



Liverpool Parenting Newsletter - July - Sept 2022

Welcome to the 4th edition of the Sway, Liverpool Parenting Newsletter, the last newsletter seen over 7500 views by parents with partners from across the city contributing the amazing variety of services available to support families.

In the last newsletter we made parents aware of the Prime Time Parents project with 22 workshops running on a Tuesday and Thursday evening over three months. With the project ending on the 19th of July we have seen over 200 parents participating in the project learning new skills on their parenting journey.

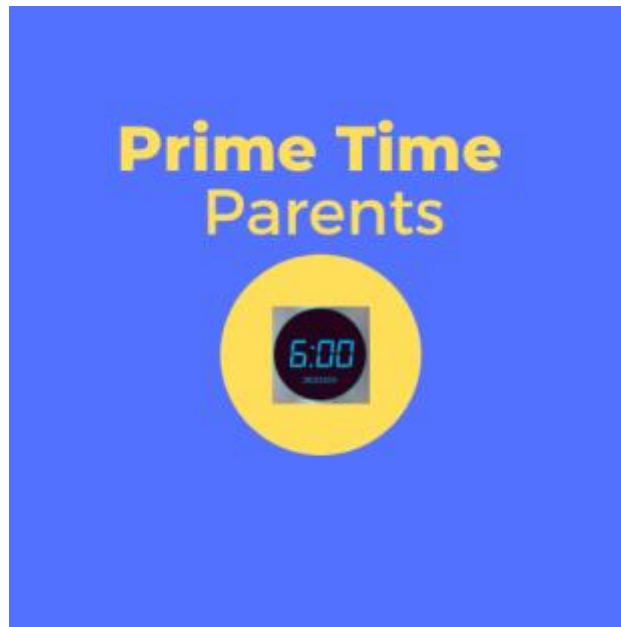
By clicking on images within this Newsletter it will make them large for you to be able to view.

Finally as always remember to check online by going to google and typing [Liverpool Family Information and Support Directory](#) for regular updates and new programmes from a wide range of council and partner services. If you have an event you feel would be of interest to parents we would be happy to

publicise it with our partners then please just get in touch with **Liverpool's Parenting Coordinator** parenting@liverpool.gov.uk.

If you would like to have your Parenting information in future newsletters please get in touch.

Prime Time Parents



Book your workshop



07/07/22 - Kinship Carers - Awareness of Kinship - [BOOK HERE](#)

12/07/22 - RASA Merseyside - Understanding Child Sexual Abuse - [BOOK HERE](#)

14/07/22 - Bullybusters - A parents awareness session; What can we do - [BOOK HERE](#)

19/07/22 - Liverpool YPAS - Incredible years - Effective Limit Setting - [BOOK HERE](#)

HAF (Holiday Activities and Food) Programme

Summer Holidays Fun





The Summer Activities and Food programme starts soon and there are lots of great activities happening over the school holidays for children, aged from reception to 16 years old, who are eligible for benefits related free school meals.

They will be able to access hundreds of activities throughout the Summer break including specific provision available for children with SEND or additional needs.

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, Jubilee activities, trips out** and much more! Every day there will be a meal available for every child that attends.

To find out where schemes are in your ward click on this link (on Monday) - <http://www.merseyplay.com/haf-holiday-activities-and-food-fund/> or visit www.Merseyplay.com and click on the HAF link.

Parents/guardians/carers will just need to choose an activity, then contact that organisation to book a place. If the child has any additional needs or dietary requirements then they can discuss this with the organisation when they book.

Each organisation will have either a telephone number, email address or online booking system. There is no central booking system so they will need to contact the providers directly.

Around 100 programmes have been funded across the city and many of them are taking part in our growing project which will provide organisations with the tools to develop or enhance a community growing project in order to teach the young people about growing their own fruit and veg.

Local Foodbank's

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](#)

NSPCC - DART (Domestic Abuse Recovery Together)



DART (Domestic Abuse Recovery Together) is a group for mums and their children (7 -14 years) who have lived with domestic abuse. We know that domestic abuse is often kept a secret within the family and can be difficult to talk about.

DART helps mums and their children learn that it is ok to talk about their experiences in a safe and friendly environment and build their relationship with each other. We also make time to have fun together.

We know that living with domestic abuse can have a huge impact on how children manage their feelings and sometimes they find it hard. DART can help mums and children come up with ways to manage their feelings in a safe way.

Mums and children attend a group for 10 weeks, spending some time doing activities together and spend time with the other mums and children separately.

During the 10 weeks we look at:

- Domestic abuse and its impact
- Feelings and relationships
- Challenging emotions
- Managing loss and embracing change.
- Healthy relationships

- Safety planning and safe networks
- Positive communication skills
- The criteria for attending the group is that mum is no longer in an abusive relationship. We are running a group in September in our centre in Great Homer Street. If you or someone you know may benefit from attending or would like to find out more information, please get in touch. NSPCC 0151 556 1000 or merseycpt@nspcc.org.uk

Citizens Advice Liverpool



Healthy Start vouchers are changing

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.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

How are they changing?

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

The scheme will 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](#)

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

We are heading into a perfect storm of pressures as spring approaches, with increases to National Insurance, Council Tax and energy bills. Our Service Delivery Manager spoke to the Liverpool Echo about how this will affect Liverpool – [you can read that here](#).

Citizens Advice Liverpool have put together some resources to help

- 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.

[Visit our website for more information about how we can help.](#)

[Follow us on Twitter for regular service information and opening times.](#)

- The Liverpool City Region Combined Authority want to hear how the cost-of-living crisis is impacting you – so it can better help to alleviate some of these pressures. You can make your voice heard by filling out the [#LCRlistens survey](#).

Liverpool Parent & Carers Forum (LivPaC)



5th July 2022 - 10:00am – 12:00pm - Coffee Morning Session

6th July 2022 - 11:00am – 18:00pm - Local Offer LIVE event - St Georges Hall

12th July 2022 - 18:00pm – 20:00pm - Coffee Evening Session

Further information to follow:

Please visit our website [LivPaC](https://www.livpac.org.uk)

ADHD Foundation



- ADHD Foundation Neurodiversity Charity have a new look website! We have changed it to make it easier for families to navigate and find the information they need. Explore the website here <https://www.adhdfoundation.org.uk/>
- 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.





The Umbrella Project has now launched in Liverpool City Centre (Church Alley between Lush and Primark, in front of the Bluecoat) and will remain in place until October 2022.

The Umbrella Project installation helps to raise awareness and understanding of neurodiversity. Thousands of colourful umbrellas are strung together over public spaces, in schools, and in company buildings around the nation. Each display is designed to represent the one in five of us who have a neurodevelopmental condition, such as ADHD, Autism, Dyslexia, Dyspraxia, Dyscalculia or Tourette's syndrome. These conditions fall under the **umbrella** term of neurodiversity.

We are changing the perception of neurodiverse/neurodivergent people and celebrating all the many strengths that come from thinking differently.

“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**. A wide range of resources can be found on our website <https://www.adhdfoundation.org.uk/>

Date:		Referred by:	
		Referral form completed by:	
Child/Young Person Details: (Please include any previous name/otherwise known as)			
Surname:		Forenames:	
		D.O.B:	
Gender:	Sexual Orientation: (LGBTQIA-specify)	Ethnicity:	Nationality:
			Religion:
NHS number:		URN (ADHD Foundation Staff use only)	
Alder Hey Number:			
Current Address:		Alternative Address:	
Postcode:		Postcode:	
Telephone:		Telephone:	
Mobile:		Mobile:	
Email:		Email:	
Name of Parent/Carer at above address:		Name of Parent/Carer at above address:	
Parental Responsibility: Yes <input type="checkbox"/> No <input type="checkbox"/>		Parental Responsibility: Yes <input type="checkbox"/> No <input type="checkbox"/>	
Any shared PR:		Any shared PR:	
Emergency contact name/Number:			
Community Paediatrician:		GP Name/Surgery:	
Date diagnosed:	Age at diagnosis:	QB Test given: Yes <input type="checkbox"/> No <input type="checkbox"/> (If yes please include date)	
	Awaiting diagnosis: Yes <input type="checkbox"/> No <input type="checkbox"/>		
Current Medication:		Comorbid Conditions/Additional Diagnosis (please give brief details):	
Any other known concerns or disabilities:			
Safeguarding (e.g. Looked After Child, Child Protection Plan):		EHAT Open? Y/N	

ADHD FOUNDATION Referral Form
The Neurodiversity Charity

Is there anyone currently absent from the family home? (If yes please give details and relationship)

Any other agencies involved:

Education Status: (e.g. Main Stream/Home Taught)

School Address:

Has your Child/YP ever been excluded? Yes ☐ No ☐
(If yes please give brief details/action)

Does your child/young person have an Education, Health and Care Plan (EHCP) in place?
Yes ☐ No ☐

Does your child/young person take part in any activities in or outside school?

Are there any other health concerns with your child/young person or anyone else in the family?

Do you know of any mental health conditions within the family? (e.g. ADHD, Dyslexia or ASD)

Do you have any concerns about alcohol or substance misuse?

Any Police involvement/Risk? (Brief details)

Any Significant/Relevant Information? (e.g. Child Protection/Looked after)

Does the child/parent/carer have any accessibility requirements (including hearing, large print documents)? Yes ☐ No ☐ Don't Know ☐

If yes, please provide details:

Interpreter required? Yes ☐ No ☐

Any Signposting:

ADHD Foundation Staff ONLY
IAG ☐ PCSBT ☐ YPSBT ☐ Qb Test ☐ Therapy ☐ Other: _____

IA0033/7/2205/2018

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- 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 proving 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
- 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. After the success of the parent/carer skills building course "Understanding your child's early development," the Early Years Team are planning to facilitate additional sessions throughout the Spring/Summer. The course dates will be sent to Nursery settings, so please keep in contact with your child's SENCO for further information.

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.

Session 1 - Neuroscience of ADHD

- Understanding ADHD characteristics and dispelling myths
- Understanding co-occurring conditions and complexities
- Exploring the impact of living with ADHD

Session 2 - Sleep and Wellbeing

- Understanding sleep physiology
- Understanding diet in relation to ADHD
- Exploring the role that movement plays

Session 3 - Stress Awareness and Self Regulation

- Understanding our stress response system
- Recognising internal and external triggers
- Exploring strategies to promote self regulation

What people have said about this course:

"I found the session completely whizzed by I was so engaged."

"Great sessions, I would highly recommend to other parents"

"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"

"I would just like to say thankyou so much for your clear explanation and knowledge of ADHD, so many things now make sense."



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 co-occurring 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 [adhdfoundation.org.uk](https://www.adhdfoundation.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 1hr 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"



Further information and resources from the Early Years Team can also be found on the ADHD Foundation website here <https://www.adhdfoundation.org.uk/what-we-do/schools-education/nd-early-years-service/>

- 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 <https://nd-city.academy/>



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**.

[Torus foundation..... Look ahead project.](#)

Torus foundation..... Look ahead project. Will be delivering a Mental Health First Aid course 29th June and 13th July

The mental health first aid course will help carers recognise common mental health issues and understand how to provide non-judgemental support, reassurance, and guidance towards professional help. The carers will learn about different mental illnesses, their symptoms, cause, treatment options, first aid methods and self-help strategies.

We are preparing for our summer program which will consist of a mix of family trips and trips just for our young people over the summer holiday period – these will include Watersports, Moel Famau and visits to our local parks – more details to follow on our website www.kinshipcarersliverpool.co.uk

[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.

Kinship Carers visits London











We are just back from a two day residential to London with our young people –they really were amazing and their families should be so proud of them.

This was a mix of business and pleasure for them - Visiting the London Design Museum where Peter Carneys LFC flags are exhibited including the Hillsborough flag that we were involved in creating the paper poppies for with Scouse Flower House, this was a special moment, with young people taking up his recent Paris flag to also be exhibited in the museum. We then had an amazing night watching the Lion King.

The next day included a visit to Parliament to meet our **MP Ian Byrne** to discuss issues of importance to our young people around living in a Kinship Family and how we can bring about change to support their diverse needs. This included a tour of Westminster, the House of Lords and sitting on the terrace with a cool drink looking over the Thames.

We finished the day with a James Bond style speed boat up the Thames and whistle stop tour of the main sites, including 10 Downing Street and Buckingham Palace. Our young people were truly inspiring and certainly done their bit in raising awareness for what Kinship Care is at every opportunity!

WHISC - Women's Health Information & Support Centre



BUMPS and BABES

Join WHISC for the BUMPS and BABES support group for Mums & Mums-to-be.

Tuesdays (from 5th July 2022) between 10am and 11am at WHISC

- Support for mild anxiety and low mood
- Strategies for healthy communication and relationships
- Positive mental health and wellbeing activities
- Meet other mums and mums to be

Join Ruth & Frances for relaxation, support & information.

Call to book your FREE place 0151 707 1826 or email ruthwhitfield@whisc.org.uk

Information given at Bumps and Babies is not intended to replace advice given by your Midwife or GP. Always consult your health care professional if you have any concerns.

The ASD Training Team



The ASD Training Team are offering

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 training and workshops are age appropriate where possible.

Please email the team for dates and times:

The Liverpool ASD Training Team are providing a series of virtual drop in sessions and training sessions via zoom & classroom sessions throughout 2022.

To book your place for your preferred session please email asdtrainingteam@liverpool.gov.uk

MYA Raise Team



JULY & AUGUST 2022

Merseyside Youth Association's mental health promotion team (RAISE Team) continue to deliver their range of bite-size courses, adapted from courses they have previously delivered.

These sessions cover a range of mental health issues that impact children, young people and their families.

Bite-size sessions coming up in over the next few months for Parents and Professionals, delivered via Zoom unless otherwise stated

08/07/2022 - 10:00 am - 11:00 am - **Worries of the World bitesize via Zoom** - [Book](#)

08/07/2022 - 4:00 pm - 5:00 pm - **Managing Challenging Conversations bitesize via Zoom** - [Book](#)

11/07/2022 - 10:00 am - 11:00 am - **Child on Parent Abuse – bitesize via Zoom** - [Book](#)

12/07/2022 - 4:00 pm - 5:00 pm - **Behaviour as Communication – bitesize via Zoom** - [Book](#)

12/07/2022 - 4:00 pm - 5:00 pm - **Managing Challenging Conversations bitesize via Zoom** - [Book](#)

13/07/2022 - 10:00 am - 11:00 am - **Understanding the needs of Young Carers Bite Size via Zoom** - [Book](#)

13/07/2022 - 10:00 am - 11:00 am - **Worries of the World bitesize via Zoom** - [Book](#)

14/07/2022 - 10:00 am - 11:00 am - **Understanding and Managing Anxiety** - [Book](#)

14/07/2022 - 1:00 pm - 2:00 pm - **Understanding Low Mood and Depression in Young People** - [Book](#)

14/07/2022 - 4:00 pm - 4:45 pm - **ACEs and Trauma-Informed Practice – Bite-size via ZOOM** - [Book](#)

14/07/2022 - 4:00 pm - 5:00 pm - **Child on Parent Abuse – bitesize via Zoom** - [Book](#)

18/07/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool - [Book](#)

18/07/2022 - 10:00 am - 11:00 am - **Understanding and Managing Anxiety** - [Book](#)

18/07/2022 - 3:30 pm - 4:30 pm - **Understanding Low Mood and Depression in Young People** - [Book](#)

SEPTEMBER 2022

24/08/2022 - 10:00 am - 10:45 am - **Managing Child Worry Bite Size Via ZOOM** - [Book](#)

24/08/2022 - 4:00 pm - 4:45 pm - **Kinship and mental health bite size via Zoom** - [Book](#)

13/09/2022 - 10:00 am - 10:45 am - **Managing my stress response bite size via zoom** - [Book](#)

13/09/2022 - 4:00 pm - 4:45 pm - **Managing Child Worry Bite size Via Zoom** - [Book](#)

15/09/2022 - 10:00 am - 10:45 am - **Eating Disorders – Bite-size via ZOOM** - [Book](#)

15/09/2022 - 10:00 am - 11:00 am - **Social media and mental health – Bite-size via ZOOM** - [Book](#)

16/09/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool - [Book](#)

19/09/2022 - 4:00 pm - 4:45 pm - **Self-harm- Bite-size via ZOOM** - [Book](#)

22/09/2022 - 10:00 am - 10:45 am - **Post Traumatic Stress Disorder Bite Size via Zoom** - [Book](#)

22/09/2022 - 4:00 pm - 4:45 pm - **Managing Teen Worry Bite Size via Zoom** - [Book](#)

26/09/2022 - 10:00 am - 11:00 am - **An Introduction to Grooming and Exploitation – Bite-size via ZOOM** - [Book](#)

26/09/2022 - 4:00 pm - 4:45 pm - **ACEs and Trauma-Informed Practice – Bite-size via ZOOM** - [Book](#)

Where to go for support?

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

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

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



Tax-Free Childcare

Childcare Choices

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 [GOV.UK website](#).

Alongside funded hours for [2 year olds](#) and for [3 and 4 year olds](#), 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 EYFunding@liverpool.gov.uk or check out the [Liverpool Family Information and Support Directory](#).

Employment & Skills

Event: Welcome Wednesday & Job Café

Time: 9am until 1pm

Date: 20 July

Pop along to the Granby Centre for Employment & Skills, L8 2TU

Find out about our Adult Learning Courses and meet our friendly Ways to Work team who can support you if you are looking for work.

We have lots of other services exhibiting on the day.

Free Refreshments available!

Free Courses!

Everyone is talking about the World of Code!

Join our free course and unlock this whole new world.

Don't delay – apply today.

Liverpool Ways to Work

Free information, advice and guidance to help you to find the job you want.

We are based in Adult Learning Centres, Children's Centres and Outreach Venues right across the city.



The Ways to Work Programme is part-funded by the European Social Fund and the Youth Employment Initiative.

The Welcome Wednesday



Job Cafe

T: 0151 233 233 2400

FREE EVENT

Wednesday 20 July 2022

Drop in anytime between

9am - 1pm

Cranby Street

Adult Learning Centre

LS 2TU

TODAY'S SPECIALS ON THE HOUSE

JUST POP IN!

All are welcome to come along and join our event. Come and see our newly refurbished centre and find out more about our new adult learning courses and the latest up to date job vacancies.

[Find out more about other local services and opportunities!](#)

Adult Learning courses for work, personal development and wellbeing

Ways to Work latest job opportunities

Liverpool in Work Advisors

Liverpool City Council Jobs

Feeding Liverpool

The Reader

Adoption Services

Early Years (Nursery)

Fostering Services

Public Health

Princes Trust

Revs & Bens

Go Higher

Learner Exhibition

Free Hand Massage and Nails

FREE REFRESHMENTS



[View our jobs and courses online](#)

Liverpoolinwork.co.uk

Liverpool.gov.uk/learninginliverpool



Ways to Work

Adult Learning

Feeding Liverpool

Liverpool in work

FREE COURSE!

INTRODUCTION TO CODING & PROGRAMMING COURSE

Unlock the World of Code!



DO YOU WANT TO BUILD YOUR CONFIDENCE IN THE WORLD OF CODING
& PROGRAMMING?

DO YOU HAVE A LEVEL 1 IN ENGLISH, CAN YOU USE A COMPUTER BUT
WOULD LIKE TO LEARN MORE SKILLS?
Then the power is in your hands!

Everyone is talking about coding. We
can introduce you to this whole new
world and provide you with the
basics skills to get you started.

This course will prepare you for a
career in IT, and help you to better
understand coding and the world of
programming.

Following successful completion
of this course you will gain a Level
1 Award in Introduction to
Programming.

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**APPLY
NOW**

**COMPLETE THE
FORM**

**Courses are for ages 19 years +
8 weeks - 1 Day a week**

E: Adult.Education.Queries@liverpool.gov.uk
T: 0151 233 2400







The Welcome Wednesday
Job Cafe
 T: 0151 233 2400

FIND A WORKPLACE!
POP IN - TO THE SPACE

Wednesday 20 July 2022

Drop in anytime between
9am - 1pm
 Canby Street
 Adult Learning Centre
 L8 2TU

TODAY'S SPECIALS ON THE HOUSE

INFORMATION	GUIDANCE
<p>We work with local residents aged 16 to 75 plus years who are unemployed. We help thousands of people to find meaningful work or identify further training.</p>	<p>Our team will guide you on your next steps in your journey towards finding meaningful work.</p> <p>We have pathway programmes to gain work in Construction, NHS Traineeships and Adult Social Care, all with a guaranteed job interview.</p>
ADVICE	JOBS
<p>Our professional and friendly team are available to chat to you about our courses and programmes.</p> <p>The team can advise you further, if you have any particular barriers that maybe preventing you from finding meaningful work.</p>	<p>We work with local employers and have a huge database of vacancies and jobs available with immediate starts.</p>
SKILLS	<p>View our jobs and courses online</p> <p> Liverpoolinwork.co.uk Liverpool.gov.uk/learninginliverpool </p> <div style="display: flex;">   </div>
<p>Our team will identify your skills, goals and aspirations.</p> <p>We will work with you to create a stand out C.V. and prepare you for interviews.</p> <p>We will assist you and give you the skills to be able to search and apply for jobs online.</p>	<div style="background-color: #333; color: white; text-align: center; padding: 5px; font-weight: bold;">FREE REFRESHMENTS</div>





The Welcome Wednesday

Job Cafe


T: 0151 233 233 2400

**FIND A WORKPLACE!
POP IN - TO THE SPACE**

Wednesday 20 July 2022
Drop in anytime between
9am - 1pm
Granby Street
Adult Learning Centre
L8 2TU



TODAY'S SPECIALS ON THE HOUSE

INFORMATION	GUIDANCE
<p>We work with local residents aged 16 to 75 plus years who are unemployed. We help thousands of people to find meaningful work or identify further training.</p>	<p>Our team will guide you on your next steps in your journey towards finding meaningful work.</p> <p>We have pathway programmes to gain work in Construction, NHS Traineeships and Adult Social Care, all with a guaranteed job interview.</p>
ADVICE	JOBS
<p>Our professional and friendly team are available to chat to you about our courses and programmes.</p> <p>The team can advise you further, if you have any particular barriers that maybe preventing you from finding meaningful work.</p>	<p>We work with local employers and have a huge database of vacancies and jobs available with immediate starts.</p>
SKILLS	<p>View our jobs and courses online</p> <p>Liverpoolinwork.co.uk Liverpool.gov.uk/learninginliverpool</p>
<p>Our team will identify your skills, goals and aspirations.</p> <p>We will work with you to create a stand out C.V. and prepare you for interviews.</p> <p>We will assist you and give you the skills to be able to search and apply for jobs online.</p>	<div style="background-color: #333; color: white; text-align: center; padding: 5px;">FREE REFRESHMENTS</div> 





The Ways to Work Programme is part-funded by the European Social Fund and the Youth Employment Initiative.

The Welcome Wednesday



Job Cafe

T: 0151 233 2400

FREE EVENT

Wednesday 20 July 2022

Drop in anytime between

9am - 1pm

Cranby Street

Adult Learning Centre

LS 2TU

TODAY'S SPECIALS ON THE HOUSE

JUST POP IN!

All are welcome to come along and join our event. Come and see our newly refurbished centre and find out more about our new adult learning courses and the latest up to date job vacancies.

Find out more about other local services and opportunities!

Adult Learning courses for work, personal development and wellbeing

Ways to Work latest job opportunities

Liverpool in Work Advisors

Liverpool City Council jobs

Feeding Liverpool

The Reader

Adoption Services

Early Years (Nursery)

Fostering Services

Public Health

Princes Trust

Revs & Bens

Go Higher

Learner Exhibition

Coding Demonstration

Beauty Demonstrations

FREE REFRESHMENTS



View our jobs and courses online

[Liverpoolinwork.co.uk](https://liverpoolinwork.co.uk)

liverpool.gov.uk/learninginliverpool



ADDvanced Solutions

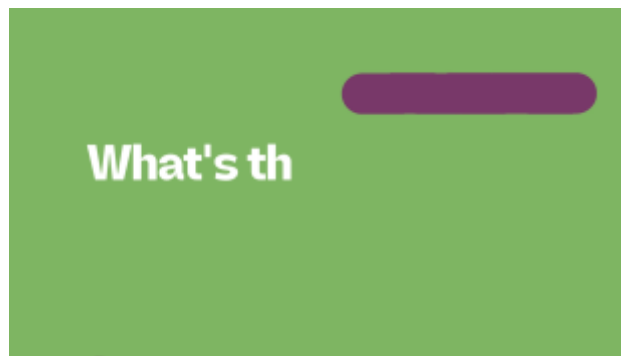


The team at ADDvanced Solutions Community Network continue to support the families living with Neurodevelopmental conditions in Liverpool pre, during and post-diagnosis.

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 [HERE](#) and also find information on the services [HERE](#)



<https://sway.office.com/xXTujUsO3NRDUf0d#content=eLfjWOvOM5HapC>

Liverpool YPAS



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



Parenting Programmes run by YPAS include,



1 - Incredible Years:

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.

[Download information here](#)

This is a face to face delivery service

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

**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.

[Download information here](#)

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



Liverpool Children Centres



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

- **Nurture Parenting Programme**

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

- **Baby Massage**

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**

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**

To 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.

Our aim is to demonstrate practical strategies to promote play, engagement and interaction for the parents to work with their child/ren and to find ways to overcome any challenges together.

One of the groups delivered is a support network for parents/carers where they can receive advice and support from staff, other parents or guests from partner agencies. They also give information on local services and refer to partner agencies when required.

- **You & Me, Mum.**

You & Me, Mum is a 10 week course programme for mothers which will help you understand how domestic violence effects you as a parent and how it effects your children.

It will empower, 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 [HERE](#)

Solihull Parenting Guides



Gain more confidence as a parent:

Try our **FREE online guide LIVERPOOL** for all parents and carers to understand your child (0-19 year olds).

Find out more about:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Different styles of Parenting
- Having fun together
- Why is sleep important?
- Communication with your child

Liverpool families enter the access code PURPLEBIN to gain free access, go to [Solihull - In Our Place Website](#) for further information.


 Liverpool City Council

Understanding your Baby (0-1 years)

Gain more confidence as a parent:
 Try our **FREE online guide** for all parents and carers to understand your baby. Find out more about:

- Your baby's brain
- Understanding your baby's crying
- Baby's rhythms
- Developing healthy sleep patterns
- Understanding your baby's feeding
- Baby's development and play
- Your baby's childcare

Go online to www.inourplace.co.uk
 and use the access code **PURPLEBIN**







 together
we make a difference






FANCY A
Spring Clean?

Give your best parenting habits a polish,
 make them sparkle and shine!

FASCINATING ONLINE COURSES FOR EVERYONE WHO WANTS
 TO BE AN EVEN BETTER MUM, DAD, GRANDPARENT OR CARER.
 AVAILABLE 24/7. ANYTIME. ANYWHERE.

Liverpool families
 enter the Access Code **PURPLEBIN**
 to gain free access

WWW.INOURPLACE.CO.UK


Try our **FREE online guides in additional languages** for all **LIVERPOOL** parents and carers to understand your child (0-19 year olds).

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

Go online to www.inourplace.co.uk and use the access code, **PURPLEBIN**

RASA Merseyside



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 referrals@rasamerseyside.org

Action for Children



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.

Domestic Abuse

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.

Local support agencies

- **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: ldasenquiries@heatkensington.org.uk

website: liverpooldomesticabuseservice.org.uk

- **Merseyside Domestic Violence Service**

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

Tel: 0780 272 2703

website: mdvs.org

- **Paul Lavelle Foundation**

Support for men in domestic abusive relationships.

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

email: info@paullavellefoundation.co.uk

website: paullavellefoundation.co.uk/services

- **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: helpline@rasamerseyside.org, general enquiries - rasa@rasammerseyside.org

website: rasamerseyside.org

- **Ruby Project**

Domestic abuse support for women.

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

email: ruby@pss.org.uk

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

- **Savera UK -**

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

email: info@saverauk.co.uk

website: saverauk.co.uk

- **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: services@sldas.co.uk

website: sl-domesticabuseservices.org.uk

- **Victim Support Merseyside**

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

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

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

- **Worst Kept Secret Helpline Merseyside**

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

email: wks@localsolutions.org.uk

website: www.localsolutions.org.uk/north-west-services/domestic-abuse/14-worst-kept-secret

Liverpool Fostering



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: <https://fostering.liverpool.gov.uk>





Liverpool Learning Partnership



You can find some resources that have been identified to support parents allowing you opportunities to **learn together** by Liverpool Learning Partnership;

They are mostly resources to explore and do together:

https://padlet.com/jholder_llp/eyfsmathspartybag Maths Activities for Families

https://padlet.com/jholder_llp/hoorayforfish Activities for Families based on the story Hooray for Fish

https://padlet.com/jholder_llp/rfpathome Reading for Pleasure At Home

<https://wakelet.com/wake/4e0999b4-e31b-425e-8f4a-6e5e81f1723d> Book Based Activities for at Home

https://www.canva.com/design/DAEffLXg0GY/p2pWEnA_l4fsYQVb4WzOYQ/view?utm_content=DAEffLXg0GY&utm_campaign=designshare&utm_medium=link&utm_source=viewer a resource with early maths games and ideas for 3-5

Other sites that might be useful:

<https://www.eyfshome.com/> Activities for families with children aged 3-5

https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/?gclid=CjwKCAjw3MSHBhB3EiwAxcaEu1BOa74SAwj23SXNJLOLPejf9jTxpeDiPRlhrOOQ1GAr4p0K8z8NBocFolQAvD_BwE#parents School Readiness page from PACEY

<https://youtube.com/playlist?list=PL9Huox3U1NqMQyA-8bO9BngRKd4yiJNR-> Parent Channel YouTube playlist on learning for 0-5s

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/> Booktrust stories and activities for 0-5s

Mental Health Support



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



Partner Websites



- Advanced Solutions – www.advancedsolutions.co.uk
- ADHD Foundation – www.adhdfoundation.org.uk
- Barnados – Barnados.org.uk
- CAMHS Partnership info plus websites – www.liverpoolcamhs.com/training/ (Bitesize training)
- Fresh CAMHS – www.freshcamhs.org
- Kooth – www.kooth.com
- Liverpool Learning Partnership – www.liverpoollearningpartnership.com
- Liverpool Parent & Carers Forum (LivPaC) - <https://livpac.org.uk/>
- MYA – www.mya.org.uk
- NSPCC – www.nspcc.org.uk
- Reachout ASC – reachoutasc.com
- Talking Eating Disorders (TEDS) – tedsuk.com
- The Brain Charity – thebraincharity.org.uk
- YPAS – ypas.org.uk

Contact Us



If you would need any further information please contact, Liverpool Parenting Coordinator - parenting@liverpool.gov.uk