape and Sexual Abuse (RASA)

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

Tel: helpline - 0151 666 1392, Tuesday and Thursday 6-8pm, Friday 12pm-2pm. Referrals - 0151 558 1801

email: [rasa helpline](#), general enquiries - [rasa email address](#)

website: [rasa](#)

Ruby Project

Domestic abuse support for women.

Tel: 0151 702 5559/5500, mobile - 07714289180, out of hours - 0800 688 9990

email: [parent support service](#)

website: [pss people Web site page](#)



Savera UK -

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

email: [website infomration](#)

website: [website information](#)



South Liverpool Domestic Abuse Services

Support women across the South and South Central area of Liverpool.

tel: freephone - 0800 083 7114, mobile/text for hard of hearing - 07593 549 0040151, office - 0151 494 2222/0151 494 1777

email: [sldas](#)

website: [domestic abuse services](#)

Victim Support Merseyside

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

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

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



Worst Kept Secret Helpline Merseyside

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

email: [localsolutions](#)

website: [local solutions](#)

Our Partner Agencies



OUR Partners

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

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

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

Liverpool's Parenting Coordinator on the email below

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