

Liverpool | Spring 2025 FREE

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CINDERELLA

DIRECTED BY CHANTELL JOSEPH • MUSICAL DIRECTION BY CALLOW CLARKE
CHOREOGRAPHY BY NAZENE LANCFIELD

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Southport PR8 3JZ
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CINDERELLA - Easter Pantomime at St Helens Theatre Royal



With one wave of a magic wand, the audience will be whisked off to a glamorous ball this Christmas as Regal Entertainments presents their spellbinding tale of Cinderella.

Cinderella tells the story of a beautiful girl who is reduced to a life of servitude by her two ugly step-sisters, but that is all set to change when an invitation to a grand ball at the palace arrives. With a bit of magic and help from her friend Buttons, Cinderella is transformed into the belle of the ball. But what will happen at the stroke of midnight?

With enchanted pumpkins, a sparkling fairy-tale carriage, and filled with fun for the whole family, Cinderella promises to be the most lavish pantomime in all the land.

For tickets go to: www.sthelenstheatreroyal.com



The Pantomime Adventures of Peter Pan at Albert Halls

Starring Coronation Street's "Ashley" – Steven Arnold as Captain Hook, soar through the skies to the Barnacle Bay and the Enchanted island in a Brand new pantomime adventure. The Island is in Chaos and The Hilarious Captain Smee and the outrageous Mrs Smee have had reports that the dastardly Captain Hook has returned from his watery grave and looking for revenge. With Peter Pan in great danger and everyone in trouble, it's time to get help from the Magical Mermaid who summons for the return of Wendy to help save the day and rescue the magical crystal and help Peter Pan conquer Hook once and for all.

For tickets go to: www.alberthalls-bolton.co.uk

Easter GIANT Duck Hunt at Martin Mere

Think you've got the detective skills to find every GIANT yellow duck hidden around Martin Mere Wetland Centre from 5 – 21 April?

This year, there is an extra special golden duck to find as part of our 50th anniversary celebrations! If you can find this extra-secretive duck, then you'll have the chance to enter a draw to win a £100 WWT shop voucher!

Each little hunter will be given an activity sheet on arrival, which will take them on a trail around the grounds. Search high and low and use all of your hide-and-seek skills to find each one and work out which cheeky yellow duck is still missing! It's £1 a go and there's a tasty treat if you find them all.

More information at www.wwt.org.uk/wetland-centres/martin-mere





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Countdown to Easter with Mr. Men Little Miss at Tatton Park!

Families are invited to spring into Easter from 5 – 21 April with Mr. Happy and friends at Tatton Park with chocolate trails in the Gardens, Farm and Mansion over the Easter weekend (18 - 21 April). In partnership with Mr. Men Little Miss, Tatton Park will deliver an Easter programme of colourful trails and activities for families to enjoy across the estate. This is an exciting year for this well-loved brand, having recently welcomed two new characters – Mr. Fib and Little Miss Surprise. A “British born brand of over 90 iconic characters, each with their own unique personality. Loved by

generations of families for over 50 years, there is a Mr. Men or Little Miss (or two!) inside us all.” Bringing the two new characters to life over Easter weekend (18 - 21 April) there will be free musical storytelling in the gardens delivered by professional storytellers Connection with Wonder. Look out for Mr. Tickle with his unfeasibly long arms or try some tree hugging with Little Miss Hug in the Gardens this Easter on a very special Easter Egg hunt, looking high and low and all around to collect and colour in the eggs. Pack a picnic, hop into the Gardens and discover which of the Mr. Men Little Miss characters has the missing Easter egg before enjoying activity stations and traditional garden games!

For more information please go to:
www.tattonpark.org.uk

Roman Day at Chester Racecourse

Race through history at Chester Racecourse's family friendly Roman Day. Gather the troops and canter on down to the racecourse on Saturday 31st May to experience an action- packed historic family fun day with thrilling racing and exciting activities for young racegoers. Don't forget – children 17 and under go FREE, with all activities included from archery, super fun slides and inflatables galore! It's a day out that's not to be missed



Book your tickets now at www.chester-races.com

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Discover a great read for your child...

Unruly Julie Ages 4 - 7

Author: Alan Moss
Troubador Publishing

She put something smelly behind the telly and rotten fruit in her uncle's best suit. Unruly Julie lives up to her name. She gets up to cheeky things kids will love to hear about, with infectious humour that adults will enjoy too. Until, like most children, she tires of being Unruly and wants to be something else. It's a very silly story with a very clever twist.

Children introduced to Unruly Julie love to read her story again and again. She gives them licence to laugh out loud and an eagerness to read that parents and teachers love.



Phantasmagorical

Author: Terry McManus
Troubador Publishing

A fabulous combination of wildlife and superheroes brought together with lots of beautifully painted illustrations. A story aimed at the 5-7 age group but will be popular with both children and adults.

All is about to change as ghost like visitors bearing fantastic gifts for each of the four big cats. Rocky the patriotic Canadian Cougar. Stripes the beautifully handsome Bengal tiger. Rosa the strong noble jaguar filled with dreams of Balam. Leo-pard the thoughtful captive bred Leopard.

Join them again as the final piece of this amazing magical puzzle falls into place. The third in the trilogy 'Phantasmagorical' is a full colour children's picture book. Set in the grounds of 'My Zoo' This richly illustrated story introduces children to the importance of friendships, teamwork and how using our own special gifts wisely can make such a difference to others. My zoo is a great home to all its animals being a warm, safe haven with plenty of treats and doting staff.

The only problem being all bar Rosa have tasted freedom and wanted more. Leopard had safely led the way out on the first trip to spend just one more night under the glorious stars as his ancestors had in Africa. Its time again, this time can all four make it and will they get help?



Billy Bookley and My

Book of Magic Tricks

Author: Simon Register
Austin Macauley Publishers

A fantastically fun story, full of warmth, adventure and the rising of an underdog. Billy Bookley is a poor and lonely young boy, whose long school days are cruelly spent being teased and bullied by the horrible boys and girls in his class just for the way he looks. Then one day, a magical twist of fate and fortune gives him the opportunity to finally turn the tables on his bullies – once and for all! This will change both his and their lives forever. Will he triumph against the odds? Will Billy take advantage of this chance at glory? Will he risk being brave? Will he dare to grasp this chance to take revenge on his bullies? Or will it all prove too much for this one quiet young boy to handle alone? Only time will tell what the future holds for Billy Bookley!



Star Quest Academy

Author: Adrian Lynch
The Book Guild Publishers

For centuries, trillions of life forms throughout space have allowed humanity to believe we're alone in the Universe. Any alien who dared to befriend us has met an unfortunate end, eaten, squashed, sent to a zoo, or even planted in a garden pot. But our advances in space exploration now threaten every civilisation across the Cosmos.

Amelia, a savvy, street-smart orphan, is one of four children from around the globe to represent humanity in the Human Inclusion Programme at the intergalactic Star Quest Academy. Here, they'll unravel the Universe's wonders, explore strange new worlds, and encounter magical creatures. Earth's safety hinges on their success, if they fail, Earth will be invaded by ruthless warlords.

When a series of incidents jeopardise their mission, it becomes clear that someone – or something – wants them to fail. To save their world, they must overcome their differences and combine skills.





St. Mary's College & Preparatory School



FOR ST. MARY'S COLLEGE & PREPARATORY SCHOOL FROM INDEPENDENT SCHOOLS INSPECTORS

St. Mary's College & Preparatory School in Crosby has received the seal of approval from inspectors

from the UK's national independent schools watchdog.

Following a three-day visit earlier this year assessors from the Independent Schools Inspectorate (ISI) say that the school meets all five key standards they have set.

This is the best possible outcome the school could achieve under the ISI's revamped assessment system which no longer uses one-word, Ofsted-style gradings.

The assessors' verdict on the school covered key areas such as the quality of education, the physical and mental health of students, safeguarding, leadership and management and the social and economic education of pupils and their contribution to society.

The report praises school leaders for 'creating an environment in which pupils demonstrate a love of learning and flourish academically'. This helps them to develop as 'mature individuals with strong moral values' and become 'successful and caring citizens'.

A key element in this success is St. Mary's 'engaging curriculum that ensures the acquisition of core knowledge and skills, while offering scope for pupils to pursue their individual interests'.

Teachers are also recognised by inspectors for their 'good subject knowledge' and for 'planning well and using a wide variety of techniques to enable pupils to make good progress'.

Elsewhere in the wide-ranging report the ISI assessors say they were impressed by pupils' behaviour and by St. Mary's extensive extracurricular programme 'that enables pupils to develop their interests and aptitudes in sport, music, drama and a wide range of other activities'.

St. Mary's Principal, Mike Kennedy, commented: "We're delighted with the assessment we have received from the ISI inspectors. It recognises many of what we regard as the key strengths of the school which is very encouraging.

"Overall the assessors were clearly impressed with what they saw, and by the many pupils and staff members they met and spoke to.

"I would like to thank everyone associated with St. Mary's whose ongoing commitment and effort have contributed to making this first-class ISI report possible," added Mr Kennedy.

St. Mary's College Preparatory School is holding an Open Morning on Wednesday 23rd April, 9.30am - 12pm.

Please pay them a visit and see for yourself what makes St. Mary's so special.

0151 924 6302

www.stmarys.ac/prop



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Rubbish Shakespeare Company
& Silly History Boys
Present

THE STORY FORGE

Make Your Own Myth



At The Atkinson in Southport, families can make the most of the Easter break and May Half Term with free Make it! (Apr 10, 17, May 29) craft activities and children's theatre for all ages. In The Story Forge (17 Apr) two rather silly men (and senior professors of history) forge three new myths from the unhinged minds of their audience. In Exciting Science (30 May) watch in amazement as we recreate a volcanic eruption; turn a vacuum cleaner into a missile launcher or take aim at the audience with our smoke blaster! Plan your visit online: theatkinson.co.uk



THE ATKINSON

Reading stories and singing popular rhymes together at Southport Library

Explore stories through rhyme and help develop your child's language and communication skills while meeting other parents and carers. Together with our friendly librarians, babies and under-fives will enjoy learning new songs, dancing, and making friends.

Story & Rhyme Time sessions take place once a week on a Wednesday at 11:30am.

- Ages 0-4. Children must be accompanied by an adult at all times.
- Approximately 45 minutes.
- No booking required but places are on a first come first served basis, places are limited.
- Admission is free.



Fly over the rainbow with this exciting adaptation of 'The Wizard of Oz.'

Join Dorothy as she goes on a magical adventure to the Land of Oz. Along the way she makes new

friends with the Scarecrow who longs for a brain, the Tin Man who really wants a heart and the very cowardly Lion who is desperate to be brave and have some courage. Dorothy needs to find her way home, but it's not going to be easy with the Wicked Witch of the West keeping a close eye on her! Will the Great and Powerful Oz be able to help?

This spectacular, colourful story is packed with hilarious jokes, dazzling dance routines, glittering scenery and plenty more for all the family!

Performance Times:

2pm – *Selling fast!*

6pm – *Best availability!*

Approximate running time 2 hours (including 20 minute interval)



St. Mary's College Preparatory School

Join us for our Open Morning:
Wednesday 23rd April, 9.30am - 12pm

*Visit us and discover what makes
St. Mary's Prep so special*

0151 924 6302 www.stmarys.ac/prep

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



Nobody Knows Me Better: Adoption NW's New Campaign Connects Siblings & Older Children with Forever Homes

Many children waiting for adoption are part of sibling groups who wish to stay together or are classified as 'older,' even though they may be as young as four years old. Nugent Adoption, in collaboration with Adoption NW—a network of regional and voluntary adoption agencies across the North West — has launched the Nobody Knows Me Better campaign to highlight these children and encourage more families to consider adopting them.

The goal of this campaign is to find permanent, loving homes for sibling groups and children aged four and over, who often face the longest waits for adoption. Recent statistics reveal that out of 374 children waiting for adoptive families, 98 children (26%) are aged four or older, and 145 children (39%) are part of sibling groups. These figures highlight the urgent need for more adoptive parents willing to open their hearts to these children.

In the adoption world, children aged four and over are often labeled as "older children." Unfortunately, this label can deter potential

adopters, even though these children still have countless milestones ahead — starting school, enjoying family holidays, or the heartwarming moment they call you "mummy" or "daddy" for the first time. Adopting an older child can be a deeply rewarding experience, filled with meaningful firsts and unforgettable moments. Siblings waiting to be adopted face their own unique challenges. When brothers and sisters are placed together, it provides them with stability, emotional support, and a sense of continuity. For adoptive parents, welcoming siblings means witnessing their special bond flourish in a safe, loving environment. It's the chance to nurture not just individual children but their shared history and relationship, fostering a sense of belonging and togetherness.

The strength of a family bond isn't determined by age — it's built through patience, love, and understanding. With the right care and support, adoptive families can create strong foundations that lead to lifelong bonds.

The Nobody Knows Me Better campaign also aims to challenge common misconceptions about adopting older children and sibling groups. While every adoption journey has its challenges, it is also filled with immeasurable joys, personal growth, and the profound impact of giving children a loving home.

Could You Be the Family They Are Waiting For?

If you have ever considered adoption, now is the perfect time to explore the possibilities. Nugent Adoption alongside Adoption NW are working to match children with families who can provide them with the love and security they deserve. By choosing to adopt a sibling group or an older child, you could be giving them the greatest gift—a permanent, loving home.



To find out more about adopting sibling groups or older children and to begin your own adoption journey, visit nugentadoption.org or contact Nugent's friendly adoption team by calling **01744 613 041** or email adoption@wearenugent.org.

You might just be the family that a child — or children — have been waiting for.



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Ready for Easter at Liverpool ONE

Spring is in the air, and Liverpool ONE is the ultimate destination for family-friendly fun this Easter! With an exciting mix of entertainment, shopping, and dining, there's something for the whole family to enjoy. Whether you're on the hunt for tasty Easter treats, getting stuck into some fun activities, or just soaking up the spring vibes in Chavasse Park, Liverpool ONE is the place to be!

Egg-citing Activities

Join us for our exciting **Easter Party** on Friday 18 April, a free-to-enjoy event, filled with fun activities, live entertainment, and plenty of surprises for the whole family!

If you're looking for even more ways to entertain the kids, head over to **Gravity MAX** on Chavasse Park, where thrilling e-Karting, VR experiences, and immersive games promise an action-packed



day out. For a challenge, put your problem-solving skills to the test at **Escape Live** or enjoy a round of crazy golf at **Junkyard Golf Club**. Or, let your imagination run wild at the **Upside Down House**, which will transform your camera roll and leave you with memories you won't forget!

Shop 'til you Hop

Discover kids' favourites stores like **Kenji**, **LEGO**, and **Build-A-Bear Workshop**, where you can pick up the latest books, toys, and even stuff your own cuddly toy to take home!

Why not make the most of the brighter days by getting outdoors and adding a bit of fun learning to your visit? The spring version of the **Nature Trail** is ready, guiding you through our beautiful green spaces, where flowers are in bloom and wildlife flourishes. It's a great way to enjoy the fresh air while learning about nature along the way. Stop by the Information Centre on Wall Street to grab a map, or use the digital version on our website, to follow the trail.

Tasty Treats

After a day full of fun, refuel at one of our dining spots! We are home to family favourites including **Wagamama**, **TGI Friday's**, **Five Guys** and **Pizza Express**. Or for a sweet Easter treat, why not stop by **Heavenly Desserts** or **MyCookieDough**.



Keep an eye out for special Easter deals, including **Kids Eat Free offers** at many of our restaurants, making it even easier to enjoy a family meal

For more information, visit www.liverpool-one.com or download the **Liverpool ONE MyONE App**.





Children today are growing up in a world of smart phones, tablets, online gaming and other hi-tech gadgets. Using these devices from an early age, they have access to an online environment that is rich and full of opportunity.

The online world helps connect us like never before, but it is also important to be aware of the risks and dangers. While children might seem completely safe while immersed on their devices at home, the web can represent a very real danger.

ONLINE THREATS TO CHILDREN AND YOUNG PEOPLE

If the safety settings on devices and apps are not applied robustly, children can quickly find themselves exposed to unsuitable and unsettling content such as pornography, violence and gambling. Advice and guidance about safety settings can be found on the NSPCC website.

But children are also at risk of being targeted and sexually abused and exploited through apps and social media. Online grooming crimes within the last few years have reached record levels across the UK, with

offences recorded by police forces in 2023/24 topping over 7,000 for the first time. This is up by a shocking 89% since 2017/18 when sexual communication with a child online was first officially recognised as an offence.

While girls are being predominantly targeted by offenders, making up the majority

of online grooming cases (81% in 2023/24), it seems boys are often at the receiving end of sextortion crimes, where children are blackmailed and threatened to share sexual images.

THE IMPACT OF ONLINE ABUSE ON CHILDREN

Often with these cases there is a feeling of shame and humiliation,





as well as the fear of being punished and judged, which can often prevent targeted young people from asking for help.

The emotional impact of online abuse crimes on children and young people can be traumatic and long-lasting with many feeling guilt, shame and depression. For many children this can lead to larger problems such as self-harm, eating disorders and even suicide.

WHAT CAN PARENTS DO?

Parents can do a lot to help their children navigate the online world safely, and that can start with regular, non-judgemental conversations with their children about what they are doing online.

It is also important to remind children to not share private things online, such as personal information, links to join private group chats, and sexual photos or videos of themselves.

It is also very important to setup devices for children with parental controls and safety settings. You can find out more about how to do that on the NSPCC website, which has a huge wealth of advice dedicated to protecting children online.

For the youngest children taking their first steps into the online world, there's Techosaurus – the online safety dinosaur who, along with an activity pack and some simple messaging, shares vital information in age-appropriate

language.

The NSPCC Helpline, 0808 800 5000, is free to call for parents, carers and teachers whenever they need advice with regards to child online safety.

WHAT CAN CHILDREN DO?

If children or young people have any fears or worries about the online world, there are lots of resources available.

Simple measures can include blocking and reporting on social media, and the Childline website has lots of tips and advice including on mobile phone safety but also the Report Remove, which is a tool that enables young people to self-report sexual images of themselves, which they think may have been shared online.

Children can contact Childline on 0800 1111 at any time if they have any fears or worries about the online world.



GUIDELINES FOR A WELL-BALANCED PACKED LUNCH

A healthy lunch should include various food groups your child needs to stay active, engaged, and focused throughout the school day. Here's what to include:

STARCHY FOODS: Choose high-fibre options (like wholemeal bread, pitta bread, wraps, or pasta) to release energy slowly. This will keep your child more energised throughout the school day. In contrast, refined carbohydrates (like white bread or pasta) can cause short energy spikes, leading to tiredness later in the school day. Opt for lower-salt bread, or choose potatoes, wholegrain pasta/rice.

PROTEIN: Include lean meats (e.g. chicken, turkey), fish or vegetarian alternatives like eggs, cheese, lentils, tzatziki or hummus. Protein is essential for cell growth and repair. It also keeps your child feeling full throughout the day.

FRUITS & VEGETABLES: Aim for at least one portion of vegetables (e.g., carrot sticks, cherry tomatoes, cucumber slices) and one portion of fruit (fresh or dried e.g. raisins, apricots) to help your child meet their five-a-day. These provide essential vitamins and minerals for healthy development.

HYDRATION: Offer water or milk for improved mood, concentration and memory. If your child finds water too plain, try adding a slice of lemon, berries, or dilute juice with no added sugar to increase the taste.

HEALTHY SNACKS Swap sugary snacks for healthier choices like pumpkin or sunflower seeds for healthy fats to support brain and heart health. Other good options include plain popcorn, celery, cucumber,

yoghurt or fromage frais (a good source of calcium for strong bones). For children with higher energy requirements e.g. those playing sports, energy-dense foods like guacamole, hummus, or cheese may be more appropriate.

Offering a variety of flavours and textures can make lunchtime enjoyable and nourishing. Planning ahead can help achieve this.



EXAMPLE PACKED LUNCHES

CHICKEN AND SWEETCORN SANDWICH WITH PEPPER STICKS AND PINEAPPLE CHUNKS

TUNA AND SWEETCORN PASTA WITH CARROT & CUCUMBER STICKS, FRUIT YOGHURT

CREAM CHEESE BAGEL WITH BOILED EGG, CUCUMBER AND CELERY STICKS, MALT LOAF AND A PEAR.

CHICKEN SALAD WITH PITTA BREAD, SWEETCORN, APPLE, YOGHURT AND HONEY.

CHICKEN AND RED PEPPER RICE (KEEP WARM IN A THERMAL FLASK!), SERVED WITH CHEESE CUBES, GRAPES & CARROT STICKS

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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.

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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



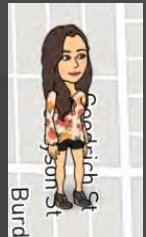
Abuse and bullying

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.



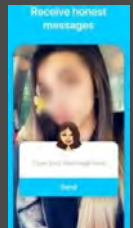
Addiction-inducing features

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.



Check before you book -

holiday consent and responsibility for separated parents

With the dark, cold days of winter starting to pass, many of us are already looking forward to holidays full of sea and sunshine. For separated parents, planning trips away can come with added stress, as there are two different schedules to accommodate.

One particular source of uncertainty and conflict is the issue of permission. It's important to understand what either parent can do without the express agreement of the other.

There are two main issues that determine whether permission is needed:

1. Who has Parental Responsibility for the child(ren)?
2. Are there any court orders in force?

PARENTAL RESPONSIBILITY

Mothers always have Parental Responsibility (PR) unless it's curtailed or removed by the Court. Fathers or second female parents will usually have PR if they are (or were) married to the mother (or if not, they're named on the child's birth certificate).

If a second parent isn't named on the birth certificate, they won't usually have PR unless (or until) they acquire it via a formal PR agreement or court order. Other individuals — such as grandparents — can only acquire PR via court order. Step-parents can gain PR via a formal agreement or order.

IMPORTANCE OF CONSENT

If there aren't any court orders in place, you must have the consent of everyone with PR before you take the child out of England and Wales. Otherwise, you're at risk of committing both criminal and/or civil offences.

If someone has a 'Lives With' (previously known as a 'Residence') Order in their favour, they can usually go on holiday for up to 28 days without that consent, unless other orders have been made to prevent that. Orders sometimes specify what each parent can or can't do, as well as what notice must be given. However, in the absence of specific provisions, a 'Lives With' negates the need for express consent to a short holiday on each occasion.

CHECK BEFORE YOU BOOK

If there's any doubt about who has PR and whether they agree (or don't need to), it's always wise to check before booking your holiday in case you discover that a trip can't go ahead if objections are raised.

If possible, it's always advisable to have a copy of any court orders or written consent with you when you travel in case you're asked to produce them. Some countries also have specific requirements around evidence of consent to gain entry, so it's worth double-checking and ensuring that you're compliant with any requirements well ahead of time to avoid a last-minute panic.

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The Legal 500, 2025

Certified



Corporation

Easter Paediatric First Aid Advice

(children over 12 months old)

As we head towards Easter, the shops are filled with lots of sweet treats. These are incredibly enticing however could potentially put children at risk of choking.

Mini eggs and any small treats could possibly become stuck in your child's throat.

We offer some advice to make this Easter a safer time for you and your family.

How do I know if my child is choking?

- be unable to breathe, cry, or cough
- show signs of distress

WHAT TO DO:

• Cough it out

Encourage them to cough and remove any obvious obstruction from their mouth.

If coughing fails to work, you need to give five sharp back blows.

Help them to lean forwards, supporting their upper body with one hand. With the heel of your other hand give them five sharp back blows between their shoulder blades.

After each back blow, check their mouth and pick out any obvious obstruction.

Do not sweep the mouth as this could push the object further down the throat.

• Squeeze it out

If back blows fail to clear the obstruction, give five abdominal thrusts.

To do this, stand behind them and put your arms around the child's waist.

Place one hand in a clenched fist between their belly button and the bottom of their chest.

With your other hand, grasp your fist and pull sharply inwards and upwards up to five times.

Check the mouth, after every thrust. If it hasn't cleared, called **999** for emergency help.

Repeat five back blows and five abdominal thrusts until help arrives, rechecking their mouth between every blow or thrust.

If the child becomes unresponsive at any point, prepare to start CPR. All children who have received abdominal thrusts should be seen in hospital, even if the obstruction has cleared.

Has your child stopped breathing?

If you find that your child is unresponsive and not breathing, shout for help or get a second person to call **999** immediately, while you start CPR. Put your phone on speaker:

• Breathe

Place them on a firm surface and open their airway. Place one hand on their forehead to tilt their head back and use two fingers from the other hand to gently lift the chin.

If you are trained to do so and feel comfortable, give five initial rescue breaths.

With the head is still tilted, take a breath and put your mouth around the child's to make a seal.

• Pump

You will then need to give 30 chest compressions.

Kneel by the child and put one hand in the centre of the child's chest.

Push down a third of the depth of the chest.

Release the pressure allowing the chest to come back up fully.

Repeat this 30 times at a rate of 100 to 120 compressions per minute (think 'Staying Alive')

• Repeat

Give two rescue breaths followed by 30 chest compressions.

• Continue CPR until help arrives. It's worth brushing up on your first aid knowledge so you're prepared in case something goes wrong or you're faced with an emergency.

Simple first aid techniques like recognising a cardiac arrest, starting chest compressions, relieving choking and how to stop a bleed, are always important skills to learn and can make all the difference in an emergency.

You should always call **999** in a serious medical emergency.

St John Ambulance runs Paediatric First Aid courses, where anyone can join through our website (sja.org.uk). The charity also has loads of free resources online, including its YouTube channel, where anyone can learn how to save a life.



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Benefits of Returning to Education

Returning to education as an adult can be a daunting prospect, with many things to consider before you can make a decision.

There are challenges to overcome, such as your existing responsibilities, financial considerations and time management. However, you won't be alone, research shows the number of adults who participated in adult education increased by 4% in recent years. Although the challenges can be nerve wracking, these can be outweighed by the numerous potential benefits.

Below, we explore seven of the top benefits of returning to education as an adult.

1. Gain relevant skills and qualifications

Returning to education as an adult, when you may have more of an idea about your dream career, allows you to acquire new skills (including soft skills and hard skills), knowledge and qualifications that align with your career goals. In an ever-more competitive job market, this demonstrates your commitment to professional development and gives you an edge over other candidates.

2. Improve your earning potential

By returning to education to gain new or additional qualifications, you may be able to command a higher salary, improving your earnings potential and financial stability. Achieving higher qualifications can also provide you with stronger leverage during salary negotiations or job offers.

3. You're more experienced

The skills you've acquired in your adult life, both work and personal, will stand you in good stead when returning to education. Compared to when you were at school or college, you'll be more disciplined, have better teamwork skills, and have more experience in setting and working towards goals.

4. Flexibility

A major factor in your decision to return to education may be around balancing the course against your other commitments such as work and family life. However, education providers understand that adult learners have extra responsibilities and will therefore look to accommodate your needs whenever possible.

5. Improved mental stimulation

This mental stimulation can help prevent cognitive decline and maintain mental agility throughout life. Also, the intellectual stimulation of learning can provide a sense of purpose and fulfillment, improving overall well-being and mental health.

6. Improved confidence

Returning to education empowers individuals, providing them with a sense of accomplishment and personal growth. Successfully navigating academic challenges builds resilience and problem-solving skills, leading to a significant boost in self-esteem.

7. Improved quality of life

Higher education can significantly improve an individual's quality of life. Increased earning potential, enhanced job security, and greater career satisfaction all contribute to a more comfortable and fulfilling lifestyle.

Also, as mentioned earlier, education can positively impact overall health and well-being. Engaging in learning can reduce stress levels, increase social interaction, and promote a more active and fulfilling lifestyle.



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- Pagefield Campus
- The Skills Academy

4.30pm - 7.00pm

Monday 28 April 2025

Story & Rhyme Time
SOUTHPORT LIBRARY
Every Wednesday 11:30am - 12:15pm

Explore stories through rhyme and help develop your child's language and communication skills while meeting other parents and carers. Together with our friendly librarians, babies and under-fives will enjoy learning new songs, dancing, and making friends.

Story & Rhyme Time sessions take place once a week on a Wednesday at 11:30am.

- Admission is free.
- Ages 0-4. Children must be accompanied by an adult at all times.
- Approximately 45 minutes.
- Places are limited.
- No booking required but places are on a first come first served basis.

www.theatkinson.co.uk

Construction Club @ THE ATKINSON
Last Saturday of every month
10:30am - 12:30pm

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.

Join us and let your imagination run wild!

Construction Club takes place on the last Saturday of the month.

- 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

Aardman presents Lloyd of the Flies
Wetland Bug Hunt @ MARTIN MERE
5th April - 4th June

Dive into the wonderful world of wetland insects with Lloyd and his new friend Dart the dragonfly.

In April, Lloyd and friends will join our

own incredible cast of wetland minibeasts.

Follow the trail to help Lloyd and tour guide Dart the dragonfly find Lloyd's friends and family and make their way to the bug hotel.

Use the Lloyd of the Flies AR Bug Hunt augmented reality trail app produced by Aardman to shrink down to fly size and see the world through insects' eyes.

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

CINDERELLA - EASTER PANTOMIME 2025!
ST HELENS THEATRE ROYAL
5th April - 21st April 2025

With one wave of a magic wand, the audience will be whisked off to a glamorous ball this Christmas as Regal Entertainments presents their spellbinding tale of Cinderella. With a bit of magic and some help from her friend Buttons, Cinderella is transformed into the belle of the ball. But what will happen at the stroke of midnight?

With enchanted pumpkins, a sparkling fairy-tale carriage, and filled with fun for the whole family, Cinderella promises to be the most lavish pantomime in all the land.

www.sthelenstheatreroyal.com

The Story Forge - Make Your Own Myth @ THE ATKINSON
17th April

Senior professors of history, and rather silly men, Lee Hithersay and Robert Rhys Bond, forge three new myths from the unhinged minds of their audience - and a boatload of cardboard props!

Will it be Greek? Viking? Ancient Babylonian? They haven't a clue! That's all up to you. Help shape the stories, and even become the hero yourself (if you want, no pressure) in this EPIC interactive experience.

The renowned Rubbish Shakespeare Company and Silly History Boys present a hilarious hour of high-octane adventure for children and childish adults. Featuring clowning, storytelling, live music and more. You'd be mad to myth it!

www.theatkinson.co.uk

Easter GIANT Duck Hunt
MARTIN MERE - 5th April - 21st April

Think you've got the detective skills to find every GIANT yellow duck hidden around Martin Mere Wetland Centre? Each little hunter will be given an activity sheet on arrival, which will take them on a trail around the grounds. Search high and low, and use all of your hide-and-seek skills to find each one and work out which cheeky yellow duck is still missing! It's £1 a go and there's a tasty treat if you find them all.

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

The Tale of Peter Rabbit
TATTON PARK
8 April, 10.30am - 12.00pm
1.00pm - 2.30pm

Explore the Gardens on a delightful storytelling tour, based on 'The Tale of Peter Rabbit.'

Hear about Peter's mischief and enjoy fun, hands on activities inspired by this much-loved story. This event is most appropriate for families with children aged 3-6 years old. Please note that this event takes place outdoors and requires walking on a variety of surfaces between locations. All children must be accompanied by at least 1 adult, and everyone must purchase a ticket. Your participation will be recognised with a certificate issued at the end of the session.

www.tattonpark.org.uk

Junior Longbow Workshop
TATTON PARK - 9th April

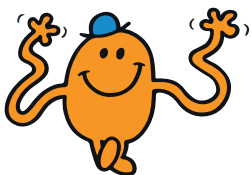
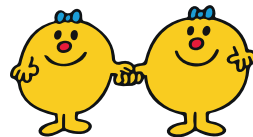
In this workshop, you will hear about the history of the longbow and other weapons used in the past. Our friendly guides will be on hand to share their knowledge and provide specialist tuition. Please come appropriately dressed for the outdoors. This event is strictly for young people aged 8 - 15 years old, due to stringent health and safety guidance. Children must be accompanied by a supervising adult for the workshop - one adult entry is included within the ticket fee. Additional spectator passes can be purchased for £5 per person.

www.tattonpark.org.uk





Spring into an Easter adventure with Mr Men and Little Miss at Tatton Park 5 - 21 April. Pack a picnic, head to the gardens, farm and mansion for fun and colourful trails with Mr Happy and friends! Find chocolate rewards for trail goers, garden games and musical, sensory storytelling inspired by your favourite Mr Men and Little Miss stories (18 – 21 April only).



Enjoy a pop-up outdoor market full of artisan food and drink producers, local artwork, and beautiful homeware, whilst the kids can get a glitter tattoo! (small charge, 18 – 21 April only).

New for 2025, ride the Giant 50m observation Wheel and take in stunning panoramic views of Tatton’s parkland. (5 – 27 April)

The farm host their annual Lambing week which is a firm favourite in the Farms’ calendar. Head to the lambing shed between 5 – 13 April.

Tatton’s learning for all program offers a range of fun and inspiring events for little ones and young explorers who love outdoor adventures! From Junior Longbow workshops to bug hunting and pond dipping in the parkland! There are activities to entertain all ages this Easter.

Head to tattonpark.org for the best value tickets and workshop details.



Easter Pop Up Market**TATTON PARK****18th April - 21st April**

This Easter, join us in the Stableyard where you will discover artisan food producers, local artwork, and beautiful homeware.

Enjoy lots of stress-free browsing for artwork, treats for all the family, gifts of all kinds, with Chalets full of mouth-watering pies, delicious cheese, and much more.

www.tattonpark.org.uk**The Wizard of Oz @ THE ATKINSON****19th April at 2pm & 6pm**

Join Dorothy as she goes on a magical adventure to the Land of Oz. Along the way she makes new friends with the Scarecrow who longs for a brain, the Tin Man who really wants a heart and the very cowardly Lion who is desperate to be brave and have some courage. Dorothy needs to find her way home, but it's not going to be easy with the Wicked Witch of the West keeping a close eye on her! Will the Great and Powerful Oz be able to help?

This spectacular, pantomimic, colourful story is packed with hilarious jokes, dazzling dance routines, glittering scenery and plenty more for all the family!

www.theatkinson.co.uk**The Pantomime Adventures****of Peter Pan****ALBERT HALLS****19th April**

Soar through the skies to the Barnacle Bay and the Enchanted Island in a Brand new pantomime adventure. The Island is in Chaos and The Hilarious Captain Smeed and the outrageous Mrs Smeed have had reports that the dastardly Captain Hook has returned from his watery grave and looking for revenge. With Peter Pan in great danger and everyone in trouble, it's time to get help from the Magical Mermaid who summons for the return of Wendy to help save the day and rescue the magical crystal and help Peter Pan conquer Hook once and for all.

www.alberthalls-bolton.co.uk**The Baddies @ THE ATKINSON****Weds 30 April: 4:30pm.****Thurs 1 May: 10:30am, 1:30pm, 4:30pm.**

Based on the book by Julia Donaldson and Axel Scheffler, meet the very worst Baddies in the world! Don't you dare to come too close to a witch, a troll and an ancient ghost!

The Baddies love being bad. They roar, spook and cast wicked spells to try and scare a girl out of her wits...who will succeed? Or perhaps the girl is braver than they think...

With songs by Joe Stilgoe (Zog and Zog and The Flying Doctors), The Baddies is a wickedly hilarious adaptation of Julia Donaldson and Axel Scheffler's smash-hit story. A laugh-out-loud riot for all the family.

www.theatkinson.co.uk**Fun Dog Show at the Farm****TATTON PARK****5 May Open 11am - 4pm (last entry 3pm)**

Join us for an unforgettable day of fun and excitement at our upcoming dog show, featuring ten delightful novelty classes that are sure to bring smiles to everyone's faces.

Some of the crowd-favorite categories include Saddest Eyes, Waggiest Tail, and Scruffiest Dog, each offering a unique twist to traditional dog shows. In addition to the novelty classes, we have a thrilling agility course where you and your furry friend can test your speed and coordination—just make sure you're fit enough to keep up!

www.tattonpark.org.uk**Annual Duck Race****MARTIN MERE****5th May Times: 12pm, 2pm, 4pm**

The only race that matters - the annual Bank Holiday rubber duck race!

Colour in your rubber duck in our craft room for £3.50 from 5 April and enter it into the duck race for free (normal admission applies - members go free) on Monday 5 May!

www.wwt.org.uk/wetland-centres/martin-mere**Old Hall Open Days****TATTON PARK****16th May - 21 September**

Standing in its own grounds, within the parkland beside the site of the long disappeared medieval Tatton village, the Old Hall is Tatton's oldest surviving building.

The Old Hall is the perfect spot to bring along a family picnic and gentle outdoor games, with space for kids to run around outside. You can grab a family activity pack from reception and discover the flora and fauna of this unique area within the parkland.

Find out specific opening dates at

www.tattonpark.org.uk**Flowers & Friendship Bracelets****ST HELENS THEATRE ROYAL****28th May**

Get ready for a dazzling explosion of Music, Dance, and Excitement as Flowers and Friendship Bracelets takes to the stage!

Let's 'Shake it Off' to our very own Taylor Swift; sing along to 'Flowers' with Miley Cyrus; dust off all our best dance moves to 'Vampires' with Olivia Rodrigo, and not forgetting the unstoppable Sabrina Carpenter performing all her top hits such as 'Espresso'. Watch the girls delight the audience in this incredible concert with a huge pop party to finish the show.

www.tattonpark.org.uk**Roman Day****CHESTER RACECOURSE****31st May**

It wouldn't be a season at Chester without our famous Roman Day!

Gather the troops and canter on down to the racecourse on Saturday 31st May to experience an action-packed historic family fun day with thrilling racing and exciting activities for young racegoers.

Don't forget - children 17 and under go FREE with all activities included from archery, super fun slides and inflatables galore!

www.chester-races.com

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.

What's on at Liverpool ONE this Spring & Easter

Easter Party at Liverpool ONE FREE, Friday 18 April

Join us on Friday 18 April for a free fun-filled Easter Party with live entertainment, interactive activities, and plenty of surprises for the whole family. Don't miss out on this egg-citing event!

Visit: www.liverpool-one.com/easter

Kids Eat for Less or Free!

Restaurants at Liverpool ONE are offering free or discounted kids' meals this Easter break, making it easier than ever to enjoy a family meal.

Visit: www.liverpool-one.com/family



Non-stop family fun!

From the exhilarating Gravity MAX, offering everything from VR experiences and e-Karting to e-bowling and an arcade, to the immersive escape rooms at Escape Live and fun-filled rounds of golf at Junkyard Golf Club, Liverpool ONE is bursting with action. And don't miss the quirky Upside Down House, the perfect spot for the ultimate photo opportunity!

Visit: www.liverpool-one.com/entertainment

The Heritage Trail at Liverpool ONE FREE

Step back in time and uncover Liverpool's rich history with the Heritage Trail. This free and fully accessible self-guided tour takes you on a journey through over 300 years of Liverpool's past. Download the Liverpool ONE app or pick up a printed map from the Information Centre on Wall Street.

Visit: www.liverpool-one.com/the-heritage-trail



Paddington Bear statue at Liverpool ONE FREE

On 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.

The latest cinema releases at ODEON

This Easter, ODEON Liverpool ONE is the perfect place for a family movie day! Catch the highly anticipated A Minecraft Movie, along with a fantastic lineup of beloved classics making their return to the big screen. Sit back, relax, and enjoy the film... just don't forget the popcorn!

The Old Dock Tour

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

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

Visit: www.liverpool-one.com/old-dock-tour



Nature Trail at Liverpool ONE FREE

Perfect for mini explorers, the Nature Trail guides you through Liverpool ONE's Chavasse Park, where you can learn about the vibrant plants and wildlife in the heart of the city. The free self-guided trail takes around 60 minutes and is available online or at the Information Centre on Wall Street.

Visit: www.liverpool-one.com/nature-trail



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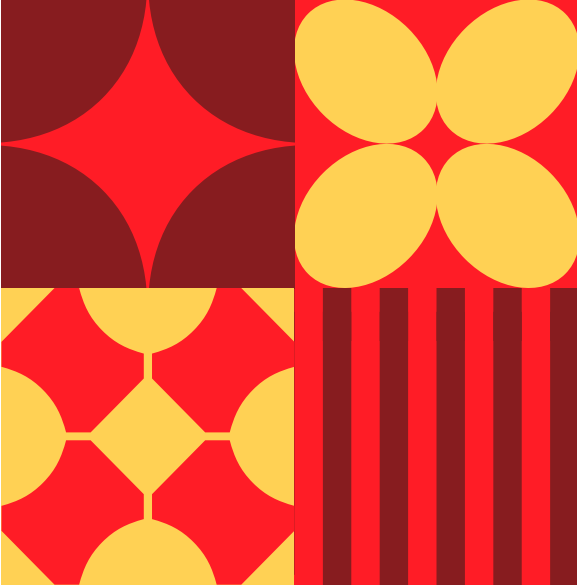
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SATURDAY 31 MAY

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AT CHESTER RACECOURSE



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