

Sefton | Autumn 2024 FREE

all about family

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SLEEPING BEAUTY

WRITTEN BY LIAM MELLOR - DIRECTED BY CHANTELE MOLAN
CHOREOGRAPHED BY NAZENE LANGFIELD - MUSICAL SUPERVISOR CALLUM C

TICKETS FROM **£15**

LIVE FAMILY ENTERTAINMENT
ST. HELENS THEATRE ROYAL

26 OCTOBER - 3 NOVEMBER '24
BOX OFFICE: 01744 756 000 • STHELENSTHEATREROYAL.COM

In person: St. Helens Theatre Royal, Corporation Street, St Helens WA10 1LQ
Contact with us: [/sthelens theatroyal](https://www.facebook.com/sthelens theatroyal) | [@sthelens theatroyal](https://www.instagram.com/sthelens theatroyal) | [@sthelens theatroyal](https://www.twitter.com/sthelens theatroyal) | [/sthelens theatroyal](https://www.youtube.com/sthelens theatroyal)

All prices include a £1 per seat transaction fee. On-line bookings are subject to an additional 50p per seat on-line processing fee.

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*Don't forget
your wellies!*

*Wheelbarrows
provided*

HOLMESWOOD



PUMPKIN PLACE

Pick your own!

**Open from Saturday 28th September
until Thursday 31st October**

Entry fee Adults £2.50 | Children £1.50

** Entry fee does not include a pumpkin **

No Booking Required - No Time Restrictions
Parking, Toilets, Cash or Card Payments, Refreshments
Dogs Welcome (on a short lead)

**Holmeswood Road,
L40 1UA (B5246)**

FIND US ON:



**FOR MORE DETAILS
& DIRECTIONS**



www.allabout-family.co.uk / info@allabout-family.co.uk

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P04 **AUTUMN NEWS**

P08 **DISCOVER A GREAT READ FOR YOUR CHILD**

P14 **GAMING**

P18 **MENTAL HEALTH**

P22 **BACK TO SCHOOL STRESS**

P24 **ST JOHN'S AMBULANCE**

P26 **EVENTS**

BRAND NEW SHOW FOR 2024!

entertainers presents

CIRQUE

THE GREATEST SHOW

THE AUDITORIUM
M&S BANK ARENA LIVERPOOL

SAT 5 OCT

3PM
7.30PM

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No Sleeping this October Half Term



Regal Entertainments present the most spellbinding panto of them all – Sleeping Beauty at St Helens Theatre Royal.

Sleeping Beauty tells the enchanting story of Princess Aurora who is cursed by the evil fairy Carabose. Aurora pricks her finger on a spinning wheel and is destined to

slumber forever unless a handsome prince arrives to break the spell. Can she wake up in time? Great cast, great performances as usual from St Helens Theatre Royal. Can't wait!

Relaxed performance 31 October, 1pm
www.sthelenstheatreroyal.com

Explore the super natural this October half term at Martin Mere

Visit the Witches' Wetland at Mere Tun village every day from 12 - 3pm. Transformed into a witches' village, where all young witches and warlocks are invited to practise their magic with craft potions and spells, craft a willow wand and dissect Owl pellets to discover what owls feast on for lunch.

Or you can carve your own pumpkin. They will supply the pumpkins and the carving kits, and you create the scariest pumpkin to take home with you. Available between 12 - 3:30pm from 21-31 October

Or maybe you fancy a canoe 'scarefari'? You can step onto the guided boat tour, or take your own path on the canoes. Either way, prepare for some spine-chilling surprises as you venture into the waters! Please book in advance for this. Available between 11am - 4pm, from 21-27 October.

For more information please go to www.wwt.org.uk/wetland-centres/martin-mere

Fireworks at Chester Racecourse

The Lord Mayor's Fireworks Extravaganza returns to Chester Racecourse on Saturday 2nd November. The not for profit event is one of the highlights of the year, helping to support local charities whilst being a spectacular bonfire night celebration for the community. With a quiet children's show, a fantastic main show, plus a fun-fair, its sure to be a night that the entire family will enjoy. Tickets start from just £9 with under 4's going free.

Book your tickets online at chester-races.com



Pick Your Own Pumpkin!

Holmeswood Pumpkin Place is a family run Red Tractor assured produce farm in the north west. Find them on Facebook, Instagram, Google Maps Holmeswood Road Ormskirk (B5246) L40 1UA. Pick your own pumpkins, squash, sweetcorn and ornamental gourds.

Fun for all the family with bouncy castles, face painting, games, hot food, drinks, toilets, artisan stalls, lots of photo opportunities and they are dog friendly (on a short lead).

No booking required, no time restrictions, cash and card payments accepted.

Entry fee Adults £2.50 Children £1.50

Under 1's free *Entry fee does not include a pumpkin* We are Opening Saturday 28th September to Thursday 31st October.

Monday to Friday 10 am till 4pm
 Saturday and Sunday 10 am till 5pm





Martin Mere
WWT Wetland Centre

GET SUPER NATURAL

**OCTOBER
HALF TERM**

This October half term, discover magical activities that show just how super wetland nature can be.

Find out more.
Search WWT Martin Mere



St. Mary's College & Preparatory School

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

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

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

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

Key dates:

- **Open Evening:**
Thursday 19th September, 4pm - 7pm
- **Open Morning:**
Saturday 21st September, 10am - 12pm
- **Entrance Examination** (2025 admissions):
Friday 15th November

0151 924 6302

www.stmarys.ac/prep



ISI Independent
Schools
Inspectorate

RATED *Excellent* IN ALL AREAS



St. Mary's College & Preparatory School

Join us for our 2024 Open Events:

Thursday 19th September, 4pm - 7pm

Saturday 21st September, 10am - 12pm

Entrance Examination (2025 admissions):

Friday 15th November

To register, please visit www.stmarys.ac

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

Discover a great read for your child...

Diwali - Celebrations & Festivals (Paperback)

Author: Sital Gorasia

Chapman

Illustrator: Darshika Varma

Publisher: Quarto Publishing PLC



OUT NOW

Discover the joy and meaning of the magical festival of Diwali, a very special time for people all around the world.

Sonali and her brother Jay are inviting you to celebrate with them! Join in as they make rangoli patterns, cook up a feast with their nani and nana, and visit all their friends and family with gifts and delicious treats.

Along the way, you'll learn how Diwali is a fun five-day celebration, all about the victory of light over darkness, good over evil, and knowledge over ignorance.

In this immersive exploration of Diwali, kids join a family as they celebrate this vibrant festival. A simple way to introduce little ones to this important occasion, guided by young children who are celebrating.

The Story of Dinosaurs: A first book about prehistoric beasts

Author: Catherine Barr

Illustrator: Amy Husband

Publisher: Quarto Publishing PLC

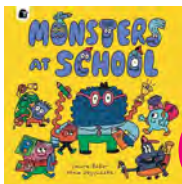


OUT NOW

This brilliant book introduces the dinosaurs that once roamed our planet. Using bite-size text and beautifully bright illustrations, this is the perfect book for dinosaur lovers everywhere.

The world was once full of magnificent beasts, big and small, who stomped across the land, soared through the skies and swam through waters deep and murky. Dinosaurs witnessed the shaping of our mountains, continents, seas and deserts and eventually an asteroid that would wipe out half of all life on Earth. This is the exciting and dramatic story of dinosaurs and how they lived on our planet.

Journey back in time to the Triassic, Jurassic and Cretaceous periods and come face-to-face with prehistory's most spectacular dinosaurs. Read about when they lived, where they lived, what they ate and how you can see clues of these prehistoric creatures in our modern world.



Monsters at School Volume 3 - Monsters Everywhere

Author: Laura Baker

Illustrator: Nina Dzyvulska

Publisher: Quarto Publishing PLC

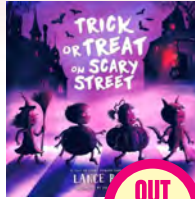
OUT NOW

Children will love this super-fun title packed with hilarious monsters on their first day of school! Follow the cheeky little monsters as they have lessons, go wild at playtime, eat a messy monster lunch, and learn and play together – and watch out for the silly dog monster hiding on every page!

The simple narrative with fun wordplay and a gentle rhyme is perfect for reading aloud, ideal for preschoolers and early readers as they build up their vocabulary and reading confidence. This bold, bright and playful book is sure to be enjoyed time and time again by young readers as they are thrilled by the funny escapades of the monsters at school!

Trick or Treat on Scary Street

Author: Lance Bass
Illustrator: Roland Garrigue
Publisher: Union Square & Co



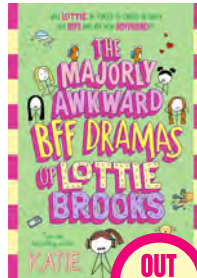
OUT NOW

From musical superstar Lance Bass, here is a quirky yet sinister Halloween story that is perfect for those trick-or-treaters who love an extra scare!

Boo! It's Halloween night and a group of trick-or-treaters make a turn down Scary Street, led by a charismatic and maybe unreliable guide. Along the way, the kids discover the endlessly eerie sights that Scary Street has to offer—vampire lairs, witches' kitchens, haunted houses, and more. But as their friends begin to disappear, the kids are left to wonder . . . is their treat still to come? Or have they been tricked?

The Majorly Awkward BFF Dramas of Lottie Brooks

Author: Katie Kirby
Publisher: Penguin Random House Children's UK



OUT NOW

At long last Lottie and Daniel are an official couple and everything seems to be going brilliantly (except for Amber being increasingly mean and jealous, but what's new there?).

Meanwhile Toby's new year's resolution is to get a dog, and for once Lottie and him see eye to eye. Pot Noodle, the cockapoo, becomes the newest member of the Brooks family. He's VERY cute but also not toilet trained AT ALL.

Lottie soon finds having a new boyfriend and a new dog means she has little time for anyone else, leaving her best friends pretty upset. How is Lottie meant to keep everybody happy and stop Pot Noodle from pooping on the carpet?!

Diary of a Wimpy Kid: Hot Mess

Author: Jeff Kinney
Publisher: Penguin Random House Children's UK



OUT 22/10

Get ready for the most hilarious Wimpy Kid book yet!

International bestselling author Jeff Kinney serves up heaps of laughs in Hot Mess, the 19th book in the Diary of a Wimpy Kid series. Greg Heffley is caught in the middle as the two halves of his extended family come together in a sidesplittingly relatable summer story!

Shipwrecked

Author: Jenny Pearson
Illustrator: Nick East
Publisher: Usborne Publishing Ltd



OUT NOW

Three kids face shipwrecks, survival and pirates in the latest adventure from bestselling and award-winning author Jenny Pearson.

Sebastian Sunrise and his two best friends, Lina and Étienne, are in a bit of trouble. They are stranded on a desert island in the middle of the Pacific Ocean, after a rowing race went very, very wrong.

The friends have no idea how long they might have to stay on the island, so they make a plan. They will try to survive, look after the island's baby turtles, and have fun, if they can.

But Sebastian's life has never gone to plan, and they quickly face jellyfish stings, burnt bums and an out-of-control goat. But when a boat arrives, bringing pirates who want to hunt the island's baby turtles, the friends face their greatest danger yet.





With 73% of parents battling picky eaters, Expert Chef shares her easy dinner recipe to help you conquer that mealtime fear.

Sarah Nahmad is sharing her favourite super simple, stress-free meal to save the day.'

CREAMY RED PESTO, CRISPY BACON & BROCCOLI TORTIGLIONI

This pasta dish is super speedy, taking only 20 minutes to make – perfect for busy mealtimes.

Instructions for 2 portions

Ingredients:

160g Tenderstem broccoli
40g cheddar cheese
135g smoked streaky bacon
16g tomato paste
50g soft cheese
45g sun-dried tomato nut pesto
200g tortiglioni
Pepper, salt, vegetable oil

Method:

1. Boil a kettle, then add the tortiglioni to a pot of boiled water with a large pinch of salt and bring to the boil over a high heat.

Cook the pasta for an initial 8-10 min.

2. Meanwhile, chop the Tenderstem broccoli in half.

3. Slice the streaky bacon into rough, bite-sized pieces.

4. Heat a large, wide based pan (preferably non-stick) with a drizzle of vegetable oil over a high heat. Once hot, add the sliced bacon pieces and cook for 3-4 min or until golden and crisp. Once done, transfer the bacon to kitchen paper and set aside, reserve the pan – this is your crispy bacon.

5. Once the tortiglioni has had 8-10 min, add the halved Tenderstem broccoli and cook for a further 2-4 min or until the broccoli is tender and the pasta is cooked with a slight bite.

Meanwhile, grate the cheddar cheese.

Once done, drain the tortiglioni and broccoli, reserving a cup of the starchy pasta water.

6. Return the reserved bacon pan to a medium heat. Once hot, add the tomato paste, pesto and soft cheese.

Season to taste, adding a pinch of salt and pepper if needed and cook for 1 min or until fully combined – this is your creamy red pesto sauce.

7. Add the drained tortiglioni and Tenderstem broccoli to the creamy red pesto sauce with a splash of the starchy pasta water. Give everything a good mix up and cook for 1-2 min or until the sauce begins to stick to the pasta – this is your creamy red pesto & broccoli tortiglioni.

Tip: Add a splash more starchy pasta water if your sauce is looking a little dry!

Serve the creamy red pesto & broccoli tortiglioni, and top with the crispy bacon, grated cheddar and a good grind of black pepper.



OPEN EVENTS

Technical | T Levels | Apprenticeships

Many of our parents found an open event incredibly helpful when supporting their son or daughter with making decisions about what to do after school, now it's your turn to discover what Knowsley Community College has to offer them!

2024

**Wednesday
16th October**

5pm-7pm

2024

**Wednesday
27th November**

5pm-7pm

f @ X /knowsleycollege
d /sthelensknowsleycollege



SCAN ME!



Register to attend!



Autumn at Liverpool ONE

With Autumn term brings new beginnings, and school is in session! Now we've got a bit of routine back in our lives, we're looking forward to a season of celebration, with Half Term, Halloween and Christmas to come. We're also joining the city in illuminating for the free River of Light trail, a must-see event that families look forward to every year.

Entertainment On Every Corner

Whatever their interests, kids are bound to find something they love at Liverpool ONE. The jewel in our crown is our huge entertainment venue, **Gravity MAX**, which sits on the top of Liverpool ONE and boasts two floors of activities, including crazy golf, VR simulators and e-kart tracks. This is one to keep in your pocket for birthdays or half term – keep an eye on our website for offers.

It doesn't have to be all competition, though! The **Upside Down House** on Thomas Steers Way has kept families entertained all summer, with some magical



memories made. This has to be seen to be believed, with rooms quite literally upside down for some hilarious selfie moments.

That's hungry work – **The Terrace** on the top of Liverpool ONE has brands galore that kids will love, from **YO!** to **Smoke & Dough**, **GBK** to **Pizza Express**.



All that fun just builds us up for the big one – Christmas will be here before you know it, and we're making it magical for 2024. Stay tuned for more details about our plans, which will feature elves, characters and special performances to set up the festivities.

The kids might already have one eye on their Christmas List – explore some great value shops at Liverpool ONE, from cute trinkets and stationery bits at **Kenji**, to big names at **The Entertainer**, quality toys at **John Lewis & Partners** and fun for hours at **LEGO**.



Helping You While You Visit

For families who have additional accessibility needs, new to Liverpool ONE is our pilot scheme with Waymap and Sociability apps, with each app providing an extra level of information and support when a little more planning is required in advance of a day out. Download both apps today and find out how they can enhance your journey as we endeavour to be a welcoming space for all families.

Discover all family friendly content by visiting www.liverpool-one.com or by downloading the Liverpool ONE MyONE App.



Let's get spooky!

The **Halloween Street Party** returns to Liverpool ONE this Half Term. On Sunday 27 October, enjoy a free party full of spooky fun street performances and ghoulish characters. Plus, enter our fancy dress competition, where children of all ages can join in to see who can scare the judges the most!





Expert issues warning to parents of gamer kids over health conditions related to playing video games

"GAMER NECK" AND POOR POSTURE

"Gamer neck", also known as "nerd neck", can occur due to poor posture while playing video games. When you lean your neck forward for long periods of time, it can cause it to become unnaturally positioned. "Gamer neck" can also cause neck and back pain, alongside neck stiffness, due to the abnormal posture, and these issues may linger even after switching off your game.

Fortunately, there are ways to overcome "gamer neck." It's sometimes difficult to control your posture while engrossed in a game, but being mindful of how you're sitting may prevent issues. Playing in a specialized ergonomic gaming chair with a straight, high back will encourage correct posture and allow you to sit comfortably.

Regular stretching is another effective way to relieve stiffness. Stretching your arms, neck, and back every hour or so should make you feel better and prevent further symptoms from mounting.

MUSCULOSKELETAL ISSUES

Musculoskeletal issues are one of the leading health problems associated with gaming. This can include carpal tunnel syndrome, repetitive strain injury, and pain in the wrists and hands.

Carpal tunnel can cause symptoms such as numbness, tingling, weakness and pain in the hands and fingers. It's important to take steps to prevent carpal tunnel syndrome, and seek immediate treatment when symptoms arise, as it can cause lasting damage.

For PC gamers, elevating the wrists to be level with the keyboard and mouse will ensure that there is circulation throughout the wrist and hand to prevent the nerve from being trapped. A small, soft cushion can assist in elevation and make your wrist position more comfortable.

For console gamers, opening and closing your hand repeatedly between sessions can be helpful, as can bending your wrist forward and backwards or side to side before rolling the wrist.

Warming up your hands and wrists before playing and stretching them after finishing may also be helpful.

EYE STRAIN, VISION PROBLEMS AND HEADACHES

Eye strain, vision problems, and headaches can occur if you stare at your screen for too long.

You can counter these symptoms by taking regular breaks from gaming. It's a good idea to follow the 20-20-20 rule, which suggests taking a break of at



least 20 seconds every 20 minutes to look at something that is at least 20 feet away from you. Additionally, taking longer breaks from screens every hour or so, for at least 15 minutes, will help prevent any significant eye problems or headaches.

Using a blue light filter on your computer or video console screen may also counter any eye problems, as blue light can be harmful to your eyesight.

HEARING LOSS

Hearing loss can occur due to extensive exposure to loud noises and music while playing video games. This can be particularly pertinent in games with loud music or loud, sudden noises, such as action or fighting games. However, hearing loss can be countered by maintaining lower volume levels and playing sound through speakers as opposed to headphones.

If you understandably want to listen using headphones, over-ear headphones are better than in-ear headphones, as the sound does not travel directly to the ear canal, which allows more space for the sound to reverberate.

However, even with over-ear headphones, you should control the volume. Generally speaking, you shouldn't set the volume higher than 50-60% of the maximum volume capacity.

OBESITY AND BLOOD CLOTS

Sedentary people are at risk for obesity and blood clots. Physical inactivity can cause obesity, and sitting for long periods can interrupt circulation, allowing blood clots to form, particularly in the legs.

Taking breaks from gaming every 90 minutes to walk around will enable healthy blood flow and reduce the risk of developing blood clots. This break doesn't have to be excessive – a five-minute trip to the kitchen, for example, will significantly reduce your risk.

Furthermore, being conscious of your leg position while playing can reduce blood clot risk. Crossing your legs or tucking them underneath or behind you should be avoided as it can restrict blood flow.

FATIGUE AND INSOMNIA

Tiredness and fatigue are common in gamers who experience insomnia and a disrupted sleep schedule. This can arise in gamers who play late or right before bed, as this may result in fewer sleeping hours. Gamers who play for long hours, particularly during the evening and nighttime, may also struggle to switch off when going to bed, due to the sensory stimulation of video games.

This can be averted by sticking to a specific routine while gaming. Avoiding gaming a couple of hours before you plan to sleep will allow you to switch off at nighttime.

Similarly, limiting your gaming hours is one of the best steps you can take to prevent insomnia. Gaming at the same time each day, for a specific period, will mean that you can enjoy yourself while still feeling energized throughout the rest of the day and reducing the risk of adverse health effects.

Credit: <https://www.1337.games>





Nugent's Memory Meadow: A Special Garden for Dementia Care

At Nugent, we are fortunate to have supporters who go the extra mile to help us improve the lives of those in our care. One of these remarkable individuals is Dave

Verburg, who has brought a wonderful project to life: a sensory garden called the Memory Meadow. This garden will enrich the lives of residents at Lime House, a care home for adults living with dementia. Before being relocated to Lime House, the Memory Meadow made its debut at the prestigious Southport Flower Show.

Dave's Journey: Walking for a Cause

Dave's journey started with a personal challenge: a 100-kilometre trek across the Sahara Desert in memory of his mother, Doris, who passed away from dementia in 2022. Determined to honour her memory and support others living with the disease, Dave took on this demanding adventure to raise funds for the Memory Meadow. His inspiring journey highlights how one person's dedication can make a



huge difference in the lives of others.

What is the Memory Meadow?

Thanks to Dave's fundraising efforts, the Memory Meadow has been created for Lime House residents. The sensory garden is designed to engage the senses and stir fond memories, providing ongoing benefits to residents, their families, and the care staff.

Some key features of Memory Meadow include:

- **Water Feature:** A calming centrepiece.
- **Illuminating Plants and Trees:** Creating a magical atmosphere.
- **Vegetable and Fruit Garden:** Encouraging residents to engage in nurturing activities.
- **Herb Garden:** Filling the air with soothing scents like lavender.
- **Stone Pathways:** Safe, accessible routes for all to enjoy.

A Peaceful Place for All

Dementia affects not just those living with the disease but also their families and caregivers. The Memory Meadow provides a peaceful space where residents can relax, enjoy the natural surroundings, and find comfort.



Families can share precious moments with their loved ones, while care staff benefit from a calming environment that helps with therapeutic care.

A Message from Our CEO

Nugent CEO Jo Henney said, "We are immensely grateful to Dave for his incredible efforts and the profound impact he has made in memory of his mum, Doris. His dedication exemplifies the spirit of compassion and community that is at the heart of Nugent. With the support of individuals like Dave, we can continue to provide vital

services and create meaningful experiences for those in our care." If you would like to support our work, please get in touch with our fundraising team to see how you can make a difference!

Email: fundraising@wearenugent.org
Phone: 0151 261 2000

wearenugent.org



Headline Sponsors:



Nugent Gala

Join us in shaping a future where every individual can look back on happy memories and forward to a brighter future.

7TH NOVEMBER 2024

RUM WAREHOUSE, TITANIC HOTEL





Chat



Comment

Selfie



One in five parents are concerned about the impact of social media on their children's mental health.

New research amongst parents found:

- One in five (21%) parents are concerned about the role of social media has or will have on their child's mental health.
 - Of which half (50%) of parents aged 25-44 admit this is a concern.
- Almost one in five (19%) parents admit that their child spending more time online/on social media would prompt them to worry about their child's mental health.
 - This comes as further research amongst 8-18 year olds found that 7% of children say social media makes them feel stressed, and the same number (7%) say it makes them feel anxious.
- Just 13% of parents say their child talks to them about problems on social media indicating that 87% don't.
- Social media, and online support, can provide great help if done in the right way. For example, one in six (16%) parents would seek help online i.e. blogs and articles, if they were worried about their child's mental health, whilst more than one in ten (12%) use social media.



Tips for managing social media with your child

1. The world of social media can change very quickly. Ask your child which platforms they use (or want to use) and explore these with them.
2. Make sure you know the age restrictions for social media platforms, as this can vary. If you think something isn't appropriate for their age, talk through the reasons why.
3. Have some ground rules from the beginning – whether that's no phones at mealtimes, phones off at bedtime, or time limits on devices. Make sure you lead by example.
4. Teach your child how to assess risks and make good decisions for themselves. Parental controls can be useful in stopping younger children from accessing certain apps or websites. But these aren't always foolproof – keep a check on them.
5. Talk through the risks of sharing content on social media with your child. Check privacy and location settings and guide your children in how to do that on everything they use.
6. Teach your child to respect other people's privacy too, and to think about the effect that their posts may have on other people.
7. Reassure your child that they can always come to you with a problem – no matter how big or small. It's always much better to talk about it rather than keeping it to themselves.
8. Speak to your child about positive body image. Encourage them not to compare themselves to others online. Instagram has the option to turn off likes and comments which may ease the social pressure.
9. It may be useful to look at the safety tools and parent's guides for specific social media apps. You can find these online, and they can guide you on how to keep your child safe.

Credit: Bupa



Adult Education FAQ

For adults wanting to return to education, there's usually dozens of unanswered questions swimming around in their heads. Adult education has increasingly become more accessible over the past years, meaning that any questions you may have needn't be worried about or deter you from embarking on the route to later learning.

Q: How do I pay?

A: Usually, if a course costs a certain amount, you are given the option to pay in instalments across a certain length of time.

Some courses are offered by providers for free!

Advanced Learner Loans are also available to those over the age of 19 and are applicable to those wanting to study A levels, a graduate certificate or the equivalent at an approved college or

training provider in England.

Grants and bursaries can also be allocated by training providers to cover costs such as equipment, food and travel. For most grants and bursaries you apply directly to the organisation that gives them out.

More advice can be given by the course provider.

Q: It's been so long since I have been in a classroom! Will I be able to keep up?

A: Courses open to adult learners have taught and helped many people in your position to succeed.

Courses are designed to be inclusive and will often include modules which touch upon learning skills, exam skills and other bits and bobs which may need retuning.

These programmes have been created for people who have decided to

become mature learners and will provide support.

Q: How will I balance my work, family and social life?

A: Part-time courses are widely available and usually only take place once a week, in the evenings or during a 'fast-track' period of only a few weeks.

Distance or online learning is always an option to consider, a.so.

Q: But who is going to look after my children?

A: Various incentives are available to help pay for childcare. The type of financial support you will be entitled to depends on the type of course you will be pursuing.

Take a look at www.gov.uk/help-with-childcare-costs/ for more information.

(N)EVER (S)TOP LEARNING



When it comes to education, there are no time limits or age restrictions. You may have toyed with the prospect of gaining a new skill, furthering your career or returning to long-term employment through a new qualification but have not known where to start. The return to education is understandably a daunting prospect, and there are a lot of options to choose from.

Find out what is available

Research, research, research – look at opportunities available in your area and don't be afraid to call up colleges, universities and training providers to ask questions. Explain what you are interested in doing and ask what you can expect from the course. It is also

important to ask what financial and student support is available to you.

Before enquiring, write out a list of what you believe may hold you back from success on a course. Explain your concerns and whether they offer any support concerning your issues – you may be surprised at the extent to which they offer provisions to help adult learners thrive.

Explore your options

It is important to find a subject that is of interest to you, and it is also wise to explore what opportunities can arise from you studying or working towards a particular qualification. Can your new qualification allow you access to a new career path, or allow you access to a university?

Dip your toe in the water

Some colleges and training providers offer short courses which can give you a taste of student life. For those who have been out of education for a prolonged period, or those not feeling overly confident, this is a good option to help familiarise yourself with an educational environment, before taking the plunge.

Be brave

The biggest hurdle many adults face when returning to education is the fear of the unknown. Picking up the phone, sending an email and submitting an application may seem like huge hurdles, but it is natural to be anxious. Be brave – you will thank yourself for the experience. ■



Back to school, back to stress – moving up a year increases anxiety and stress for children

As the new school year approaches, anxiety levels are on the rise.

Well over a quarter (28%) of children feel stressed starting a new school and 42% feel apprehensive about moving up a new school year.

One in five (19%) children fear they will worry others if they were to reach out for help, and 14% are unsure how to express their feelings.

As the new academic year kicks off, young people across the UK are feeling the pressure. New research from Bupa reveals that a quarter (25%) of 8-18-year-olds experience stress every week, with starting a new school ramping up stress levels for 28%.

Anxiety is spiking, with 42% of kids feeling apprehensive about stepping into a new school year, especially those making the leap to secondary school (11 year olds), where the figure jumps to 53%.

The research shines a light on a generation struggling with stress, loneliness and anxiety. More than one in ten (13%) children feel lonely every month and nearly two in five (39%) are worried every week. Yet, despite these challenges, many young people are reluctant to share their struggles. One in five (19%) fear they will place a burden on others, and 14% simply

don't know how to express what they are feeling.

When it comes to coping mechanisms, young people often turn to familiar outlets for comfort rather than reaching out. Almost a third (32%) find solace in music, while just over a quarter (26%) escape through video games.

For parents, creating an open dialogue about emotions is crucial, yet many feel unprepared to do so. Nearly two thirds (59%) of parents don't feel confident in their abilities to address mental health with their children.

During a stressful time such as back to school week, parents need to find the confidence to talk and crucially listen says Dr Naveen Puri, Medical Director for Bupa UK Insurance:

"Stress and anxiety among young people are sadly all too common, with pressures coming from every direction— school, friendships, social media. Back-to-school week often brings added stress and heightened anxiety, especially for those starting at a new school. It's essential to create a safe space for children to express their feelings. Sometimes, simply listening and being there can make a huge difference."

To support parents, Bupa has created a parent's guide offering practical advice and tools on how to approach the topic of mental health with their children. Additionally, if parents want a fun and engaging way to encourage open dialogue - activities such as Chatter Box Cards could be a good start. Bupa has also produced new interactive videos with mental health platform JAAQ (Just Ask a Question) to help parents have these important conversations.

Snapchat

Parent / Carer Advice



What is Snapchat?

Snapchat is one of the image-based social media platforms which is incredibly popular with children. One of the key features of Snapchat is that, by default, messages sent through Snapchat disappear seconds after they are viewed by the recipient. The minimum age to use Snapchat is 13 but it is a popular and widely used platform among children younger than this.



13

Safety Tips

- ! As with all Internet activity, talk to your child about how they use Snapchat, the importance of not 'oversharing, and any issues they have faced.
- ! The default privacy setting of 'My Friends' prevents children from sharing 'snaps' with users unknown to them. However, children may change this setting and make their posts public. Ensure your child is aware of the importance of maintaining strong privacy settings and check the settings your child has selected.
- ! In the settings options, ensure your child has Snapmap set to 'ghost mode'. This will ensure that nobody can see their current location.
- ! Ask your child if they know how to report or block a user who sends them anything that upsets them. This can be done by going to the friends list, selecting the person creating the issue and then selecting the gear icon.
- ! Remind your child that although Snapchat automatically deletes images once seen, somebody can copy the image and share it with others.

Reasons for concern

! **Abuse and bullying**
As messages disappear shortly after being read, Snapchat has become a popular tool for abuse such as online bullying as abusers feel they will not be held to account for messages posted once they are deleted. This is supported by the fact that if somebody takes a screenshot of a message posted on Snapchat then the person who posted it is informed that this has happened, making it more uncomfortable for people to take evidence of abuse they have suffered or witnessed.

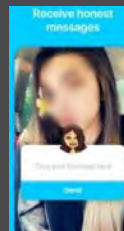
! **The Snap Map**
The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively their home address) with individuals.



! **Addiction-inducing features**
Children are naturally more prone to addictive behaviour than adults. As such, the inclusion of features such as 'Snap Streaks' (where two users share pictures with each other on consecutive days) encourages addictive behaviour. Snapchat rewards longer streaks with special emojis. This can result in children increasing their daily usage of the app.



! **Risk of secondary apps**
Snapchat allows users to link to secondary apps that can be used inside Snapchat. A recent concerning example is YOLO which allows users to offer people the opportunity to anonymously ask them questions. Such apps have led to online bullying and hate crime.





Life Saving First Aid Skills

Simple first aid skills can be the difference between a life lost and a life saved and yet, worryingly, just 1 in 10* people have the skills to save a life. St John Ambulance, the nation's leading first aid charity has teamed up with All About Family to bring you some simple, but life saving, first aid tips.

Winter often brings its own range of slips, trips and injuries and, with this in mind, we're bringing you some wintery first aid tips.

SPRAINS AND FRACTURES

Sometimes it can be hard to tell the difference between a strain/sprain and a fracture, they all can be painful, tender and swollen. If you are unable to bear weight on the limb, if there is any obvious deformity or have any doubts about the seriousness of the injury then always seek medical advice.

Fractures need to go to hospital, but beforehand, you should make sure the injured person is kept still and the break supported with your hands or by being bandaged (in a sling if an upper limb break, or

bandaged to the uninjured leg, if a lower limb break).



In the case of a sprain it can be treated using the RICE procedure (Rest, Ice, make Comfortable and Elevation). The injured part should be rested and supported and, if a recent injury, an ice pack should be applied to reduce swelling, make sure that the ice does not come into direct contact with the skin. Apply a comfortable support to the injured part with soft padding held in place with a support bandage, finally support the limb in a raised position to help minimise bruising.



**St John
Ambulance** 

How to spot signs of hypothermia...

Hypothermia develops when the body temperature falls below 35°C(95°F). The effects of the condition vary depending on the speed of the onset and the level to which the body temperature falls. Moderate hypothermia can usually be completely reversed. Severe hypothermia, when the core body temperature falls below 30°C (86°F) can be fatal. However, no matter how low the body temperature falls, it is always worth persisting with life saving procedures until medical help arrives.

Follow these simple steps to recognise these conditions and to help:

- A casualty with hypothermia may be shivering and pale with cold, dry skin. They may become disoriented, apathetic, lethargic or irrational
- Breathing may become slow and shallow and the pulse slow and weakening
- In extreme cases the heart might stop
- Move the casualty to a sheltered place, preferably indoors
- Remove any wet clothing and provide dry clothing or blankets and cover their head. Don't give the casualty your own clothes
- If outdoors, provide a layer of insulation between the casualty and the ground and shelter them from the wind
- Call 999/112 for emergency help. If you need to send someone for help, make sure someone stays with the casualty at all times
- If possible, give the casualty warm drinks and high energy foods such as chocolate. Do not give the casualty alcohol as this can make the condition worse
- The casualty must be re-warmed gradually
- Monitor vital signs, level of response, breathing, pulse and temperature until medical help arrives.



For those looking for quick, easily accessible first aid information, the St John Ambulance app is available free on smartphones and the website (www.sja.org.uk) offers demo videos, an interactive game, and lots of free advice. For more information about first aid courses please call 0844 770 4800



** Research conducted by ICM, February 2014, using a weighted sample of 2000 adults aged 18+. ICM is a member of the British Polling Council and abides by its rules.*

Further information at www.icmresearch.co.uk



Little Grey Fergie Every day until 27 October TATTON PARK

Say hello to Little Grey Fergie; the clever little grey tractor who can move all by himself.

Meet YouTube sensation, Little Grey Fergie! He's a small tractor with a big character and heart. He's happy and curious and loves to help.

The Farm is Fergie's home for 2024. There's also chance to say hello to all your farmyard friends with new piglets and more exciting new arrivals this summer!

Price - Standard Parkland and Farm entry apply.

Times 11am – 4pm (last entry 3pm)

Please note the Farm is closed on Mondays.

www.tattonpark.org.uk

Gosling Gang (Toddler Sessions) 11 Sept - 9 Oct MARTIN MERE

Every Wednesday in term time, join us for our Gosling Gang sessions.

Gosling Gang is a morning of fun and learning for your toddlers, including story time, sing along and toddler activities. The sessions are approximately one hour and are free to join (normal admission charges apply to enter the centre - under 4s and members go free).

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

Canaletto-Inspired Collaboration and Creative Workshops 28th Sep Time: 11:30 AM – 2:30 PM TATTON PARK

Location: The Knutsford Room, Tatton Park Stableyard

Visitors to Tatton Park on Saturday, 28th September 2024 will have the opportunity to immerse themselves in the artistic legacy of Canaletto through two interactive workshops that promise to ignite creativity and offer new perspectives on historical art and narratives.

www.tattonpark.org.uk

Holmeswood Pumpkin Place Every weekend in October 10am-4pm HOLMESWOOD ROAD, L40 1UA ON THE B5246

Come and pick your own pumpkin! What better way to spend some quality family time than picking your own pumpkin? Quite simply the most family friendly place around, with lots of other things to see and do from local shops to local produce. Open every weekend in October. Brilliant!

Late Night Opening: Goose Spectacular 2 - 26 Oct (Wed and Sat only) MARTIN MERE

Dates: 2, 5, 9, 12, 16, 19, 23, 26 Oct (we will not open late on 30 October)

Witness the spectacle of thousands of pink-footed geese coming in to roost at Martin Mere.

Every Wednesday and Saturday in October, the Discovery Hide and nature trail will be open until 19:00 to give you the opportunity to see pink-footed geese whiffle over the mere as the autumn sun is setting.

It is free to enter the nature trail after 17:30 to watch this. Please note that there will be no access to the living collection. Please enter the nature trail via the gate near the play area as the admissions desk will be closed. There will be signs to guide you.

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

Apple Fest @ TATTON PARK 6 Oct

Celebrate the humble apple at Apple Fest in the Gardens this October. A scrumptious Sunday in the Gardens to celebrate the wonderful apple.

Join in games and children's activities in the gardens and taste delicious varieties from Tatton's historic orchards. Enjoy tasty apple-based treats on sale in the shops and restaurants.

www.tattonpark.org.uk

Pumpkin Patch at the Farm 19 – 31 Oct TATTON PARK

Come to the Farm to pick your perfect pumpkin.

Come down to the Farm to meet all your Farmyard favourites and then it's off to search for your perfect pumpkin. You'll choose your own pumpkin from our field, so prepare to get your hands dirty!

On selected dates, see below:
Sat 19th, Sun 20th, Sat 26th, Sun 27th, Tues 29th, Wed 30th, Thursday 31st
£4 per pumpkin + standard farm and parkland entry, book online for a 10% discount

www.tattonpark.org.uk

Explore the Supernatural (Half Term) 21 Oct – 3 Nov MARTIN MERE

This October half term (21 October until 3 November), discover activities that show just how super wetland nature can be. Weave a willow wand, craft potions and spells, paddle out on a 'Canoe Scarefari' and much more in two weeks of wetlands magic.

Visit the Witches' Wetland
Join us at our Mere Tun village every day from 12 - 3pm. Transformed into a witches' village, we're inviting all young witches and warlocks to practise their magic:

- Craft Potions and Spells: Mix up mystical concoctions with ingredients you foraged yourself!
- Craft a Willow Wand: Make your very own magical wand for spell-casting.

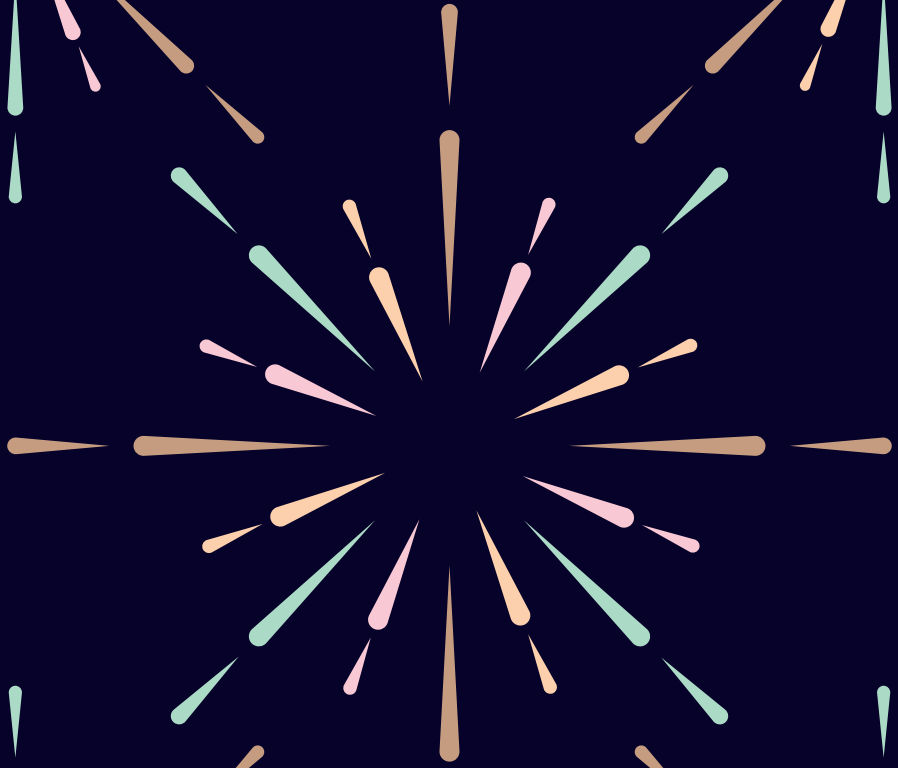
- Dissect Owl Pellets: Discover what owls feast on for lunch.

These activities are included in your admission, and WWT members enjoy free entry.

Pumpkin carving
We supply the pumpkins and the carving kits, and you create the scariest pumpkin to take home with you.

EST. 1539

CHESTER
RACECOURSE



THE LORD MAYOR'S

FIREWORKS EXTRAVAGANZA

SATURDAY 2 NOVEMBER

AT CHESTER RACECOURSE

TICKETS FROM £9 [CHESTER-RACES.COM](http://chester-races.com)

UNDER 4'S
GO FREE

- When: 12 - 3:30pm
from 21-31 October
- Cost: £3.50 per pumpkin

Canoe 'Scarefari'

Step onto our guided boat tour, or take your own path on our canoes. Either way, prepare for some spine-chilling surprises as you venture into our waters! Bookable in advance.

- When: 11am - 4pm,
from 21-27 October
- Cost: £12 per canoe (up to 3 people)
or £3.50 per seat on the guided boat
tour

Halloween Fancy Dress Competition
Visit us on 31 October in your most spooktacular costume for a chance to win the title of Best Halloween Outfit of 2024!

- When: 31 October,
1pm in the Exhibition Hall
- Cost: Included in admission
(WWT members free)

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



The Lord Mayor's Fireworks Extravaganza 2 Nov CHESTER RACECOURSE

The Lord Mayor's Fireworks Extravaganza

returns to Chester Racecourse on Saturday 2nd November. The not-for-profit event is one of the highlights of the year, helping to support local charities whilst being a spectacular bonfire night celebration for the community. With a quiet children's show, a fantastic main show, plus a fun-fair, its sure to be a night that the entire family will enjoy. Tickets start from just £9 with under 4's going free. Book your tickets online at chester-races.com

SLEEPING BEAUTY - AUTUMN HALF TERM PANTO 2024 26 Oct – 3 Nov ST HELENS THEATRE

Regal Entertainments present the most spellbinding panto of them all – Sleeping Beauty.

Sleeping Beauty telly the enchanting story of Princess Aurora who is cursed by the evil fairy Carabose. Aurora pricks her finger on a spinning wheel and is destined to slumber forever unless a handsome prince arrives to break the spell.

Relaxed performance 31 October, 1pm.

www.sthelenstheatreroyal.com

Skellies and Wellies in the Gardens 26 Oct – 3 Nov TATTON PARK

A brand new spooktacular Skellies and Wellies Trail at Tatton Park.

Head to the gardens and see them come alive with the rattling fun of Halloween! As you wander through the 50-acre gardens, keep your eyes peeled for bone-chilling skeleton displays, each one ready to tickle your funny bone with a rib-tickling joke.

Little ghouls and goblins are invited to don their wellies and best fancy dress to join the bony brigade.

So, pick up a FREE activity sheet and prepare for a day of frightful fun with the spooky guests in Tatton Park gardens!

Times: Garden opening times apply
Price: Standard Gardens and Parkland Entry, pre-book online and save 10%

www.tattonpark.org.uk

SNOW WHITE - CHRISTMAS PANTOMIME 2024/2025!

30 Nov 2024 – 12 Jan 2025 St Helens Theatre Royal

Pop legend and West End star Maureen will play the Wicked Queen while Emrhys, who is currently appearing on TV screens as Corrie's

Rowan Cunliffe, will take on the role of Prince Fredrick in Snow White and the Seven Dwarfs which comes to St Helens from Saturday 30 November to Sunday 12 January 2025. Tickets, priced from £21, are on sale now.

They will be joined by panto royalty Leanne Campbell who is appearing digitally as the Magic Mirror, while the cast also includes St Helens' favourite Lewis Devine as Muddles and Richard Aucott as Nurse Nelly.

www.sthelenstheatreroyal.com

Rapunzel 30 Nov – 31 Dec ALBERT HALLS

Back by popular demand Coronation Street Legend VICKY ENTWISTLE stars as Mother Gothel (she's back – but this time she's bad!) alongside the hilarious ROLLO as Loopy Louis and LUCY-ROSE ROLLASON as Fairy Rose. Joining them is IAN PARKIN as Dame Betty Bouffant, KIRA MacCARTER as Rapunzel, MARCUELLE WARD as Flynn Ryder, KIVAN DEAN as King Bumble and the adorable KARMA CHAMELEON!

As always, there will be modern songs to sing along to, huge amounts of laughter, plenty of audience participation and incredible special effects including a spectacular flying jet pack!

www.alberthalls-bolton.co.uk



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The Albert Halls Bolton present

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STARRING
CORONATION STREET'S
VICKY ENTWISTLE
as Mother Gothel

**IAN
PARKIN**
as Betty Bouffant

**KIRA
MacCARTER**
as Rapunzel

ROLLO
as Loopy Louis

**MARQUELLE
WARD**
as Flynn Ryder



Rapunzel

A Tangled Tale

The Hair-larious Pantomime Adventure



**KIVAN
DENE**
as King Bumble



**LUCY-ROSE
ROLLASON**
as Fairy Rose



30 NOVEMBER - 31 DECEMBER 2024

The Albert Halls, Victoria Square, Bolton, BL1 1RU

Box Office: 0343 208 0500 | quaytickets.com/boltonalberthalls

What's on at Liverpool ONE this Autumn

Halloween Party

Free

Sunday 27 October
11am – 5pm
Liverpool ONE

The Halloween Street Party returns to Liverpool ONE for 2024. On Sunday 27 October, from 11am – 5pm, families can enjoy a free party full of spooky fun, with plenty of interactive opportunities to enjoy street performances and ghoulish characters. Plus, enter our fancy dress competition, where children of all ages can join in to see who can scare the judges the most! There'll be prizes up for grabs for those who bring their most creative costumes.

Visit: www.liverpool-one.com for more information.



Autumn Nature Trail

Free

Chavasse Park, Liverpool ONE

Our free Nature Trail is the perfect excuse to get some fresh air on those bright autumn days and explore Chavasse Park's resident plants and wildlife. Nature doesn't stop for the changing season, with plenty to explore and discover, like crunching leaves and changing landscapes.

Mini explorers will love following the trail map, available from the Tourist Information Centre on Wall Street or digitally via our website, and discovering the park's natural environment, while simultaneously learning how our natural surroundings improve our health and wellbeing.

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

www.liverpool-one.com/whats-on/nature-trail/



River of Light

Free

25 October – 5
November 2024
Across the city

Once again, as the nights draw in, River of Light illuminates our city to

provide families with a stunning trail to follow right across town. At Liverpool ONE we'll be host to one of the spectacular installations that forms part of the trail, which is a must-see event that returns to the city annually.

Visit: www.liverpool-one.com/whats-on/river-of-light/

Upside Down House

Family tickets available

Thomas Steers Way,
Liverpool ONE

Let your imagination run wild and enjoy this unique photo experience that defies gravity! Kids and adults alike will giggle throughout this attraction, which simulates a house literally flipped upside down – we still can't get our heads round it! Upside Down House is also home to the spinning house, and has rooms exclusive to Liverpool including the clouds of Candy Land, and a retro Pac-Man arcade game.

www.liverpool-one.com/whats-on/upside-down-house/



Heritage Trail

Free

Liverpool ONE

The Heritage Trail invites visitors on a journey to explore more than 300 years of Liverpool's history. Discover the events, places and people that shaped the city through this free self-guided walking tour, which takes approximately one hour. The trail is packed with secrets that promise to surprise not only guests to the city, but locals and everyone in between! Fully accessible, the tour is available through the MyONE app – just search Liverpool ONE in your phone's app store.

www.liverpool-one.com/whats-on/the-heritage-trail/



The Old Dock Tour

Kids under 5 - free
Kids aged 6-17 - £3
Adults - £10
(£9 concession)

Starting at the Maritime Museum

Curious about Liverpool's history? The 60-minute Old Dock Tour takes visitors back in time as they discover how a bright mind and creativity shaped the city's destiny forever. The tour includes a visit to a part of the original Old Dock underneath Liverpool ONE.

www.liverpool-one.com/whats-on/old-dock-tour/



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165 PARKSIDE (OPPOSITE GREGGS)




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AND JACK
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