

Liverpool | Winter 2024 FREE

all about family

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SEVEN DWARFS VOICE OVERS

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LEAHVE CAMPEL APPEARS DIGITALLY AND NOT IN PERSON

COMEDY LEGEND



JOHNNY VEGAS

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LOUIS EMERICK

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GRAND PHYLlys

LIVERPOOL COMEDIAN



JOHN MOX

SOCIAL MEDIA STAR



QUEEN OF SCOTTY ROAD

HITS RADIO



JOEL ROSS

LIVERPOOL LEGEND



PETE PRICE

WRITTEN BY LIAM MELLOR - DIRECTED BY CHANTELE NOLAN - MUSICAL SUPERVISOR CALLUM CLARKE - CHOREOGRAPHED BY NAZENE LANGFELD

LIVE FAMILY ENTERTAINMENT
ST. HELENS
THEATRE
ROYAL

30 NOV '24 - 12 JAN '25
BOXOFFICE: 01744756000 • STHELENSTHEATREROYAL.COM

In person: St. Helens Theatre Royal, Corporation Street, St Helens WA10 1LQ
Connect with us:  /stheletheatroyal  @theatreoyalsh  @stheletheatroyal  /stheletheatroyal

 **REGAL**
ENTERTAINMENTS LTD

KD Theatre Productions Ltd in association with The Atkinson present

THE DREAMIEST PANTO OF THEM ALL!



SLEEPING BEAUTY

STARRING CBBC'S MAGICAL JOEL MAWHINNEY

**THE
ATKINSON**

Lord Street, Southport, PR8 1DB

6 – 31 DECEMBER 2024

theatkinson.co.uk | 01704 533 333

Sefton Council 



KD
THEATRE
PRODUCTIONS

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

Publisher - Andy Forster

Editorial

61 Leamington Road, Ainsdale, Southport PR8 3JZ

Tel: 01704 531888

Design - Sarah Bannister at Ten64 Productions

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Cinderella - A story of self-belief!



All Souls Dramatic Club are thrilled to be presenting their next spectacular modern pantomime of 'Cinderella' at The Atkinson in January 2025. The cast, once again are comprised of local talent including singers, dancers and a technical team who are all eagerly planning and rehearsing their next production.

All Souls story of 'Cinderella' is a story about self-belief. It promises a plethora of spectacular music, enthralling characters, spellbinding staging and entertaining fun for all. A captivating tale that encourages us to believe in ourselves and the power of change. A story that explores having the confidence to be you and conquer!

Tickets are NOW ON SALE from The Atkinson Box Office, Lord Street, Southport. Cinderella will be performed between 16th and 26th January 2025 with some matinee performances available. Book online at theatkinson.co.uk, call on 01704 533333 or in person at the Box Office.

The Stars come out for Snow White at St Helens

Maureen Nolan and Coronation Street's Emrhys Cooper are set to head a stellar cast in St Helens Theatre Royal's fantastic festive family show this Christmas.

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.

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.

Regal Entertainments Ltd, which stages the hugely popular seasonal shows at the theatre, has also enlisted the help of some very special local legends to voice the roles of the Dwarfs – with the magnificent seven comprised of Johnny Vegas, Joel Ross, Pete Price, Philip Regan (Queen of Scotty Road), Craig Phillips, Louis Emerick and John May.

All of those lending their voices are donating their fees to their chosen charities.

Get your tickets from www.sthelenstheatreoyal.com



There's so much to look forward to this Christmas!



Join Santa and Mrs Claus at their snowy Grotto in fairy town - and have fun with their guests, including Elves, Queen Elsa, and Anna -

No need to book, just turn up: **£10 per child with quality gift.**

The Victorian Wayfarers Arcade is spectacular at Christmas so make a festive day of it. There are interesting independent shops for all those special gifts plus a cafe for relaxation.

Put a visit to Wayfarers Arcade at the top of your Christmas list!

Lord Street, Southport PR8 1NT (opposite the Town Hall)
Open 7 days Monday to Saturday 9am - 5.30pm,
Sundays 10am - 5pm
email: enquiries@wayfarersarcade.co.uk



WAYFARERS
SHOPPING ARCADE
wayfarersarcade.co.uk



Step into a winter wonderland and let the magic unfold as KD Theatre Productions (the team behind last year's Jack and the Beanstalk) return to The Atkinson this Christmas with the enchanting pantomime Sleeping Beauty. This traditional family panto will captivate audiences of all ages. Oh yes it will!

In the kingdom of 'Southportopia' far, far away, a beautiful princess awaits her true love's kiss to awaken her from a deep slumber. But beware! The wicked fairy Carabosse has cast a spell, and only the bravest heroes can break it. Will our valiant prince triumph over evil and save the day? Get ready to boo, hiss, and cheer as our talented cast takes you on a magical ride through panto land. With spectacular costumes and scenery, toe-tapping tunes, and plenty of surprises along the way, this is one pantomime you won't want to miss!

Tickets on sale at www.theatkinson.co.uk



CHRISTMAS IS GOING TO BE SUCH FUN

Little visitors to Wayfarers this Christmas, who are wanting to meet Santa, will be in for a special, fun time when they are welcomed by professional actors including Santa's elves, Queen Elsa and Anna. No need to book, just turn up 30 November, 1,7,8,14,15,21,22,23,24 December 11am – 4pm. Xmas Eve grotto finishes at 2pm.

Santa and quality gift just £10 per child.

Wayfarers also has interesting shops and a café for exhausted grownups!

at a grotto visit to Wayfarers Arcade at the top of your child's Christmas list and they will be super excited.

Follow our events on Facebook and Instagram.





KCC Knowsley
Community
College

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!

2025

**Wednesday
5th February**

5pm-7pm

2025

**Wednesday
19th March**

5pm-7pm

f @ X /knowsleycollege
d /sthelensknowsleycollege



SCAN ME!

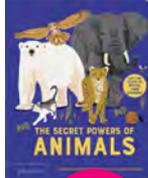


Register to attend!

Discover a great read for your child...

The Secret Powers of Animals

Author: Soledad Romero Marino
Illustrator: Sonia Pulido
Publisher: Phaidon
Age range: 2-5 years



OUT NOW

An informative and interactive introduction to 10 of the world's most amazing animals and their 'secret powers' for the youngest readers.

In this book, children are introduced to 10 record-breaking animals from around the world and are encouraged to guess what physical features give each animal their amazing abilities through playful text and interactive flaps. The answers are hidden under embedded flaps, which, when opened, reveal each power and a simple and friendly explanation of the anatomy and science behind each animal's abilities. With its frame-worthy animal illustrations, informative science-led approach, and engaging interactive format this stylish, unique animal board book truly stands out

Don't Look Back

Author: Becca Perl
Publisher: The Book Guild Ltd



OUT NOW

Don't Look Back tells the true story of escape, adventure and freedom.

When Anthony and his parents leave their house with just a small bag and Anthony's teddy bear, it looks as though they are going out for a couple of hours. Yet they are leaving forever. Their journey takes them through a forest, where they have to overcome challenges and face their fears.

Will they all make it out safely?

This true story teaches young readers about people risking everything to escape to a better life.

The Three Robbers

Author: Tomi Ungerer
Publisher: Phaidon



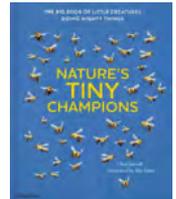
OUT NOW

The Three Robbers is a truly iconic classic of children's publishing. In this timeless tale, three robbers wearing tall black hats walk the roads at night, terrifying everyone they meet. But one day, they encounter an orphan girl named Tiffany, who isn't scared of them at all ... and eventually, the three ferocious thieves are defeated by the guileless logic of an innocent girl. This classic story of mystery and suspense celebrates the triumph of good over evil. It is an ALA Book award winner and has been translated into 16 languages and has sold millions of copies

Nature's Tiny Champions

The Big Book of Little Creatures Doing Mighty Things

Author: Ben Lerwill
Illustrator: Nic Jones
Publisher: Phaidon



OUT NOW

A fact-filled and vividly illustrated exploration of the BIG roles played by tiny animals around the world. We hear a lot about the importance of the amazing, large animals of our world, but what about the little creatures whose roles are just as vital? Covering 20 fascinating animals including Antarctic krill, pygmy marmosets, and honeybees, Nature's Tiny Champions sheds light on the important contributions they make to our planet by playing key roles in natural phenomena such as migration, food chains, and pollination. Each tiny champion is accompanied by a life-size diagram, highlighting how animals don't have to be big to make a huge difference.



Journey to Oz: Christmas Mansion

23 November - 29 December
(selected dates)

Get swept away on a magical adventure through the iconic scenes of The Wizard of Oz, brought to life within the grandeur of Tatton Park's historic mansion.

Wander through the beautifully decorated staterooms, from the exciting adventure following the Yellow Brick Road to the sparkling Emerald City, all adorned in beautiful festive decorations.

£14.50 per adult, £10.50 per child, under 2s free

Christmas and New Year at

THE ATKINSON

in Southport



The Atkinson, Southport's award-winning arts centre, is the perfect destination for festive fun and family adventures! With an incredible lineup of events and activities for all ages, there's something to spark joy and creativity for everyone in the family.

Make Magical Memories This Christmas

No holiday season is complete without a trip to the pantomime—a cherished family tradition! This year, The Atkinson presents *Sleeping Beauty* (6–31 Dec), a delightful pantomime packed with laughter, adventure, and festive magic. Starring CBBC's Joel M, this enchanting show promises to captivate kids and grown-ups alike. Get ready to cheer, sing along, and shout, "It's behind you!"

Dino-mite Fun in the New Year

Kick off 2024 with an epic prehistoric adventure! *Dinosaur Adventure Live* (Fri 21 Feb) is an interactive spectacle perfect for little explorers and dino-fans of all ages. Join daring rangers as they embark on a mission to save the dinosaurs and restore their island. It's an edge-of-your-seat experience that families won't want to miss!



Eric Carle's Stories Brought to Life

Dive into the colourful world of beloved children's author Eric Carle with *The Very Hungry Caterpillar Show* (21 & 22 Mar). This heartwarming production features 75 beautifully crafted puppets bringing four classic stories to life: *Brown Bear, Brown Bear*, *10 Little Rubber Ducks*, *The Very Busy Spider*, and of course, *The Very Hungry Caterpillar*.

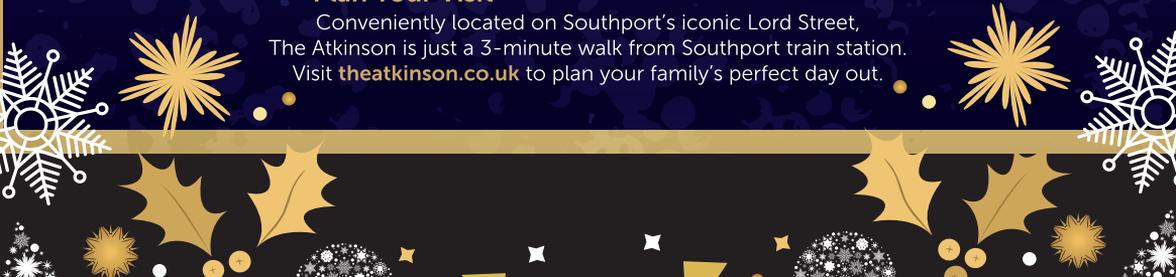
Explore, Learn, and Play!

Beyond the stage, The Atkinson is brimming with fun family activities. Wander through vibrant art galleries, dress up in the local history museum, and marvel at treasures in the Egyptology room. Little bookworms will love the extensive children's section at Southport Library, and the award-winning café and gift shop are perfect for a treat or a unique souvenir.



Plan Your Visit

Conveniently located on Southport's iconic Lord Street, The Atkinson is just a 3-minute walk from Southport train station. Visit theatkinson.co.uk to plan your family's perfect day out.



New Year Family Fun at the Bluecoat

Baby Book Club

Thu 9 Jan – Thu 13 Feb | £48

Start a new hobby with your little one. Discover new books, learn fun techniques to keep your baby engaged and meet new friends. For ages 3–12 months.

Family Weekend

Sat 18 & Sun 19 Jan, 1–4pm | Free

Travel back in time with games, storytelling and creative activities inspired by children's parties of the past. For all ages.



Find out more:
thebluecoat.org.uk/family

School Lane,
Liverpool, L1 3BX



Visit the Bluecoat this winter for lots of family fun....

During the festive season, the Bluecoat has a packed programme of family events all ages can enjoy. Follow Santa's trail around the globe in a special Christmas disco, or make your own unique cards and tree decorations together in one of their festive family workshops.

Start the New Year with creativity, fun and a new hobby. Enjoy a weekend full of storytelling, games, art activities and more, inspired by children's parties of the past, at the Bluecoat's free Family Weekend.

Kick start your baby's love of books in Baby Book Club. This six-week course is designed to give new parents and carers all the skills and techniques they need to encourage their baby to engage with books. You'll also get to meet new friends, discover new books and spend quality time with your little one.

Located right in the city centre, the Bluecoat's cafe is the perfect place to stop for a coffee while you're shopping in town, and their Children's Corner lets the little ones get creative with free activities.

To see the Bluecoat's opening hours and to find out more about what's on for families, visit www.thebluecoat.org.uk/family



@family_allabout



All About Family

www.allabout-family.co.uk



"Memories in the Making: Nugent Gala Raises £92,320 to Spark Joy Across the Liverpool City



The annual Nugent Gala at the Titanic Hotel Liverpool was a night to remember, raising a record £92,320.00 to create positive experiences for individuals and families from disadvantaged backgrounds across the Liverpool City Region. Supported by headline sponsors Krol Cortlett and Butterworth Spengler, over 350 guests gathered to celebrate the power of shared memories, raising vital funds to help those in need.

With an elegant dining experience and an atmosphere that shimmered with excitement, the evening featured incredible live performances from the Andrew Culphey Theatre Company, soulful Deja Soul, powerhouse vocalist Aimee Claire, and crowd favourite Dave Seed. The unforgettable entertainment and fine food set the stage for an evening that was as meaningful as it was memorable.

Throughout the evening, attendees were invited to share their cherished memories, creating a powerful reminder that not all memories are equal. Some in our community face significant barriers to creating positive moments, which is why it's so important for businesses, charities, and individuals to come together and ensure that everyone has the chance to make memories. Nugent's mission is clear: to create joyful, lasting experiences for those who need it most, regardless of their circumstances. Reflecting on the evening, Nugent CEO, Jo Henney, said, "Tonight was about more than just raising funds; it was about raising awareness for those who don't have the same opportunities to create life's joyful memories. Thanks to our supporters, sponsors, and guests, we're able to ensure that many more people will be able to make memories they'll cherish forever. The generosity of the Liverpool community is unmatched."



Simon Krol, Director, Krol Corlett commented, "It's an honour to be part of an event like this and to support Nugent's incredible work. Tonight was a reminder that, as a community, we can make a profound difference in the lives of those who need it most." James Jaycock, Director, Butterworth Spengler added, "This evening's success speaks to the power of collective action. We are proud to support Nugent and their mission to create lasting memories for everyone in our region."

Don't miss out on next year's event—mark your calendars for Thursday, 6th November 2025 at the Titanic Hotel Liverpool for another unforgettable night of impact, inspiration, and community spirit.

wearenugent.org





Corporate Trustee: Nugent Care 2019 Ltd, Registered Charity 1187072
Nugent Care Registered Charity: 1187072-1

Supporting children, adults and families
in our communities for over 140 years

☎ 0151 261 2000 🌐 wearenugent.org 📷 📺 📘 📧 @wearenugent





Think Christmas Think Liverpool ONE



This Christmas season, you won't have to look far for a festive programme of family activity! Liverpool ONE, in the heart of the city, will transform into a magical winter wonderland, with magical events, illuminations and selfie opportunities, as well as snow!

Giant Christmas decorations form the perfect backdrop to a stunning Christmas shopping experience, with reindeer, lights and neon trees that kids love to gaze at. And new for 2024, stroll underneath our giant bauble arch and arrive in style!

Seasonal Shopping and Events

Bar Hütte returns to Chavasse Park, with karaoke huts and speciality drinks perfect for cosying up with friends and family. Open until 31 December, literally the whole family is invited – with Bark Hütte also making its return for your canine relatives! Christmas on the Park brings a selection of children’s rides including festive games, food, treats and more!

The kids will love to scope out the shops for their list to Santa while you get the family sorted for gifts, and let’s be fair, you might need some ideas for them too.

Plus, when you shop every Thursday night from 21 November, there’ll be Christmas activities going on, like giant penguins, ice carving and elves – just keep an eye on our website for more details!



Christmas Dining and Entertainment

The perfect excuse to string out the celebrations with wider family, the Christmas menus at our restaurants are bursting with traditional and creative dishes. Try out the popular family favourites up on the Terrace, or sprinkle a little glitter and glamour on your evening by booking in with the stunning **Browns** or **The Real Greek**.

When there’s loads of excitable energy to burn off, **Gravity MAX** is the perfect place to take the kids, with two floors of fun activities like crazy golf, bowling and VR games. And, of course, the little ones will love the **Upside Down House!**

With sparkling Christmas decorations, some of the best shops, dining and entertainment brands in the North West and special events, the whole family will find something to love during those festive trips to the city.

Discover everything going on this Christmas at Liverpool ONE by visiting:

www.liverpool-one.com/christmas



KIDS

SWIMMING LESSONS

totalfitness



Helping children build a lifelong love of the water...

At Swim Academy, we know that learning to swim is about more than just mastering a life skill—it's about supporting your child's physical growth, social connections, and building their confidence.

Our fun and engaging Learn To Swim lessons are designed for children aged 4+, providing each child with an enjoyable experience while gaining essential swimming and water safety skills.

Whether your child is taking their first dip into the water or perfecting their strokes, our qualified teachers provide a safe and supportive environment where they can progress at their own pace, with group feedback at the end of each lesson so you can stay up to date with your child's progress.

Swim Academy offers a wide range of benefits. As your child develops their swimming skills, they'll strengthen muscles, improve coordination, and increase flexibility. They will also build vital social skills in the small class sizes like communication, teamwork, and making new friends. Plus, swimming helps your child stay focused and learn valuable skills that they can carry over to other areas of life.

With 15 locations to choose from, we make it easy for families to access high-quality swimming lessons that are available weekdays and weekends. Plus there is free parking at all of our clubs.

Join the thousands of families who trust Swim Academy.

Scan to book your free assessment and discover the right lesson for your child.



LEARN TO SWIM



For kids
4+
years

Inspiring fun, safety & confidence in the water

Help your child to develop a lifelong love of the water with our swimming lessons. Available 7 days a week, 50 weeks a year, with small classes and regular feedback to support their progress.

Scan to learn more
and book your
free assessment.



Fun and Games - Pantomime Season - is back!

Pantomimes are famous for captivating audiences of all ages. Whether young or old, there is something for everyone to enjoy when revelling in the extravaganza of the yuletide festive favourite.

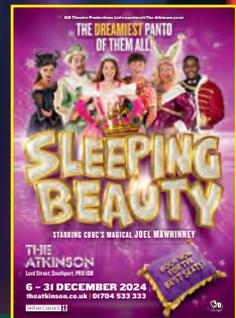
There's something really special about attending a pantomime with loved ones and attending one as a family can really get the festive excitement flowing. It's a Christmas experience for individuals wanting to immerse themselves in mayhem and mischief. "I think everyone loves a pantomime. They're just magical! They bring everyone's favourite fairytale characters to life on stage", states Chantelle Nolan from St. Helens Theatre Royal. "They're loud and colourful with larger than life characters, great songs, lots of jokes and plenty of audience participation."

Panto is a tradition that seems to be maintaining (and gaining) popularity year-upon-year and there is a whole host of choice to satisfy your panto cravings!

Take a look at our top pantomime choices this season...



Snow White
@ St. Helens Theatre Royal
30 NOV 2024 – 12 JAN 2025
www.sthelenstheatreroyal.com



Sleeping Beauty
@ The Atkinson, Southport
6 DEC – 31 DEC 2024
www.theatkinson.co.uk



Cinderella
@ The Atkinson, Southport
16 JAN – 261 JAN 2025
www.southportpanto.com



Rapunzel - A Tangled Tale
@ The Albert Halls, Bolton
30 NOV – 31 DEC 2024
www.alberthalls-bolton.co.uk



Snow White
@ Southport Little Theatre
20 DEC 2024 – 5 JAN 2025
www.littletheatresouthport.co.uk

All Souls Dramatic Club Presents

Charity number 1072034

Cinderella

The Modern Family Pantomime

Written & Directed by Cliff Gillies

noda
Be inspired by amateur theatre

Enchanting Atkinson
Audiences For Over
10 Years!



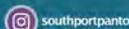
Adults £16
Children £13

Special Offer
Thursdays all tickets £13

Tickets
01704 533333

**THE
ATKINSON**

southportpanto.com



Thursday	16th January	7:30pm
Friday	17th January	7:30pm
Saturday	18th January	2:00pm
Saturday	18th January	7:30pm
Sunday	19th January	2:00pm
Thursday	23rd January	7:30pm
Friday	24th January	7:30pm
Saturday	25th January	2:00pm
Saturday	25th January	7:30pm
Sunday	26th January	11:30am
Sunday	26th January	4:30pm



A report by The Education Committee found there has been a 52 percent increase in children's screen time in the UK between 2020 and 2022 and nearly 25 percent of children and young people use their smartphones in a way that is consistent with a behavioural addiction.¹

With The Swedish Public Health Authority recently issuing new guidelines stating that children under the age of 2 should not use digital media at all and that older children should not have more than 1 - 3 hours a day, many parents are questioning their child's screen usage and keen to jump on this in an attempt to regain control.

But with screens part of everyday life, entertainment and education, how can we strike a screen-time balance that is optimum for a child's health and learning but appeals to the modern day, technology minded children and teenagers?

Chris Crouchman, Head of Content at Readly the digital reading app, says "It's all about offering children quality content when it comes to screen time. Whether it's reading a magazine

from a trusted source, a documentary from a fantastic producer or doing a puzzle on a trusted app, parents should ensure that the content children are consuming during their window of screen time is from a verified, trusted source then let them enjoy it, guilt free for that duration".

"Parents often beat themselves up over whether they have the right balance with many mixed messages but we must do the upfront groundwork and offer kids only quality, verified journalism and entertainment to avoid helicopter style parenting when it comes to screens, it should be a source of entertainment and relaxation, after all", adds Chris.

He shares his tips for a healthy relationship with screens:

1. SCREEN TIME MUST NOT

REPLACE OUTDOOR TIME AND PHYSICAL ACTIVITY

- Play and physical activity are so important for young children and screens should never replace them. Use screen time to support play, fuel a passion of hobby. Rather than passive screen time, read a special interest magazine such as Match of The Day for football fans, Rugby World for rugby fans or The Week Junior: Science & Nature for outdoor, garden enthusiasts.

2. SCREEN TIME ISN'T JUST GAMING AND TV, IT CAN BE IMPORTANT 'ME TIME'

too - we all need down time and screen time doesn't necessarily have to be fast paced gaming. Reading a digital magazine, puzzle or book is a great use of your child's 'screen time'. It can be fun, relaxing and rewarding downtime too.



3. USE SCREEN TIME TO SUPPORT LEARNING. Apps, like Readly, are a great tool to encourage reading according to their interests and there's lots of educational apps out there too. Readly has over 100 childrens and youth titles on the app in 17 different languages. too.

4. TRY TO AVOID USING SCREEN TIME AS A BABYSITTER - Sound familiar? With busy lives

and working parents, it's tempting to put kids in front of the TV and crack on with jobs in peace (we all do it!), but try to avoid doing this seven days a week. Have some togetherness with screens too to connect - read together or watch a movie together then discuss the characters or storyline.

5. LEAD BY EXAMPLE Children imitate their parents and adults around them. As adults, it is

crucial to set an example so perhaps talk about the latest article, magazine or comic book you've read during family time. Letting your children see you reading regularly can encourage the same behaviour. You could even sit and read your own books together, so you're still getting a sense of togetherness.

Credit: www.readly.com





WHAT TO DO IF YOUR CHILD CHOKES

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 – this time: choking.

Choking is caused by a foreign object that is stuck at the back of the throat. A child may choke on food, or may put small objects into their mouth and cause a blockage of the airway.

If the blockage is severe they will be unable to speak, cough, or breathe, and will eventually lose consciousness.

If the casualty is a child or adult, follow these steps;

- Ask the casualty 'Are you choking?' If the casualty is breathing encourage them to cough.
- If they can't speak or breathe, bend them forward. Give up to five sharp blows between the shoulder blades with the heel of your hand. Check their mouth.
- If choking persists, stand

behind the casualty. Put both arms around them and put one fist between the navel and the bottom of the breastbone. Grasp your fist with your other hand, and pull sharply inwards and upwards up to five times. Recheck the mouth.

- Repeat the backslaps and thrusts until the obstruction clears. If after three cycles it still has not cleared, call 999/112. Continue the sequence until help arrives. If they lose consciousness, open the airway and check breathing.



If the casualty is an infant, follow these steps;

- Lay the baby face down on your forearm supporting the body and chin.
- Give up to five back blows between the shoulder blades with

the heel of your hand, check the mouth for any obstruction and remove.

- If the obstruction hasn't cleared, turn the baby on their back. Place two fingers on the centre of the infant's chest and push inwards and upwards against the breastbone. Check the mouth for any obstruction and remove. Repeat up to five times.
- If the obstruction doesn't clear, repeat the backslaps and thrusts until the obstruction clears. If after three cycles it still has not cleared, call 999/112. Continue the sequence until help arrives.

For those looking for quick, easily accessible first aid information, the St John Ambulance website (www.sja.org.uk) lots of free advice. For more information about first aid courses please call 0844 770 4800.





St Helens College



Adult Courses Starting from January!

Whether you are looking to start an exciting new job, progress in your current role or simply learn for fun, we have lots of courses starting in the next couple of months, whatever your goal!



✓ **NEW YEAR**
✓ **NEW GOALS**

- ✓ Professional Qualifications
- ✓ Short Courses
- ✓ Online Learning
- ✓ English, Maths and ESOL
- ✓ Apprenticeships
- ✓ Higher Education
- ✓ Pre-Employment Courses



Don't let the cost of learning put you off studying!

Your chosen course could be free if you are eligible, or level 3 and above courses could be funded through an Advanced Learner Loan.

Visit our websites to find out more:

St Helens College



www.sthelens.ac.uk/adult-enrol

Knowsley Community College



www.knowsleycollege.ac.uk/adult-enrol



BACK TO SCHOOL:

Opening Doors Through Adult Education

Improved prospects, learning new skills and enhanced self-confidence are a few of the many benefits experienced by 'mature' students. A survey conducted by the Workers' Educational Association found that adult education can help to benefit local communities and boost confidence in regard to finding employment.

Research has shown that amongst the 'typical' benefits associated with adult learning, continuing learning later in life can be extremely advantageous for health. It has been speculated that adult learning can help sharpen cognitive function and delay declines in mental acuity (often associated with aging).

When it comes to education, there are no age or time restrictions- the old saying 'there's no time like the present' rings true. If you've been contemplating boosting your knowledge to help further your career, gain long-term employment

or even for fun, there are a wide range of pathways available across the region offering a selection of courses.

When juggling a hectic lifestyle, it is extremely easy to dismiss the thought of continuing education. An assumption which many make is that adult education courses require a lot of time (which many adults don't have to spare). Educational institutions recognise this and there is an ever-growing number of adult education programmes specifically designed to cater to working adults. If you have been previously interested in returning to education but have had other commitments, it may be worthwhile researching what programmes are running in your local area and how often they run.

Whether your goals are personal or professional, adult education can help open the doors to success.



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Pearson

Yuletide: A Glittering Winter Garden Adventure
16 Nov - 23 Dec (selected dates)
TATTON PARK

Immerse yourself in Yuletide - a glittering winter adventure in the gardens this Christmas! Warm up around the fire at the Yuletide Gathering, and let enchanting stories and music take you to lands anew. Embark on the Glittering Trail where folklore comes to life and magical stories unfold before your eyes!

Adult £20, Child £12, 2 and under free..

www.tattonpark.org.uk

Craft Room
Every day during school holidays
MARTIN MERE

The craft room is open every weekend and each day of the school holidays from 12-3pm (winter) and 1-4pm (summer), offering selection of paid for crafts from £1.50 to £3.50.

Every Wednesday in term time, bring your little one to a fun and interactive story time, sing along, crafts and outdoor play (weather dependent) at Toddler Wednesdays. The play may include pond dipping, egg box scavenger hunts, find the frogs, build a den for your teddy bear and much more. Session starts at 10.30am and there is no need to book.

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

Journey to Oz: Christmas Mansion
23 Nov - 29 Dec (selected dates)
TATTON PARK

Get swept away on a magical adventure through the iconic scenes of The Wizard of Oz, brought to life within the grandeur of Tatton Park's historic mansion.

Wander through the beautifully decorated staterooms, from the exciting adventure following the Yellow Brick Road to the sparkling Emerald City, all adorned in beautiful festive decorations.

£14.50 per adult, £10.50 per child,

under 2s free

www.tattonpark.org.uk

Festive Afternoon Tea
29 Nov - 1 Dec
TATTON PARK

Step into the Gardener's Cottage tearoom for a wonderful Wizard of Oz themed festive Afternoon Tea. Cosy up after your Journey to Oz and savour a special menu of finger sandwiches, handmade cakes and pastries, plus seasonal savouries.

(Afternoon tea must be pre-booked and paid for in advance.)

www.tattonpark.org.uk

Christmas Gift Fair in the Tenants Hall
29 Nov - 1 Dec
TATTON PARK

A unique shopping experience inside the grand Mansion's Tenants' Hall (not usually open to the public).

The perfect place to find those special Christmas gifts. There'll be lots of local suppliers, some selling handcrafted items including jewellery, candles, crafts, and gin - not usually found on high street.

Enjoy free entry to the Tenants' Hall fair.

www.tattonpark.org.uk

Rapunzel - A Tangled Tale
30 Nov - 31 Dec
ALBERT HALLS BOLTON

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, ABI ELLIS-WALTER as Rapunzel, MARCQUELLE 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!

So let your hair down and book now for Bolton's finest festive treat, RAPUNZEL - A Tangled Tale.

www.alberthalls-bolton.co.uk

SNOW WHITE
30 Nov - 12 Jan
ST HELENS THEATRE ROYAL

Maureen Nolan and Coronation Street's Emrhys Cooper are set to head the cast of St Helens Theatre Royal's fantastic festive family show this Christmas.

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.

And Regal Entertainments Ltd, which stages the hugely popular seasonal shows at the theatre, has also enlisted the help of some very special local legends to voice the roles of the Dwarfs - with the magnificent seven comprised of Johnny Vegas, Joel Ross, Pete Price, Philip Regan (Queen of Scotty Road), Craig Phillips, Louis Emerick and John May.

www.sthelenstheatreroyal.com

Sleeping Beauty
6 Dec - 31 Dec
THE ATKINSON

In the kingdom of 'Southportopia' far, far away, a beautiful princess awaits her true love's kiss to awaken her from a deep slumber. But beware! The wicked fairy Carabosse has cast a spell, and only the bravest heroes can break it. Will our valiant prince triumph over evil and save the day? Get ready to boo, hiss, and cheer as our talented cast takes you on a magical ride through panto land. With spectacular costumes and scenery, toe-tapping tunes, and plenty of surprises along the way, this is one pantomime you won't want to miss!

www.theatkinson.co.uk

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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

Construction Club
7 Dec 2024
10:30am – 12:30pm Free
THE ATKINSON

Founded in Denmark in 1932, the name LEGO was created by taking the first two letters of the Danish words 'leg godt', meaning play well. The iconic building blocks are part of so many people's childhoods all over the world. In 1998, LEGO was one of the original toys to be inducted into the National Toy Hall of Fame.

- Admission is free.
- Please note last entry is at 12pm.
- Ages 5+. Children under 12 must be accompanied by an adult.
- Spaces limited. First come first served basis. You may be expected to wait until a space at a table becomes available.

www.theatkinson.co.uk

Young People's Print Club
14 Dec 2024 - 28 Jan 2025
11am – 12:30pm

THE BLUECOAT

Learn all about printmaking, develop your creative skills and make new friends at our FREE Young People's Print Club!

Join us at the Bluecoat this Autumn and Winter to learn new skills and make new friends at our Print Club Sessions. Each session lasts 90 minutes and focuses on a different form of printmaking, acting as an introduction to printmaking and helping you gain new creative skills!

Our Print Club sessions are free and include all materials. You are welcome to book onto one or all of the sessions.

Free, booking required
 For young people aged 14-18

thebluecoat.org.uk/family

Christmas Carols in the Stableyard
22 Dec 3:00pm - 4:00pm
TATTON PARK

A Christmas calendar favourite! Meet up with friends and family, pick up your song sheet and join the sing-along to Christmas carols and songs

with the King Edward Musical Society Band and choir in the twinkling Stableyard.

Free event, no booking required. Simply turn up on the day ready to join in the singing!

www.tattonpark.org.uk

Baby Book Club
9/16/23/30 Jan 2025
6/13 Feb 2025

10:30 – 11:30am
THE BLUECOAT

Led by artist Roger Hill, each session includes time for discussion and sharing, book recommendations and reviews, individual and group reading, plus fun activities centered around the weekly core story.

These sessions offer a wonderful opportunity to bond with your baby, make new friends, and foster a lifelong love of books through fun, creative storytelling. You'll also be welcomed with a hot drink on arrival, as these sessions are designed with your comfort and relaxation in mind too.

It's never too early to start reading with your baby—book now to secure your spot!

thebluecoat.org.uk/family

Cinderella: A Modern Family Pantomime
16 Jan 2025 – 26 Jan 2025
THE ATKINSON

All Souls Dramatic Club return once again with a stunning modern pantomime. The tale of 'Cinderella'. A spectacular family show which promises to take you on a magical journey with loveable characters, stunning music, spellbinding staging and fun for all. This is a message of self-belief and having the confidence to change your life.

www.theatkinson.co.uk

Beauty & The Beast – Half Term Panto
15 Feb 2025 – 23 Feb 2025
ST HELENS THEATRE ROYAL

Join us for this magical retelling of a timeless classic at the St Helens

Theatre Royal! From Saturday, 15th February 2025 to Sunday, 23rd February 2025, experience the story of Belle and her journey of love with a prince cursed to appear as a beast. Will the power of love break the spell? Don't miss out on the hilarious comedy, wonderful songs, and a story that proves love can conquer all!

www.sthelenstheatreroyal.com

Dinosaur Adventure Live
21 Feb 2025 2pm
THE ATKINSON

Stomp, Roar and Swish your tail as we introduce you to some of the most incredible species ever to have lived on planet Earth. An unforgettable Jurassic experience for all the family to enjoy.

Feel the excitement as you come face-to-face with a T-Rex and hear it's rooooooarrrrrrr!

This awe-inspiring interactive stage show captivates both young and young at heart, immersing audiences in the enthralling & realistic world of Dinosaurs.

You won't want to miss this adventure of a lifetime, so hold onto your kids as this show will blow them away!

www.theatkinson.co.uk

Bing's Birthday 2025
25 Feb 2025 – 26 Feb 2025
ST HELENS THEATRE ROYAL

Join Bing and his friends Sula, Pando, Coco, Amma and of course Flop as they get ready to celebrate his special day in the brand-new live stage show, Bing's Birthday!

It's Bing's birthday and everyone is very excited! Things won't always go to plan but, with the guidance of Flop and his friends, Bing has a birthday he won't ever forget.

And you're all invited too! Come along, dress up and have fun with lots of songs and joining in as we all celebrate Bing's Birthday in the theatre!

www.Binglive.co.uk

Liverpool ONE's Dates for your Diary

Christmas on the Park at Liverpool ONE

Until 31 December
Chavasse Park, Liverpool ONE

Opening on Friday 8 November, Christmas on the Park brings a selection of festive fun including a carousel, festive games, food, treats and Bar Hütte! A perfect plan for the whole family.



Christmas Trail at Liverpool ONE

Free to Enjoy | Until 1 January

Grab a map from the Information Centre on Wall Street and embark on a festive journey with your little ones following clues to discover lots of magical installations including illuminated reindeers, angel wings, Christmas trees, and festive characters hidden in shop windows, waiting to be found!

Festive Thursdays at Liverpool ONE

Free to Enjoy | 21 Nov, 28 Nov, 5 Dec, 12 Dec & 19 Dec

Make those late-night shopping adventures sparkle with Christmas magic! When you visit on Thursday evenings, each week something new and enchanting will take over Liverpool ONE – from ice carvings to giant penguins! Keep an eye on our website for details on each week.

Mosh Tots at Liverpool ONE

Free to Enjoy | Sunday 24 November

The hugely popular Mosh Tots, from Wirral-based Future Yard, will pop up at Liverpool ONE on Sunday 24 November for a free live music session aimed at kids. Mosh Tots is hugely popular in their original Future Yard venue, with sellouts guaranteed, so don't miss this chance to join in the dancing at Liverpool ONE!

Liverpool ONE's Big Advent Giveaway

Online, free to enter | 1 - 12 December

The huge Christmas competition is back – one lucky winner every day will win a prize worth £250 from across our brilliant brands, with something for the whole family to get excited about! Get entering! Enter online at www.liverpool-one.com/advent



Paddington Bear statue at Liverpool ONE

College Lane

Right outside Waterstones, sits a very special visitor... Paddington is waiting, with a marmalade sandwich in hand, for children of all ages to discover him and snap a selfie. This bear has captured our hearts already, and he'll be here for a while so come along!

Upside Down House

Free to Enjoy | 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 (including, of course, a Christmas scene) – we still can't get our heads round it! Upside Down House is also home to the spinning house for an extra dose of upturned fun.



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

Liverpool ONE Winter Nature Trail

Free to Enjoy | Chavasse Park, Liverpool ONE

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

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

The Heritage Trail at Liverpool ONE

Free to Enjoy

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. 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

Discover everything going on this Christmas at Liverpool ONE by visiting:

www.liverpool-one.com/christmas



HOW TO HELP KIDS EAT HEALTHILY

By Sam Milner

When it comes to getting your kids to eat healthily, it can be a real challenge. You want your kids eating well, but your kids say they don't like this fruit or that veg, and, at the same time, there aren't always enough hours in the day to cook from scratch with lots of veg piled in. Eating healthily can sometimes feel expensive too. A lot of the time we have all these foods that are cheaper but are not healthy. It can be really hard to strike that perfect balance between healthy foods and making budget-friendly meals.

HERE ARE MY TOP TIPS TO HELP:

Buy Seasonal Veg – Focusing on seasonal veg can save you money on your shop and make it stretch further if you're on a budget. For example, in the new year there will be lots of root veg and you can batch cook some soup to freeze or focus on meals that are in season. Or in the summer you can batch cook some cherry tomatoes with feta and make a Mediterranean sauce for the freezer.

HIDDEN VEG RECIPES – there are loads of recipes you can hide veg in – meaning your kids are getting loads of goodness but are none the wiser that it's healthy! What I love to do is roast butternut squash in the air fryer with garlic and then transform it into a cheese sauce. You can also add in other root vegetables too. It's super simple to make too - you just need blend the squash, so you have a purée and it's the perfect base for a creamy sauce. In-fact you can do something similar with all the recipes where you would add pasta sauce, such as a lasagne. Grab one of the mediterranean veg packs from the supermarket. They come with prepped courgette, tomatoes, garlic and red peppers. Air fry and then, once soft, blend with some passata. You then have a veggie loaded sauce.

MAKE A PLAN –

it's easy to just go to the supermarket for your weekly shop and not have a plan. You shop blindly and think I will have a bit of this and a bit of that. But we often as consumers don't compare what we are eating vs what we already have in. We are also often then more tempted by unhealthy foods if we buy in this way. Instead, write a list of the things you need every week for healthy snacks and breakfast as those lists often don't change. Then focus on healthy dinners. Plan the next 7 days of dinners and add the ingredients to your shopping list. Then cross out anything you have in already that you don't need to buy. Then you have a cheaper, healthier, more focused shopping list.

GET THEM EXCITED ABOUT VEGETABLES – the best way to do this is to get kids involved in making the meal. If they love one particular vegetable, let's say carrots, for example, take carrots to the next level. Let them peel and help you prep the carrots. Seeing how they are cooked will get them even more excited about the veg. Each week buy a bag of carrots, give them some recipe ideas and have fun



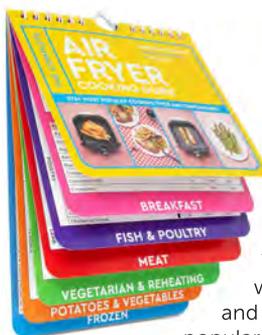


making different recipes together. For instance, make carrot chips in the air fryer and let them choose what seasoning they would like on them.

Explain that a honey glaze on carrots is magical and that you would love their help making them for this Sunday's roast. Then ask them what their second favourite vegetable is and rinse and repeat.

MAKE THE MOST OF OFFERS ON MEAT –

meat is an important part of a healthy diet. there are always deals to be had on cheap meat. Whether that is stocking up on supermarket yellow stickers, buying what's in season or seeing what deals the butchers currently has on. If you want a Sunday roast and the cost worries you, then you can opt for a cheap whole chicken and get more meals out of it, or the butchers favourite is a pork leg joint. A boneless pork leg is often the cheapest roasting meat and pork tastes so good. Seasonal times like Christmas, Easter and Father's Day are also fantastic for meat deals. You can grab reduced price/stock clearance deals after the event and store them in the freezer for later.



Sam Milner is the co-author of The Complete Air Fryer Cooking Guide: Times and Temperatures which includes the times and temperatures for all the popular air fryer veg when cooking kids veg for dinner. Make it more fun and let them tell you how long to cook their veg for dinner!



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