

Liverpool | Autumn 2023 FREE

# all about family

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## RETURN OF THE GODS EXHIBITION



**BOOK NOW**

Adults: £8  
Members: Free  
0 - 17yrs: Free

28 April 2023 - 25 February 2024



World  
Museum



University Centre  
St Helens



# IT'S NOT TOO LATE TO APPLY

Study a degree this September!

Discover a variety of higher-level qualifications and degrees, studied on a full and part-time basis, with smaller class sizes and lower tuition fees.

**Stay local and study a degree right in the heart of St Helens.**

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- Game Art
- Media Production
- Teacher Training
- Theatre and Performance
- Tourism and Hospitality Management



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Chester



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Central Lancashire  
UCLan



LIVERPOOL  
JOHN MOORES  
UNIVERSITY

Secure your place today at:

[www.sthelens.ac.uk/2023-clearing](http://www.sthelens.ac.uk/2023-clearing)

[www.allabout-family.co.uk](http://www.allabout-family.co.uk) / [info@allabout-family.co.uk](mailto:info@allabout-family.co.uk)

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RETURN OF THE  
**GODS**  
EXHIBITION

Until 25 February 2024

**BOOK NOW**

Adults: £8  
Members: Free  
0 - 17yrs: Free

 **World Museum**

[liverpoolmuseums.org.uk/returnofthegods](http://liverpoolmuseums.org.uk/returnofthegods)

# Lord Mayor's Fireworks Extravaganza at Chester Racecourse

On Saturday 4 November 2023, Chester Racecourse's iconic Lord Mayor's Fireworks Extravaganza will return to the Roodee!

Enjoy the firework display that will illuminate the sky over the city, set to a curated playlist for an atmosphere unlike any other. Earlier in the evening there will be a junior fireworks display for younger ones that might not like big bangs to enjoy.

Additionally, there will be exhilarating LED light performers providing a visual spectacle for all to enjoy in the lead up to the main display. You'll have no difficulty in spotting the performers around the racecourse on the night.

A full fairground will also be in attendance on the racecourse for the Fireworks Extravaganza, as well as a vast range of food and drink outlets for you to choose from on the night.

Gates open at 5pm, quiet fireworks display start at 6.45pm and the main fireworks display is at 7.30pm

For more information, go to [www.chester-races.com](http://www.chester-races.com)



## St Helens Theatre's Half Term Panto

PERFECT family entertainment while the kids are off school! St Helens Theatre's GIANT Autumn panto... Jack and the Beanstalk!

Jack and the Beanstalk tells the rags to riches story of a boy who sells the family's cow for a handful of beans, getting him into a lot of trouble with his poor mother. But the story takes a magical twist when the beans sprout into a magnificent beanstalk that reaches up to a mystical land high in the sky. Starting from the 27th October till 5th November with Relaxed Performances on Friday 3rd November at 5pm

For more information, go to [www.sthelenstheatreoyal.com](http://www.sthelenstheatreoyal.com)

October  
Half  
Term

# EEK! week

A fantastic, fun  
learning eek!sperience  
for all the family

WWT Martin Mere

21 - 29 Oct

Search WWT Martin Mere



Wildfowl & Wetlands Trust (WWT) registered charity in England & Wales, 220084 and Scotland No. SC039450

## The frighteningly fantastic **EEK! WEEK** is happening this October half term at WWT Martin Mere...

with a spookily sensational line-up of events to get visitors closer to the weird and wonderful side of wetland wildlife.

Sneak your way around the interactive Halloween trail, daring to rummage through mystery boxes, guessing the mysterious sounds of wetland creatures, and discovering fun facts about creepy crawlies and more.



During the October half-term, the Lancashire wetland centre will have plenty of tricks and treats to enjoy. Once you've braved the spooky

trail, join them for pumpkin carving, spooky crafts, and their Canoe 'Scarefari'.

Whilst visiting, you can expect to see an array of wetland wildlife from across the globe. Meet fabulous flamingos, incredible Inca terns, fascinating southern screamers, and adorable otters.

For further information about what events are on and to book tickets, search WWT Martin Mere.



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# Return of the Gods at the World Museum



From Wonder Woman to Hercules our screens are dominated by chiselled superheroes wielding their power - but who inspired these indestructible figures? This family-friendly exhibition dives into ancient Greek and Roman mythology to expose the original ancient characters of the heroes and heroines of our time.

From slaying snakes to turning men to stone, these heroes will stop at nothing to fulfil impossible challenges. Will Hera get revenge on her wayward husband Zeus? Will Hercules defy her powers? And will Demeter allow for the crops to grow back once more on Earth and Spring to blossom? Relive the myths and learn how these stories impacted the lives of mere mortals.

This boldly designed exhibition allows you to step inside the stories, as two-metre-high statues tower above you. Featuring a stunning collection of over 100 sculptures and objects, displayed together for the first time, experience the luxury of a Roman villa, before journeying into the underworld to meet Hades.

For more information, go to [www.liverpoolmuseums.org.uk](http://www.liverpoolmuseums.org.uk)

## Liverpool Indoor Funfair Returns for Christmas!

Located at the Exhibition Centre on Liverpool's Albert Docks, it's the ultimate family day out which is running from the 23rd December to 7th January. They have assembled a great mix of rides for all age groups to enjoy, all at one great price!

Rider's tickets are £12.99 (online price) for a 3-hour session which includes unlimited access to all rides. Quieter Sessions will be held on Sunday 24th at 10am Sunday 7th at 10am. Limited tickets will be available on the door to each session (Card payment only). To guarantee your tickets please book online.

It is the perfect treat for all the family!

Get your tickets now at [www.indoorfunfair.org](http://www.indoorfunfair.org)





## St. Mary's College & Preparatory School

Join us for our 2023 Open Events:

**Thursday 21<sup>st</sup> September, 4pm - 7pm**

**Saturday 23<sup>rd</sup> September, 10am - 12pm**

Entrance Examination (2024 admissions):

**Friday 17<sup>th</sup> November**

**To register, please visit [www.stmarys.ac](http://www.stmarys.ac)**

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

# Discover a great read for your child...

## Friends

**Author:**

**Daniela Sosa**

**Publisher:**

**Simon & Schuster Ltd**



Celebrate the wonder of new friends, old friends, and everything-in-between friends in this joyful, resonant picture book.

## The Dodo Who Dreamed She Could Fly

**Author:**

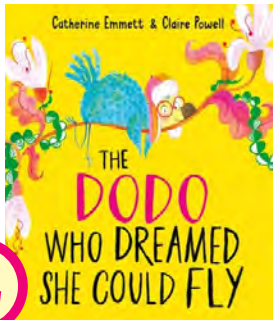
**Catherine Emmett**

**Illustrator:**

**Claire Powell**

**Publisher:**

**Simon & Schuster Ltd**



An inspiring story about the incredible things that can happen when you give something a try, from award-winning author Catherine Emmett and bestselling illustrator Claire Powell.

Delilah did not often talk of her dream, in case others laughed at how daft it might seem. For like all those others, this small dodo knew, there never had been any dodos who flew.

Meet Delilah. She's on a mission to be the first dodo to take flight – and she won't let what any of the other dodos say stand in her way. This heart-warming story of perseverance, from the Oscar's Book Prize shortlisted author of *The Pet*, will strike a chord with anyone who's ever dared to dream.

Brought to life with fabulous artwork from the illustrator of *The Night Before the Night Before Christmas*. This empowering story is perfect for fans of Rachel Bright.

## Ollie's Birthday Surprise

**Author:**

**Nicola Killen**

**Publisher:**

**Simon & Schuster Ltd**



Join Ollie and her magical friends as they celebrate her birthday this next book in the bestselling Ollie series.

It is Ollie's birthday, and she is feeling excited! So when a bunch of colourful balloons float past her window and into the magical woods, Ollie can't help but follow. But where could they be headed and what surprises lay in store? Join Ollie and her magical friends on a birthday adventure she'll never forget.

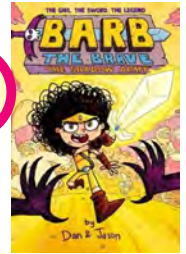
With striking illustrations, cut-outs and foil throughout, this is the next book in the bestselling Ollie series by Nicola Killen.

## Barb and the Shadow Army - Barb the Brave 3

**Author: Dan Abdo & Jason Patterson**

**Publisher:**

**Simon & Schuster Ltd**



Barb is a Berzerker, one of an elite crew of warriors who protect the land of Bailiwick from the scourge of monsters. Barb has been captured by the evil Witch Head and, too injured to fight back, her chances for freedom are slim.

They're both in for a surprise when her Berzerker mum, Raven comes to the rescue. The mother-daughter duo escapes but can't stop Witch Head from summoning a powerful army from the Shadow Realm to take over Bailiwick.

Can Barb and her ragtag crew of Berzerkers find a way to beat the infamous Shadow Army? Can she figure out how to harness the mystical power of the Ghost Blade? And can Porkchop make sure everybody has enough snacks?



## Bunny vs Monkey: Machine Mayhem (Paperback)

**Author:**

**Jamie Smart**

**Publisher:**

**David Fickling Books**



**OUT  
NOW**

Genius inventor Skunky has just designed a brand-new creation . . . a robot called Metal Eve! She needs to learn everything there is to know about life, so it's probably not the best idea that she's surrounded by Bunny, Monkey, Weenie, Pig and the gang. The only thing she's going to learn from them is that life in the Woods is very, very silly indeed!

Laughs will be aplenty in the hit comic book sensation!

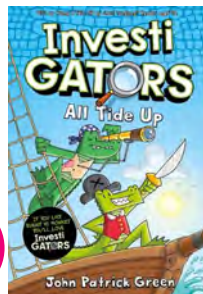
## InvestiGators: All Tide Up

**Author:**

**John Patrick Green**

**Publisher:**

**Pan MacMillan**



**OUT  
NOW**

Crack the case with the InvestiGators! Join Mango and Brash in InvestiGators: All Tide Up for the seventh adventure in the laugh-out-loud full colour, comic book series perfect for fans of Bunny vs Monkey.

When the captain of a cruise ship is found drifting at sea, the search begins for his missing ship and passengers! Did it sink? Was it boat-napped? Are supernatural forces at play?!

Can the Mango and Brash unravel this maritime mystery before a second ship befalls a similarly unfathomable fate? Seas the day and find out in this new nautical adventure!

The Investigators series is a hit with boys and girls aged 7+.

## The Worst Witch

**Author:**

**Jill Murphy**

**Publisher:**

**Penguin Random  
House Children's UK**

**OUT  
NOW**



*'Riding a broomstick  
is no easy matter!'*

Lovable but disaster-prone Mildred is a trainee at Miss Cackle's Academy for Witches, but she's making an awful mess of it. She keeps getting her spells wrong and crashing her broomstick. Yet she manages to scrape by until she turns Ethel, the teacher's pet, into her deadly enemy and chaos ensues . . .

Jill Murphy's much-loved classic is full of fun, magic and mayhem!

## Tom Gates 20: Happy to Help (eventually)

**Author: Liz Pichon**

**Publisher: Scholastic**

**OUT  
NOW**



The top-of-the-class, extra special new bestseller from multi-million copy selling author and illustrator Liz Pichon. A feel-good, laugh-out-loud, packed-with-pictures Tom Gates story!

It's TIDY UP Saturday, but Tom is VERY busy relaxing and not helping out much. Until he spots the art box of his dreams in a shop window and everything changes. He's suddenly focused on earning extra pocket money and helping with EVERYTHING. But nothing quite goes to plan.

Washing and shrinking Delia's clothes isn't a good start. And the hours spent carefully cleaning cars with Derek are ruined overnight when a storm hits Oakfield Town, causing even MORE chaos. At this rate it's going to take a MILLION years for Tom to get the art box of his dreams... or will it?



# Autumn Family Fun at the Bluecoat



Find out more on our website:  
[thebluecoat.org.uk/family](http://thebluecoat.org.uk/family)

- 👉 **Baby Book Club**  
for babies 3–12 months  
Starts Thu 12 Oct – Thu 23 Nov,  
10.30am. £45 for 6 sessions,  
includes a hot drink.  
Booking required
- 👉 **Halloween Print Party**  
Sat 28 Oct, 11am–1pm & 2–4pm  
Adult & child combo ticket: £8  
Additional child ticket: £8
- 👉 **Family Weekend**  
Sat 11 & Sun 12 Nov, 1–4pm  
Free creative activities.  
Drop in

Funded and Supported by



Liverpool  
City Council

Culture  
Liverpool

## What's on for families this **Autumn** at the **Bluecoat**

**As the seasons change and the weather cools down it's the perfect time to bring the family to the Bluecoat.**

Our popular Baby Book Club returns for little ones aged 3 –12 months this October. Discover beautiful children's books, spend quality time with your baby and meet other families.

If you're searching for a Halloween event with a difference, look no further than our Halloween Print Party. It's the perfect workshop for children aged 6 and up to create their own spooky masks, prints and pumpkins. Book now to guarantee your place!

Finally on Saturday 11th – Saturday 12th November we will welcome back our famous Family Weekend, with a host of free creative activities for all ages.

As ever you can drop in any day to Bluecoat and find free books, colouring, and construction toys in the family corner of our café.

Visit [www.thebluecoat.org.uk/family](http://www.thebluecoat.org.uk/family) for all our family events.



# IT'S NOT TOO LATE TO JOIN US

Has your son or daughter continued on to sixth form or another college and have realised that it is not what they had hoped for? Or maybe they have changed their mind about what course they would like to study?

Our new College term may have started, but there is still an opportunity to join us this year! Whatever their background, ambitions and interests, we have a wide range of T Levels, Vocational/BTEC courses and apprenticeships to choose from.

**Scan the QR code to find out how to enrol!**



# Donation Drop Points

## Become a Donation Drop Point for Nugent and Tackle Poverty in Your Community

In these challenging times of escalating living costs across the UK in 2023, Nugent's services within our local communities have never been more important. Our commitment to leaving no one behind drives us to stand alongside families and individuals facing hardships, ensuring they receive the support they deserve.

As we continue our work to tackle all forms of poverty and strengthen our communities, we are asking for our supporters who are part of a school, parish, business or community group,

to help by becoming a donation drop point and collecting donations on behalf of Nugent for our three key areas;

**Hygiene Hub:** Our Hygiene Hub is located within our weekly Pantry, which is open every Tuesday in St Anne's Church on Overbury Street, Liverpool. It's a place where individuals can receive the support they need and pick up items to help them when they are struggling.

### Why set up a donation point for the Hygiene Hub?

In 2022, an estimated 3,150,000 adults (6% of the population) were affected by hygiene poverty, leading to social isolation, shame, and anxiety for many. A startling statistic from ActionAid revealed that the number of UK women and people who menstruate struggling to afford period products rose from 12% to 21% in just one year, with 13% of them missing school, university, or college. Our Hygiene Hub aims to combat this issue by providing a central location in the community where individuals can easily access hygiene products.



**Food Pantry:** The Pantry is open every Tuesday, 1pm to 3pm, at St Anne's Church for a weekly shop to support those who may need a helping hand. The shoppers have access to a full shop, including fresh fruit, vegetables, and cupboard favourites with a weekly cost of £3.50. The value of the shop often totals £15-20 or more, making it a cost-effective way to meet grocery needs.

### Why set up a donation point for the Pantry?

Food prices in the UK have soared by a staggering 15.7% in April, putting immense strain on families and individuals struggling to afford basic groceries. Food insecurity leaves many people reliant on food banks and pantries just to make ends meet. For some children living in food poverty, a free school meal could be the only guaranteed hot meal they eat in a day. By setting up a drop point, you directly contribute to the fight against food poverty in your community.

**Charity Shop:** Our Nugent Allerton Road Charity Shop is open Monday to Saturday and serves as a platform for giving back to the community.

### Why set up a Donation Drop Point for our charity shop?

Many individuals and families have faced crisis due to the cost-of-living crisis. As a result, the demand for assistance from charitable

organisations has significantly increased. By establishing a donation drop point, you can be an active part of the solution and make a positive impact on your community.

### HELP NUGENT TO ALLEVIATE POVERTY AND MAKE A DIFFERENCE TODAY.

Your contribution matters, and setting up a donation drop point is an impactful way to create change. Our dedicated volunteers will arrange a collection so it is convenient and enables everyone to feel like they are making a difference.

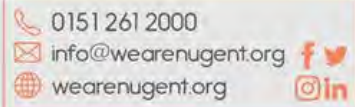


For more information or to set up a donation drop point, please contact us at [fundraising@wearenugent.org](mailto:fundraising@wearenugent.org) or call **0151 261 2000**

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



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



Corporate Trustee: Nugent Care 2019 Ltd (Company No: 12227571) Registered Charity: 1187072, Nugent Care Registered Charity: 1187072



## Your Autumn plans at Liverpool ONE

Gravity MAX has landed at Liverpool ONE and it's the place where everyone wants to be! No matter what you're into, whether it's bowling, AR gaming or e-karting, you'll find it here. With two floors of activities in every corner of our newest entertainment venue, the kids will be kept busy for hours –and you'll find yourself loving the games too!

### Fun Food Venues and Exciting Shopping

Make sure you make time for eating at **Gravity MAX** too, as their food options are out of this world –there's Greek with **The Athenian**, pizza with **800 Degrees**, and what the kids will be after most of all – **Creams Café** and the city's first **Wendy's**.

If you're after a change of scenery, there's lots to get stuck into. **Gordon Ramsay's Street Pizza** has great offers for kids, and the pizzas are seriously good too – grown-ups will approve.

And did we mention it's bottomless? Eat as much as you like!

All their faves are up on The Terrace, choose between the international flavours of **Zizzi**, **Wagamama** and **Las Iguanas**, and the delicious barbeque and special hospitality of **Smoke & Dough**. There's lots more to choose, too!

They'll probably want to grab a bubble tea – just FYI, there's a brand new **MooBoo** location in addition to their Wall Street branch; you can now find them on Custom House Place, just in front of the Sugar House Steps.

### Lots to do while you're here...

Explore the interactive **LEGO** store and build up that Christmas list, with just about every range going including Star Wars and Harry Potter. Don't forget to hop over to **Kenji** with pocket money: it's a paradise of trinkets for all ages. In fact, it's perfect for stocking up on school essentials with a few treats thrown in too.

Every child will find something they love at **Liverpool ONE**. Explore a universe of books for every age at **Waterstones**, or create a new cuddly friend at **Build-a-Bear**. We've also got **Everton** and **Liverpool** football club stores, so while they look around at all the merchandise, you could be scoping out Christmas gifts for the whole family.



### Shopping, Dining, Entertainment and Events!

Our Halloween event is now a staple of spooky season, and we get parents asking if it's coming back all year round! So put Sunday 29 October in your diary, get your best costume on, and join us for our competition in collaboration with Radio City, and hosted by Leanne Campbell!

**Liverpool ONE** and Christmas go hand-in-hand, with our sparkling decorations, twinkling trees and giant reindeer providing the perfect backdrop for those festive trips to town. We launch Christmas officially with Christmas Live! on Friday 17 November, with the region's school children practicing away right now to bring spectacular performances to the evening. There'll also be those elves making mischief – so watch out! Then the season commences in full swing at **Bar Hütte** on Chavasse Park, and this year there's loads of activities the kids can get stuck into.



Check out all the Autumn plans at Liverpool ONE by visiting [www.liverpool-one.com](http://www.liverpool-one.com) or by downloading the Liverpool ONE MyONE App.



NEW SKILLS

TRAINING



## Back to School; Back to Training!

As children head back to school, many parents are finding themselves with more time and more opportunities to invest in their own personal and professional development.

St Helens Chamber offer a range of free short courses tailored for people wanting to get into work, or just to update their skills, and what better time to embark on a journey of skill building and self-improvement than a new term!

### Enhancing Career Prospects with Short Courses

St Helens Chamber's free short courses cover a wide range of subjects, including digital marketing, customer service, construction and many more.

These courses provide parents with the chance to upskill or reskill, enhancing their career prospects in an ever-evolving job market and making sure they have the best possible chances of success when finding and applying for roles.

The Chamber also are the National Careers Service for St Helens, so can offer free and impartial careers advice and support to find and apply for live vacancies.

### Convenient Course Times and Regular Start Dates

The courses offered by St Helens Chamber run

during the daytime, so those needing to do the school run can still do this without missing the training.

Most courses also have regular start dates each month, so you'll always be able to find a course that fits in with your schedule.

### Build Your Confidence to get into Work or Further Training

Training can be a confidence-boosting experience. The supportive environment at St Helens Chamber encourages parents to step out of their comfort zones, and gain new skills and knowledge that can be applied both in the workplace and at home.

Many courses come with accredited qualifications too, so you'll be able to demonstrate your knowledge to employers and have some great talking points at interviews.

### Start Developing a wide range of Skills this September

Take advantage of this opportunity now that children are back at school, and invest in your own skills.

With a wide range of courses to choose from, St Helens Chamber will give you all the tools you need to develop your skills and confidence.

Visit

<https://www.sthelenschamber.com/startingpoint/free-short-courses-for-jobseekers/> to explore the full range of courses available or call on **01744 698800** to find out more.



# CHILDREN BACK IN SCHOOL?

Now's the time to boost  
your skills with St Helens  
Chamber's free short courses.

Now children are back at school  
you might find yourself with  
more time on your hands, so why  
not use that time to update your  
skills with free short courses.

With a range of courses to choose  
from, and support from our expert  
Careers Advisers, you can boost  
your skills and get into work.

No matter what career stage you're at, or  
what your goals are, we can support you.

Our courses include

Doors Security Training with

SIA Licence (Level 2)

Digital & IT Skills (Level 2)

Construction

Customer Service

AAT Bookkeeping

Plus many more

For more information on our free  
courses (for Liverpool City Region  
residents aged 19+), call us on  
**01744 698800** or email  
**[info@thestartingpoint.org](mailto:info@thestartingpoint.org)**



 See full course list

# Making The Most Of Open Evenings: Our Top Tips

**I**f you're a parent of a year 5 or 6 pupil, you may be planning to attend secondary school open day/evening.

During open days/evenings, prospective pupils and their families can visit the school to see whether the facilities on offer are suitable. You will be able to visit classrooms and talk to pupils who currently attend the school.

There may also be an opportunity to listen to a talk given by the school's head teacher or relevant head of department.

As this is a very important time (and unfamiliar territory for some parents), it is crucial to know what to expect and to know how to make the most of open events.

## Top Tips

Do some background research before you visit a school:

- Ofsted reports are readily available on the school's website and also on local council websites.



- Does the school stipulate that certain academic requirements are necessary for entry?
- Does your child require Special Educational Needs (SEN) support? Each school should have a SEN officer who will arrange help for pupils who require extra support.
- Do you live in the school's catchment area?
- Compare the school's exam results with the national average. How do the grades add up?
- Over-subscribed schools are often extremely busy during open events.
- Bring your child with you. It is important to ask them their thoughts and what they think about the school's atmosphere.
- Talk to the school's pupils. They are the best ambassadors for the school and can provide you a wealth of information and authentic opinion of school life.
- Are there any extra curricular activities on offer? It is important for a school to nurture a wide variety of student interests.
- Listen to the head teacher's speech – it will give you a good feel for the school's approach to learning and atmosphere. If the head teacher offers to answer questions, don't hold back!

Keep in mind that certain individuals may not be able to speak to you directly.

**NO QUALIFICATIONS?****CHANGING CAREER?**

# Access university with **Go Higher**

- **Prepare for a degree in humanities, arts or social sciences**
- **One-year, part-time course that fits around other commitments**
- **Designed for mature students and return to learners**
- **Just one day a week (Wednesday) plus home study**
- **Affordable fees – contact us for details and eligibility**
- **Enjoy all the benefits of being a University of Liverpool student**

The Go Higher Diploma is an accessible and achievable gateway to higher education. You could join the hundreds of people, of all ages and backgrounds, who have used Go Higher as a stepping stone to a brighter future.

Course starts: September 2024



[gohigher@liverpool.ac.uk](mailto:gohigher@liverpool.ac.uk)  
0808 100 6060  
[www.liverpool.ac.uk/gohigher](http://www.liverpool.ac.uk/gohigher)

**THE ORIGINAL****REDBRICK**

# Back to School Anxiety



## Experts share 3 tips to help ease kids' back-to-school anxiety.

The experts at Outdoor Toys have put together 3 key tips on how to help transition kids back into a comfortable school routine and ease any anxieties they may have ahead of the first day back.

### 1. Transition them back into a school routine.

Arguably the hardest part of the first day for children is waking up in the morning, and this can be even harder for children who are nervous to go! So, the best way to prevent being late and ease their worries is to **start the transition back into going to sleep early and waking up early as soon as possible.**

Each night, leading up to the first day back, put your kids to sleep earlier until they are eventually sleeping at an appropriate time, and do the same with waking up. Dressing them and eating breakfast at a similar time every morning should also make it easier for both you and them on the first morning back, and they will have a routine that is familiar to them, allowing them to expect what their first day will entail.

### 2. Manage social anxiety.

With **65% of children and young people experiencing social anxiety**, it may not come as a surprise to find the same in your own child. Returning to school can be scary for children who haven't regularly seen their friends throughout the holidays, and experiencing that in addition to first-day jitters can be overwhelming. So, why not take one stress away from them?

At some point before the first day, arrange a playdate with your child and their friend/s from school. Something as simple as playing in the garden with friends is key for a child's physical and mental growth and development, from improving self-confidence all the way to improving their motor skills. Plus, there's the added bonus of them having fun and feeling less uneasy about meeting their friends again!

### 3. Listen to their worries and anxieties.

As mentioned, first-day jitters are inevitable but not always easily detected. These last few days can be used as the perfect chance to **sit down with your child ask them how they're feeling.** Giving them an opportunity to be heard may make them feel comfortable enough to express any of their concerns for the new school year. And, of course, it gives parents a chance to offer advice, solutions and their own first-day back-to-school experiences!

**Alex Price, Product Expert at Outdoor Toys, commented:** "The days leading up to the first day of school can be stressful for many parents and, sometimes, it can be easy to overlook a child's anxiety or back-to-school jitters.

*However, the key thing to remember is to create a comfortable and safe space for children to feel like they can express their worries, and ultimately respond with active solutions to help ease their concerns.*

*These tips should ease the burden and give both parent and child the opportunity to work together and make that first day run both smoothly and enjoyably!"*

# Instagram

## Parent / Carer Advice



### What is Instagram?

Instagram is a social media platform which focuses on the creation and sharing of images, providing users with a range of filters and special effects popular among younger users.

Despite requiring users to be 13 or older, a study in January 2017 indicated that 43% of 8-11 year olds in Britain are using Instagram.

13

### Safety Tips



As with all Internet activity, talk to your child about how they use Instagram, the importance of not oversharing, and any issues they have faced.



It is safest to change the default privacy settings in your child's account from public to private. If your child is older and you agree for them to have a public account, you should discuss strategies for coping with negative feedback and for blocking users. You should also monitor messages they receive.



Given Instagram's reported impact on young people's mental health, keep an eye out for early warning signs of such issues with your child. Seek professional support or consult online services



such as Shout at the earliest point of concern.



Regularly spring-clean your child's Instagram account with them by removing any posts and images you agree are inappropriate and blocking any concerning contacts. If you have any concerns that somebody might be trying to groom your



child you should immediately contact CEOP.

### Reasons for concern



#### Privacy settings

A key concern regarding children's use of Instagram is the fact that the default privacy setting for accounts is 'public'. As such, unless a child actively alters their privacy settings, all of the pictures they post to Instagram will be available to anybody. This could result in their images being seen by inappropriate individuals and might lead to receiving unwanted communication.



#### Follower lists

In a world where celebrity success is measured by numbers of social media followers, it is understandable that children might want to grow their own list of followers. A child's non-private account can quickly grow with followers, some of whom might not have entirely innocent motives.



#### Terms and conditions

Instagram's 5,000-word terms and conditions states that users agree that Instagram can use and sell their sell images for others to use (without paying or further consent). Instagram also retains the right to store, use and share the personal information and direct messages of their users.



#### Grooming

In 2019 the NSPCC reported that Instagram was involved in more online grooming cases than any other online platform. Where the police recorded the method of communication, Instagram was used in 32% of cases, in contrast to Facebook at 23% and Snapchat at 14%.



#### Mental health issues

A report by the Royal Society for Public Health found that Instagram rated as the worst social media platform when it comes to its impact on young people's mental health. Being image-centred the RSPH claimed that Instagram (along with Snapchat) appears to be driving feelings of inadequacy and anxiety in young people.



## Bedtime Routine Tips

### 1. Begin with a Bath

Running a nice warm bubble bath acts as a good signal that it's time to start calming down, not only that, but the warm water should have a soothing effect on your little one.

If you're looking for ways to change the time you start getting ready for bedtime gradually, bath time is a great place to start –keep them in for slightly longer, or run it slightly earlier or later.

### 2. Pyjamas and Teeth

Fresh out of the bath, get them cosy in their sleepsuits or pyjamas, followed by brushing their teeth to help keep their pearly whites protected! This is also a great signal that it's time to wind down for bed.

### 3. Steer Clear of Screens

Turn off any TVs and put phones or tablets away in good time ahead of starting your child's bedtime routine. The bright lights and noises can mean little minds are stimulated for longer, which can be a barrier to ensuring a smooth bedtime happens.

### 4. Read Books

Snuggle up on the sofa or in bed and read some soothing stories together. The sound of your voice reading may even send them off to sleep. Alternatively, your little one might prefer you to sing calming songs or lullabies to help them drift off –just ensure you're keeping things quiet and tranquil.

### 5. Keep Timings Consistent

A good night-time routine shouldn't be adding to your already heavy workload as parents. For this reason, try to build it into your day –keeping timings tight and only letting the whole process last a set amount of time. It might take some time for your little one to get used to the routine but try to stick with it –consistency is often key!

*Credit Busy Bees*



# 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.

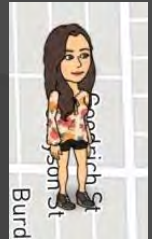
### Safety Tips

- ! 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.

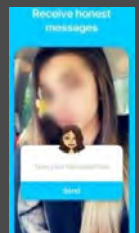
! **The Snap Map**  
The Snap Map allows users to see the live location of their friends on a map. Cartoon-style avatars are used to represent people in a move that was clearly designed to be popular with younger users. This feature can result in children sharing their location (including effectively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



### Ancient Egypt WORLD MUSEUM Permanent Display

The gallery showcases 1200 objects from National Museums Liverpool's ancient Egyptian and Nubian collection of around 20,000 items. Displays tell the story of Liverpool's connections with excavations carried out in Egypt and Sudan, and how thousands of artefacts became part of the World Museum collection. See objects damaged when the museum was wrecked by bombs in May 1941, now on display for the first time since the Second World War.

[www.liverpoolmuseums.org.uk](http://www.liverpoolmuseums.org.uk)

### Drawn to Water: Autumn MARTIN MERE 11 Sept - 22 Dec

Unlock your creativity and explore wetland nature through our range of art and illustration activities for all ages and abilities, inspired by Quentin Blake's wonderfully distinctive drawings. And if, like Quentin, you're inspired by wetlands, why not enter our national art competition to win a unique print, launching in September.

[www.wwt.org.uk/wetland-centres/martin-merc](http://www.wwt.org.uk/wetland-centres/martin-merc)

### Art Workshops with Rita MARTIN MERE 17 Sept & 1 Oct 11.30am

Come along to our free basic drawing skills workshop to learn to create pictures of some of the birds you'll see here at Martin Mere. These workshops are suitable for 8-year-olds upwards (you will need to stay with your child), although slightly younger people may be able to take part with a bit more support - and adult participation is encouraged because art's not just for kids!

[www.wwt.org.uk/wetland-centres/martin-merc](http://www.wwt.org.uk/wetland-centres/martin-merc)

### Pop-up Baby Book Club THE BLUECOAT 28 September 10.30am - 11.30am

Get an idea of what our Baby Book Club is all about in this taster session.

Meet the course leader, storyteller & artist Roger Hill, who will teach you some innovative storytelling

techniques, alongside tips and tricks on how to introduce your baby to the world of books.

Baby Book Club is designed for babies aged 3-12 months.

Tickets: £7.50

[www.thebluecoat.org.uk](http://www.thebluecoat.org.uk)

### The Secrets of the Titanic MARITIME MUSEUM Multiple dates in Sept & Oct 11.00am, 1.00pm & 2.30pm

Discover some of the unusual stories, myths and legends of the Titanic, the infamous passenger liner which sank on a voyage to New York in 1912, and still holds a fascination for many.

Join a member of our participation team and to find out more about the Titanic in this family-friendly exploration, whilst still acknowledging the magnitude of this human tragedy.

Each session has a limited number of tickets available. Suitable for ages 6 -17

[www.liverpoolmuseums.org.uk](http://www.liverpoolmuseums.org.uk)

### Holmeswood Pumpkin Place Holmeswood Road, L40 1UA on the B5246

### Every weekend in October 10.00am - 4.00pm

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!

### An Armourer's Tale MUSEUM OF LIVERPOOL 4 Oct, 31 Oct, 1 Nov & 2 Nov 11.30am, 2.30pm

Join us as we take you back in time to the medieval period. Become part of King Edward III's army at a turbulent time in history.

In 1337 the 'Hundred Years War' began. Edward III mustered his forces against the French king, achieving victories at Crecy and Poitiers.

It is at this point that our story begins. Join Lord FitzWarin and Sergeant at Arms John to discover more about

weapons and armour of the age.

Free performances at 11.30am and 2.30pm, no tickets required.

There will also be performances on 6, 19, 20 and 21 December

[www.liverpoolmuseums.org.uk](http://www.liverpoolmuseums.org.uk)



### Halloween Print Party THE BLUECOAT Sat 28 October 11am - 1pm & 2pm - 4pm

If you're searching for a Halloween event with a difference, look no further than our Halloween Print Party. It's the perfect workshop for children aged 6 and up to create their own spooky masks, prints and pumpkins. Book now to guarantee your place!

Adult & child combo ticket £8

Additional child tickets £8

Visit [www.thebluecoat.org.uk/family](http://www.thebluecoat.org.uk/family) for all our family events.

### Return of the Gods WORLD MUSEUM Now until 25 February 2024

From Wonder Woman to Hercules our screens are dominated by chiselled superheroes wielding their power - but who inspired these indestructible figures? This family-friendly exhibition dives into ancient Greek and Roman mythology to expose the original ancient characters of the heroes and heroines of our time.

This boldly designed exhibition allows you to step inside the stories, as two-metre-high statues tower above you. Featuring a stunning collection of over 100 sculptures and objects, displayed together for the first time, experience the luxury of a Roman villa, before journeying into the underworld to meet Hades.

[www.liverpoolmuseums.org.uk](http://www.liverpoolmuseums.org.uk)





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**THE LORD MAYOR'S**  
**FIREWORKS**  
*Extravaganza*

**SATURDAY 4 NOVEMBER**  
**AT CHESTER RACECOURSE**

**EARLY BIRD TICKETS FROM £8\***

\*Booking Fees & Terms & Conditions apply

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**[Chester-races.com](http://Chester-races.com)**

### North West Bird Watching Festival 2023 - MARTIN MERE 14 & 15 October

Open from 8am, watch the spectacle of thousands of geese leave the roost before heading for breakfast in Mere Side Café. We'll then be open until 7pm on Saturday to welcome them back.

From guest speakers and exhibitors to photography workshops and guided reserve walks, there's a whole range of activities for you to enjoy for a full day out from dawn till dusk.

[www.wwt.org.uk/wetland-centres/martin-merc](http://www.wwt.org.uk/wetland-centres/martin-merc)

### Jack & The Beanstalk - Panto 2023 ST HELENS THEATRE ROYAL 27 October - 5 November 2023

PERFECT family entertainment while the kids are off school! Our GIANT Autumn panto... Jack and the Beanstalk!

Jack and the Beanstalk tells the rags to riches story of a boy who sells the family's cow for a handful of beans, getting him into a lot of trouble with his poor mother. But the story takes a magical twist when the beans sprout into a magnificent beanstalk that reaches up to a mystical land high in the sky.

[www.sthelenstheatreroyal.com](http://www.sthelenstheatreroyal.com)

### The Golden Pearl Pirates THE ALBERT HALLS BOLTON 31 Oct 2.00pm - 4.00pm Tickets: £12.00

Climb aboard the Golden Pearl and shiver your timbers this October half term for a fun filled family adventure on the seven seas, with a show brimming with a bountiful supply of great songs, dazzling dance routines and Cracking Comedy.

Join Captain Betty Breakwater as she finds the long-lost treasure of Skull Island and sets sail with first mate Silly Billy Bones & Pretty Polly Plank to search for riches beyond their wildest dreams. It won't be easy as the evil Captain Crabby has a few spooky tricks up his sleeve to thwart our heroes and steal the treasure himself. Will Betty and her potty pirate crew find the treasure

and win the day? There's only one way to find out...

[www.alberthalls-bolton.co.uk](http://www.alberthalls-bolton.co.uk)

### Baby Book Club THE BLUECOAT Sat 11th & Sun 12th November

The Bluecoat welcome back the famous Family Weekend, with a host of free creative activities for all ages.

As ever you can drop in any day to Bluecoat and find free books, colouring, and construction toys in the family corner of our café.

Visit [www.thebluecoat.org.uk/family](http://www.thebluecoat.org.uk/family) for all our family events.

### Drawn to Water: Quentin Blake Exhibition - Part 1 - MARTIN MERE 20 October - 11 December

The exhibition of 54 of Quentin Blake's wetland-themed prints will be split into 2 parts that will be available to enjoy at different times throughout the autumn and winter. Part 1 will include 29 of Quentin Blake's prints with part 2 (20 Dec to 24 Feb) offering the chance to see a further 25 prints. The exhibition provides a unique glimpse into Quentin's passion for wetlands and wildlife.

Discover beautiful illustrations on display using everything from pens, inks and washes to quills from the birds he has illustrated to help bring their subjects to life, all rendered in Quentin's iconic style.

[www.wwt.org.uk/wetland-centres/martin-merc](http://www.wwt.org.uk/wetland-centres/martin-merc)

### Cinderella - From 1st December ALBERT HALLS BOLTON

Prepare to sparkle at the Albert Halls 2023 pantomime Cinderella, presented by Polka Dot Pantomimes. A family pantomime where dreams really do come true.

Relaxed Performance

Relaxed Performances are specially adapted to be accessible to a wide range of audiences such as those with autism, those with a learning disability or anyone with a sensory

predisposition, with extra trained staff on hand and dedicated quiet areas inside the theatre should anyone need to leave their seat. All patrons who feel this performance might suit their specific needs are warmly encouraged to attend. Thursday 14th December - 14:00

[www.alberthalls-bolton.co.uk](http://www.alberthalls-bolton.co.uk)

### ALADDIN - CHRISTMAS PANTOMIME ST HELENS THEATRE ROYAL 2 December 2023 - 14 January 2024

Hop on a magic carpet this Christmas and fly to St Helens Theatre Royal for a genie-ous adventure!

There's nothing Wishee Washee about Regal Entertainments' spectacular panto Aladdin which comes to the Theatre Royal stage this festive season!

Join our hero Aladdin as he battles the evil Abanazer and his dastardly plan to rule the world with the help of one very special lamp. Can Aladdin save the day and win the heart of the fair Princess Jasmine?

[/www.sthelenstheatreroyal.com](http://www.sthelenstheatreroyal.com)

### Liverpool Indoor Funfair LIVERPOOL EXHIBITION CENTRE 23 Dec - 7 Jan (Closed 25th Dec)

Our Quieter Sessions will be held on Sunday 24th at 10am Sunday 7th at 10am

Get ready for a fun family day out at Liverpool Indoor Funfair.

With jaw-dropping rides and amazing attractions for all ages, Liverpool Indoor Funfair offers all the fun of the fair in an indoor, climate-controlled and family-friendly environment.

There is also a cafe and baby changing facilities for families on-site.

Pre-booked ticket prices:

10am-1pm: £12.99 / 2pm-5pm: £12.99  
6pm-9pm: £9.99 / Babies in Arms -FREE  
Spectator (This does not allow any rides) -£5

All under 16-year-old's

must be accompanied by an adult.

[www.indoorfunfair.org/tickets/liverpool/](http://www.indoorfunfair.org/tickets/liverpool/)

LIVERPOOL  
**INDOOR  
FUNFAIR**

**EXHIBITION CENTRE LIVERPOOL**

Albert Docks, City Centre, L3 4FP

**Sat 23rd Dec - Sun 7th Jan**



**Affordable Family Fun this Christmas!**

**Book tickets at [www.indoorfunfair.org](http://www.indoorfunfair.org)**

# What's on at Liverpool ONE this Autumn



## The Heritage Trail at Liverpool ONE

The Heritage Trail invites visitors on a journey to explore more than 300 years of Liverpool's history. Discovering the events, places and people that shaped the maritime powerhouse that is Liverpool.

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

For more information visit: [www.liverpool-one.com/the-heritage-trail](http://www.liverpool-one.com/the-heritage-trail)



## Halloween Event Sunday 29 October

Liverpool ONE will be bringing a fancy dress competition, scary characters and all things frightful this October for Halloween!

On Sunday 29 October, Liverpool ONE will be hosting a special spooky event with Radio City from 12pm – 5pm. This will include a spooky fancy dress competition, Liverpool ONE being taken over by scary visitors including a giant spider, walk about acts among others scary visitors.

Witches, wizards and zombies are all welcome, as are scary versions of Paw Patrollers or Peppa Pigs or anything our creative younger customers would like to add to the mix.

For more information visit: [www.liverpool-one.com/](http://www.liverpool-one.com/)



## Nature Trail at Liverpool ONE

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

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

For more information visit: [www.liverpool-one.com/nature-trail](http://www.liverpool-one.com/nature-trail)

## Liverpool ONE Christmas Live!

Friday 17 November

Mark your calendars for Friday 17 November, as we bring you Liverpool ONE Christmas Live! This exciting event promises an evening filled with non-stop music, singing, dancing, and magical performances.

Liverpool ONE Christmas Live! will also showcase the incredible talents of hundreds of local school children and community groups. The performers will grace multiple stages, creating a magical atmosphere to get you in the festive spirit.

As we count down to Christmas at Liverpool ONE, expect enchanting light installations, Christmas choirs, and a towering 25-meter Christmas tree gracing Chavasse Park.

For more information visit: [www.liverpool-one.com/christmas/](http://www.liverpool-one.com/christmas/)



POLKA DOT  
PANTOMIMES

THE NATION'S FAVOURITE PANTO COMES TO BOLTON

Albert  
Halls  
Bolton

CORONATION STREET FAVOURITE

**VICKY ENTWISTLE**

as Fairy Superior

BOLTON'S OWN

**KELLY  
AARON**

as Cinderella

PANTO  
LEGEND

**ROLLO**

as Buttons

IN THE  
PANTOMIME  
AWARDS 2023  
NOMINEE

**GARNON  
DAVIES**

as Elsa

IN THE  
PANTOMIME  
AWARDS 2023  
NOMINEE

**GARETH  
MITCHELL**

as Anna



# Cinderella

The Family Pantomime  
Where Dreams Come True

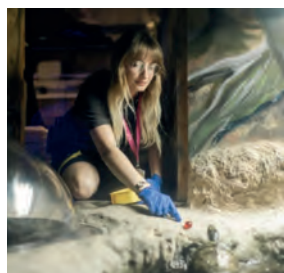
1 - 31 DECEMBER 2023

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

Box Office: 0343 208 0500 | [www.quaytickets.com/boltonalberthalls](http://www.quaytickets.com/boltonalberthalls)



# A Day in the Life of an Aquarium Ranger at World Museum



Meet Lydia Grimshaw, an Aquarist at the Aquarium in World Museum, Liverpool. No two days are the same, but here's what a day can look like taking care of the creatures you can see when you visit (and some you can't see).

## 9am Morning Checks and Cleaning

Do an animal welfare check on all creatures and a water check to monitor the water quality for all tanks and each of them prefer a different climate.

Some of the tanks get dirtier than others, depending on who the residents are, so as well as daily cleans we also take turns to don a wetsuit and get in the tank to do a weekly deep clean of the glass, rockwork and gravel.

## 11am Feeding Time

All of our aquarium residents have different feeding schedules and we use this time to sort out their meals and snacks. This often includes portioning out dry pellet, small fish, shrimp or fresh fruit for the terrapins, or weighing things for the hermit crabs to eat...



## 1pm School Session

Part of our work is delivering sessions to schools that visit and teaching pupils about life in our oceans. They get a chance to get up close with some of our rockpool residents which is always really popular.

## 3pm Public Tour

We've recently started some behind the scenes tours of the aquarium, where visitors can learn more about how we care for our animals and meet some of the residents we look after who aren't on display in the Aquarium.

At the moment we are rearing lots of baby moon jellyfish – who are absolutely tiny and amazing.

## 4pm Study Time and Admin

Another part of my job is conducting regular animal welfare assessments and contacting our vets to provide suitable medicine for our animals to help keep them healthy.

I'm currently doing an online course (E-aquarist) to further increase my understanding of animal care and best practises and I make time to visit other aquariums to learn how they look after their animals and sharing top tips!



**Favourite animal / ocean creature?**  
Cow-nose Rays or our beautiful Dogfish

REGAL ENTERTAINMENTS PRESENT

# ST HELENS' GIANT PANTOMIME

**MARK TWO**

DAME DOLLY TROTT

**RACHAEL WOOD**

MRS FLESHCREEP

**LEWIS DEVINE**

SIMPLE SIMON

**DAVID HEATH**

JACK

**MADDIE HOPE COELHO**

PRINCESS JILL

**JENNA SIAN O'HARA**

FAIRY MARY



# JACK AND THE BEANSTALK

Directed by Chantelle Nolan · Written by Reece Sibbald  
Choreographed by Nazene Langfield · Musical Direction Callum Clarke



**FRIDAY 27 OCT - SUNDAY 5 NOV 2023**

**BOX OFFICE: 01744 756 000 • STHELENSTHEATREROYAL.COM**

In person: St. Helens Theatre Royal, Corporation Street, St Helens WA10 1LQ [f/sthelenstheatroyal](https://www.facebook.com/sthelenstheatroyal) [@theatroyalsh](https://www.instagram.com/theatroyalsh)

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



# Samantha has dreams

Families



It doesn't matter about your background, you can give a child like Samantha a space to dream.

If adoption is a route you've been thinking about then we'll support you every step of the way.

Get in touch with our friendly team today.



**01744 613 041**



**adoption@wearenugent.org**



**nugentadoption.org**



**St Catherine's Centre Hub,  
Blackbrook Road,  
St Helens, WA11 9RJ**



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