



Our 0-19 Starting Well Service aims to deliver a high quality preventative service to improve the health and wellbeing of children, young people and their families across Cheshire West and Chester (CWaC). We want to ensure that our children get the best start in life and are safe, happy, healthy, resilient and reaching their potential.

Starting Well Children's Centres offer services for families with children aged 0-19.

To discover more information about groups or any of our other services please contact your local Children's Centre or visit [www.startingwell.org.uk](http://www.startingwell.org.uk)



Did you find this information helpful?  
Please share your ideas.

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# Core Offer Visits



2018

## What is a Children's Centre

Children's centres provide a wide range of services for prospective parents, children and their families. We aim to improve the lives of children and their parents by bringing together early childhood services in the heart of the community.

Our children's centres are part of Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) Starting Well service for 0-19 year olds.

We work closely to provide support for families and individuals at the earliest opportunity. Starting Well teams include health visitors, nursery workers, early years workers and public health nurses. Our children's centres provide lots of advice and support for families, including parenting support.

Our core purpose is to help in:

- Child development and school readiness
- Parenting aspirations and parenting skills
- Child and family health and life chances

## What is a Core Offer Visit

Through a Core Offer visit an Early Years Worker from your local Children's Centre will share all of the services that you and your family would find beneficial. This might be an invite to an Early Years Focus group, our weekly Let's Play or other exciting opportunities.

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## Let's Play

Looking for something fun to do with your child? The main centres run a weekly 'Let's Play' session for all children aged 0-5. No need to book for these groups so please just turn up.

- Play with a wide range of toys and equipment
- Develop social skills, confidence and self-esteem
- Learn new songs and rhymes
- Have fun and explore
- Meet other parents/carers
- Get advice and support from professionals on site

Check out your local children's centre timetable by visiting:

[www.startingwell.org.uk](http://www.startingwell.org.uk) for dates and times of current groups.