

FREE

ISSUE 1
JUNE 2010



Time 4 Families IN SEFTON

Competition time

Lots of super prizes to be won

PULL OUT AND KEEP GUIDE TO DAYS OUT FOR UNDER £20



MAKE TIME FOR FUN WITH THE FAMILY!

The best things in life really are free - p2

HELLO... CAN YOU HEAR ME?

FAMILY HEROES
...to the rescue!

Turn to page 6 for advice on how much screen time is too much

WIN a family break at **PONTIN'S**
www.pontins.com



www.time4families.co.uk



Welcome to *Time4Families*, the first magazine of its kind for parents and carers of children aged between eight and 11 in south Sefton. The magazine is part of a unique campaign to celebrate family life in which we've been delighted to learn, through nominations for our Family Heroes competition, just how creative local families can be in making quality time for their children.

We've been deeply moved by what we've discovered about the importance of family life to the children who entered our primary schools' art competition and those we interviewed for a short film, *Through Their Eyes*. The film won richly deserved applause for our VIPs - the children who starred in it (some of whom are pictured above) and their families - when we screened it at a fun-packed, red-carpet award ceremony on June 6 to launch our Time4Families campaign.

Our heartfelt thanks go to Claire, Kate and the volunteers from the Ykids project in Bootle for making possible what we think is a very special film in which the children talk honestly about how much they enjoy spending time with their families and how this gives them confidence and self worth - and helps them cope with worries and setbacks.

We hope you and your family enjoy reading this magazine together and that it encourages you to spend even more great family time together!

And don't forget to fill in the feedback form on the back page of the magazine and return it to us for your chance to win a tour of Liverpool Stadium and museum or a signed Everton football. Every family that completes and returns a form will receive a discounted membership at their local leisure centre courtesy of Active Sefton.

NHS Sefton
Alder Hey Children's NHS Foundation Trust

Family fun – for free!



With four children of her own you'd think that Katie Coakley would have her hands full but not a bit of it. This busy mum is also a childminder and thinks it's the best job in the world.

"If I'm having a bit of a bad day and feeling down I have a cuddle with the kids or read a book with them," says mum of four Katie Coakley.

Katie, who lives with husband Neil and children Louis (8), Emily (6), Neve (4) and Maggie (15 months) – pictured above – admits they'd have more children of their own if they could afford it.

"Children give you unconditional love and affection," she says. "Their view on life is so attractive too. They like the simplest things – for example, our favourite day out as a family is to go to the park in Crosby or Formby pine woods. Neil often meets us there when he comes home from work and we have a picnic tea if the weather's good."

Another fun Coakley family pastime is to visit

the local leisure centre where Neil takes the older children swimming while Katie takes advantage of the Active Kidz and Active Totz sessions for the younger ones. It gives both parents the opportunity to spend quality time with their children – at no cost to them as their activities are funded by Sefton Council.

"Although mum and dad are both still in full time work they'll look after the children if and when needed but to be honest we prefer to go out together as one big family when we can," says Katie.

TOP TIPS

- It isn't always easy to get out and about as a family – particularly if you're on your own. Why not team up with other families or check out services for families such as Active Sefton (see pages 4/5 for contact details).
- Fun family time needn't cost a lot and it's great for children's self esteem. Boys in particular may benefit if Dad can join in too – and Grandad!
- Children don't need to go somewhere new for it to be fun. Visiting a park they know well means they feel more able to explore and show others the bits they like best – great for building confidence.
- Check out our website www.time4families.co.uk for more useful information.

“Please Mum, you have to come home. I’m so scared...!”

“While we were away, Steven began texting and calling us all the time,” said Jackie. “He’d got it into his head that something bad was going to happen to his dad and me.”

“When we finally got home, he wouldn’t let us out of his sight. It was awful.”

Sitting in an airport lounge, Jackie and Mike were distraught to receive a stream of panic-stricken text messages from their 11 year old son who was hundreds of miles away, being cared for by relatives in their Liverpool home.

It was the couple’s first break together away from the family since their children were born and they were powerless to get back to their frantic son any sooner.

“Looking back now, that three day holiday triggered the overwhelming fears and anxieties that had been bubbling up in Steven’s mind for a few weeks. We just hadn’t realised how bad it was for him,” says Jackie.

The eldest of three children, Steven had always been a sensitive boy and a natural worrier. But as he approached a move to high school, he became increasingly withdrawn and confided some deep-seated fears to his mum.

“Stephen had lost all control. He didn’t want to leave the house, he would call me all the time from school to check we were OK. He even stopped going out with his friends. It was heartbreaking to see,” says mum Jackie.

“We’ve always been close and he told me he just didn’t feel right, that he had a need to touch his feet when it all got too much and that he was worried about his sexuality,” she comments.

“We talked it through and my husband and I kept a close eye on him, trying to be positive.”

Jackie and Mike quickly understood that, for Steven to overcome his fears, the whole family must pull together more than ever.

“We had to strike a balance between reassuring him without fuelling his fears, and helping him to get a grip on reality.”

The family supported him in many ways, such as agreeing times when he could call from school and rewarding his positive behaviour.

They are proud of the way he has turned his life around, with the family’s help, but Jackie knows there is still some way to go.

“He still has to fight to control the fears that creep into his mind, especially at night,” she says. “I think he’ll always be a worrier but he knows what he needs to do to when things start to get on top of him, which is quite an achievement for such a young boy,” she adds.

All names have been changed.

TOP TIPS

- Try and be patient and stay calm – your child will look to you to see if things are OK and you can be their best support in tackling anxiety.
- Most anxiety is kept going by a ‘vicious circle’ of our thoughts, behaviour and feelings. We can sometimes tackle

anxious thoughts by looking for reasons why they might not be 100% true.

- Feeling very anxious is unpleasant and so it is tempting to avoid things that make us feel this way. Unfortunately this tends to make anxiety worse.
- Beating anxiety usually means facing the things that make us anxious in small manageable steps. This is especially true for phobias.

- It is easiest to tackle anxiety if you catch it early, or even better, try and get in before it starts. If you think something might make your child anxious, helping them to understand what to expect can really help. If they are starting a new school - try and have a few visits before the first day.
- Praise and encouragement are really important – tackling anxiety can be tough.
- If you are concerned that your child has problems with anxiety, talk to your GP.



Do you know a family hero?



The search is on for Sefton’s Family Heroes - those family members, carers, friends or neighbours who do the most to help parents or guardians to spend more quality time with their children.

If you know someone who deserves recognition and a top prize of a four-night break at Pontin’s, we’d love to hear from you. Just write to us and tell us about your Family Hero and what he or she does to help a child or children spend time with their family.

Your nominations, which can be sent in as pictures and stories, need to reach us **no later than July 12**. Send them to Family Heroes Competition, Health Promotion,

NHS Sefton, 4th Floor, Merton House, Stanley Road, Bootle, Liverpool, L20 3DL.

Be sure to include the name, daytime telephone number, email address and postal address of the person you’re nominating, plus your name and contact details and your role in the family. There are also three runners up prizes of 12 month Platinum family leisure centre passes, a 3rd prize of a £20 Somerfield voucher and a £10 Asda voucher as 4th prize to be won. Entries will be judged on July 13 and winners notified shortly afterwards. Visit www.time4families.co.uk for more information.

See our website at www.time4families.co.uk for more information.

Family days out for under £20

On a budget and stuck for things to do as a family?
Here are some suggestions for cheap or free fun days out right on your doorstep – and all easy to get to by public transport.

<p>Merseyside Maritime Museum Albert Dock www.liverpoolmuseums.org.uk 0151 478 4499</p> <p>By bus - Liverpool city centre Train - James Street</p> <p>FREE</p> <p>1</p>	<p>Play Planet Seacombe Ferry Terminal 0151 330 1444</p> <p>By train to James Street and then ferry from Pier Head to Seacombe</p> <p>£2.70 per hour of play</p> <p>2</p>
<p>The Plaza Community Cinema www.plazacinema.org.uk 0151 474 4076</p> <p>By train to Waterloo or via bus routes 48a, 50b, 62, 62b, 103, 153, 162, X2</p> <p>Adults £4.75, children 14 and under and concessions £3.75</p> <p>3</p>	<p>Spaceport Seacombe Ferry Terminal www.spaceport.org.uk 0151 330 1333</p> <p>By train to James Street and then ferry from Pier Head to Seacombe</p> <p>Family ticket £20.00</p> <p>4</p>
<p>U-Boat Story Woodside Ferry Terminal www.uboatstory.co.uk 0151 330 1000</p> <p>By train to James Street and then ferry from Pier Head to Woodside</p> <p>Family ticket £15.00</p> <p>5</p>	<p>World Museum Liverpool William Brown Street www.liverpoolmuseums.org.uk 0151 478 4393</p> <p>Bus - Liverpool city centre Train - Lime Street</p> <p>FREE</p> <p>6</p>

Travel Information **0871 200 22 33**
 public transport info
 Calls costs 10p per minute from land lines, mobiles may vary
 OPEN 8AM TILL 8PM 7 DAYS A WEEK
www.merseytravel.gov.uk

Rail Travel **08457 48 49 50**
 Local Call Rate
 24 hours a day
www.nationalrail.co.uk

KEY

- Ideal for rainy days
- Fair weather fun
- Get active
- The great outdoors
- Travel
- Cost
- Railway

PULL OUT AND KEEP



<p>Crosby Lakeside Adventure Centre and Marine Lake www.active-sefton.co.uk 0151 966 6868</p> <p>By train to Waterloo or via bus routes 48a, 50b, 62, 62b, 103, 153, 162, X2</p> <p>Dependent on activity</p> <p>7</p>
<p>Eco Centre www.southportecocentre.com 0151 934 2711</p> <p>By train to Southport</p> <p>Car parking £1</p> <p>8</p>
<p>Fort Perch Rock, New Brighton 07976 282120</p> <p>By train to New Brighton</p> <p>Adults £4, children £1</p> <p>9</p>
<p>Lakeside Miniature Railway www.lakesideminaturerailway.co.uk 01772 745511</p> <p>By train to Hillside</p> <p>£1.50 single, £2 return</p> <p>10</p>
<p>Marine Lake Boat Trips www.visitsouthport.com 01704 539701</p> <p>By train to Southport</p> <p>Dependent on type of boat</p> <p>11</p>
<p>Masters Putting Course 01704 535138</p> <p>By train to Southport</p> <p>Adults £3, children and senior citizens £2</p> <p>12</p>
<p>Model Railway Village www.southportmodelrailwayvillage.co.uk 01704 538001</p> <p>By train to Southport</p> <p>Family ticket £12.00</p> <p>13</p>
<p>Bootle Leisure Centre, Washington Parade www.active-sefton.co.uk 0151 330 3301</p> <p>By bus or train to Bootle Strand</p> <p>Dependent on activity</p> <p>14</p>
<p>Crosby Leisure Centre www.active-sefton.co.uk 0151 932 9080</p> <p>By train to Blundellsands and Crosby or via bus routes 53, 53a, 53b, 53d, 153</p> <p>Dependent on activity</p> <p>15</p>
<p>Dunes Splash World www.splashworldsouthport.com 01704 537160</p> <p>By train to Southport</p> <p>Dependent on activity</p> <p>16</p>

<p>Europa Pools, Conway Street, Birkenhead 0151 666 5555</p> <p>By train to Conway Park</p> <p>Adults £5.10, children under 18 free</p> <p>17</p>
<p>Formby Pool www.active-sefton.co.uk 01704 879366</p> <p>By train to Formby</p> <p>Dependent on activity</p> <p>18</p>
<p>Mersey Ferries www.merseyferries.co.uk 0151 330 1444</p> <p>Bus - Liverpool city centre Train - James Street</p> <p>Direct service to Wirral Adult return £2.45 Child £1.85 Other ticket deals available.</p> <p>19</p>
<p>Netherton Activity Centre, Glovers Lane www.active-sefton.co.uk 0151 525 5106</p> <p>Via bus routes 52, 52a, 53a, 55b, 56, 56a, 156.</p> <p>Dependent on activity</p> <p>20</p>
<p>Ainsdale and Birkdale Coastal Footpath www.seftonsnaturalcoast.com</p> <p>By train to Ainsdale, Hillside, Birkdale or Southport or via bus routes 49 and 49a</p> <p>FREE</p> <p>21</p>
<p>Ainsdale Nature Reserve www.visitsouthport.com/sefton/home 01704 227547</p> <p>By train to Ainsdale</p> <p>FREE</p> <p>22</p>
<p>Botanic Gardens and Museum www.seftonarts.co.uk 01704 227547</p> <p>By train to Meols Cop</p> <p>FREE</p> <p>23</p>
<p>Brookvale Local Nature Reserve and Rimrose Valley</p> <p>Walk or by train to Seaforth and Litherland</p> <p>FREE</p> <p>24</p>
<p>Crosby Beach www.seftonsnaturalcoast.com</p> <p>By train to Blundellsands and Crosby or via bus routes 53, 53a, 53b, 53d, 153</p> <p>FREE</p> <p>25</p>
<p>Cycle Hire Centre www.southportcycletown.gov.uk 01704 500996</p> <p>By train to Southport</p> <p>£6.00 per day or £4.00 for four hours</p> <p>26</p>

<p>Formby Beach www.visitsouthport.com/sefton/home</p> <p>By train to Freshfields</p> <p>FREE</p> <p>27</p>
<p>Litherland Sports Park www.active-sefton.co.uk 0151 288 6288</p> <p>Via bus routes 56, 56a, 61a, 156, 161.</p> <p>Dependent on activity</p> <p>28</p>
<p>Model Boating Lake www.southportmbc.co.uk</p> <p>By train to Southport</p> <p>FREE (Club memberships additional cost)</p> <p>29</p>
<p>Queen's Jubilee Nature Trail www.visitsouthport.com/sefton/home 0151 934 2967</p> <p>By train to Ainsdale</p> <p>FREE</p> <p>30</p>
<p>Red Squirrel Reserve 01704 878591</p> <p>By train to Freshfields or via bus route 162</p> <p>£4.20 per car</p> <p>31</p>
<p>Sands Lake Trail</p> <p>By train to Ainsdale or via bus routes 49 and 49a</p> <p>FREE</p> <p>32</p>
<p>Southport Pier Pavilion www.visitsouthport.com 01704 533333</p> <p>By train to Southport</p> <p>FREE</p> <p>33</p>

If you fancy going a bit further afield or have a bit more cash to spare, there is loads more to do right across Merseyside and the surrounding area. Take a look at www.daysoutwiththekids.co.uk or www.liverpoolmuseums.org.uk for other ideas.

For more information on sport and physical activity within Sefton contact the Active Sefton team on: 0151 934 4092 or email: promotions@leisure.sefton.gov.uk

We are not responsible for the content of external websites. We've made every effort to check that admission prices were correct at the time of going to print. However, we do advise you call ahead to double check before you go.

Dear Donna...

Donna is a Clinical Psychologist from the BICS* team, part of Sefton's Child Mental Health Service.

Q

A



Q

Should I limit his screen time?

I'm worried about the amount of time my 11 year old son spends on the computer playing violent war games which he gets from his friends. I don't know how to make sure he's viewing appropriate material. And when he's not on the internet he's watching a lot of TV. Should I be limiting screen time?

Geoff, St Oswald

A

Donna says

TV, computer games and the internet can be excellent sources of education and entertainment for children. As a guide, up to two hours of screen time (computer and TV) a day is appropriate for 10-12 year olds.

Make sure your son enjoys a range of other activities in the real world such as reading, playing with friends and sports - all vital for a healthy mind and body. If he likes games involving shooting at targets, buy him a dart board or go to the park to play tennis, cricket or rounders. If he likes driving games, find books in the library about cars to read together or look out for motor shows at weekends.

Pay attention to age classifications on games and sit with your son once a week to show you're interested and see what he's viewing

TOP TIPS

- Set up the family computer where children can be monitored.
- Agree a daily limit for computer use for school work and entertainment. Set an alarm to alert you – and them – when the time is up.
- Tell your child computer time is up in a fun way – maybe with a text message.
- Share an email account so you can monitor who's sending them messages.
- Bookmark your child's favourite sites for easy access and to avoid a typing mistake that could lead to inappropriate content.
- Just like in real life, ensure your child understands the importance of not talking to strangers and letting you know if something worrying happens online.
- Ask your school for help and advice about parental controls and safer internet use.

on the computer. Talk to him about the games he's playing and other media he's watching. Take the opportunity to share your feelings and grow closer by asking how he feels about what he sees on screen.

Q

Bedtime battles

Help! Bedtimes with our eldest (she's nine) are such a nightmare my husband and I are forever arguing about what to do. She's up and down like a yo-yo, wanting something to eat or drink, needing the toilet or just unable to get to sleep. It's badly affecting the whole family.

Jenny, Linacre

A

Donna says

It's really important for children to get enough sleep which means 10 – 11 hours a night for most nine to 12 year olds. Try talking to your daughter about what's making bedtimes difficult. Ask her about school-work, friendships and any worries she may have. Sometimes children can't sleep because they've been over stimulated so a good bedtime routine is important to reassure and soothe them.

TOP TIPS FOR BEDTIME

Decide a sensible bedtime for your child's age and need for sleep but remember it's OK to let them stay up later now and again as a treat. Being inflexible about bedtime can feel unfair to children.

Have a winding-down routine about an hour before bedtime. Encourage quiet play, listening to music or reading stories. A small snack can help but avoid sugary food and drinks with caffeine, active play and scary TV programmes. A warm bath can be relaxing.

Give a warning – telling children suddenly to go to bed invites resistance so say "it's bedtime after this TV programme" or "it's bedtime in 10 minutes."

Be firm - take your child back to their room if they come out and explain for every minute they're up they'll have to go to bed earlier the next night. If they don't feel sleepy, listening to quiet music or reading a book can help.

Use rewards and incentives - have a sticker or token system to encourage your child to go to bed and stay in their room. Each morning they've been successful, praise them and give them a sticker or token which can be traded for treats or rewards such as family activities (DVD or games night or a picnic with foods chosen by the child).

If you're concerned about your child's sleeping habits, ask your GP for advice.

Q

Money isn't everything

My 10 year old is giving me a hard time because he wants the latest trainers which I can't afford. Should I buy them to make him happy? Where do I draw the line?

Debbie, Bootle

A

Donna says

Parents are under pressure to buy children all the latest things but it's ok to say "no" sometimes and teach children they can't always have everything they want.

Happiness isn't just linked to material things. Helping children to be confident and happy can cost little or nothing - like spending time with them, having fun in the park or playing a family game.

It's great that your son's talking to you about his concerns. Keep the channels of communication open and continue to encourage him to talk to you about any worries he may have.

Donna regrets she cannot enter into personal correspondence.

Dear Donna

Q My mates are all about my age (11) but they're allowed to play out later than me. My mum and dad say I have to be in at 7.30pm and I just don't think they're being fair.

Nathan, Orrell

A It must be difficult for you but different families have different rules. Your friends may be able to stay out later but I bet they have to follow other rules in their own family that seem just as unfair to them.

You know, 7.30pm isn't that early to come in on a school night, particularly when you're just hanging about with your mates. And if you respect your

parents' rules it shows them that you're growing up and can act responsibly. It's also the best way to show them they can trust you to come in a bit later in the future, perhaps during the school holidays so why don't you talk to them and see if you can work things out together?

It could be that they're worried about your safety when you're out late at night so why not ask them if they'd be happier if you joined a club with people your own age which is supervised by grown ups?

And don't forget that coming in at 7.30pm doesn't mean you have to go straight to bed. There are lots of things you could do at home with your family such as reading, playing together, watching TV or making crafts. Enjoy!

Wordsearch

How many of these words can you find?

L	A	U	G	H	B	N	Q	U	N	S	I
X	G	T	J	U	P	A	T	R	R	L	O
F	P	C	H	G	Q	F	I	E	Z	S	P
E	D	L	T	S	N	A	C	H	A	X	S
R	C	S	A	V	J	U	K	M	U	M	E
N	I	M	A	Y	O	R	L	O	V	E	M
V	N	C	S	K	I	M	I	I	N	S	I
O	E	D	A	P	Y	N	N	Y	P	S	T
L	M	T	F	L	U	L	G	I	Q	T	L
P	A	B	E	A	C	H	R	C	D	H	A
E	R	R	Y	L	K	T	W	N	G	I	E
C	C	A	M	P	I	N	G	W	B	W	M

Laugh
Team
Love
Tickling

Hug
Camping
Safe
Cinema

Playing
Mealtimes
Beach

Family competition time

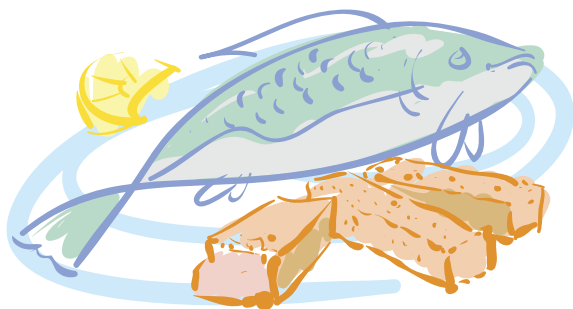
Spot the difference - and win Dunes Splash World tickets!!



Look carefully at these two pictures. Can you spot the 10 things that are different on the picture on the right? If you can find all 10, circle them in pen or pencil. If your family completes the form on the back page of this magazine, your name will be entered into a draw to win one of five Dunes Splash World family passes.



Good Mood Food



Here is a nutritious recipe to try with your family.

CRUNCHY SALMON FINGERS

Ingredients:

- 2 salmon fillets
- 1 large egg
- 150g/5oz breadcrumbs (cut bread into small pieces or put in a jug and use a blender to make the crumbs)
- 2 tablespoons of sesame seeds (optional)
- 2 slices of bread.



TOP TIPS

- Don't shop when you are hungry
- Make a shopping list
- Drink plenty of water
- Don't skip breakfast
- Don't cut out any food groups from your diet
- Cook in bulk and freeze to save time and money
- Try to eat more oily fish

Method:

- Pre-heat the oven to gas mark 4/350°F/180°C
- Cut salmon into chunky strips
- Lightly beat the egg and put in a bowl
- In another bowl put the breadcrumbs and sesame seeds
- Dip salmon into the egg and then into the breadcrumbs. Coat all over
- Put on a baking tray and bake in the oven for 12 minutes or until the fish is cooked through
- These can also be made with cod, halibut or hoki.

The children who featured in our *Through Their Eyes* film said that cooking together is one of the things they most enjoy doing with their families.

Cooking together is proven to improve our mood if we are feeling low, and cooking with your children is a great way of spending time together.

But did you know that diet also influences the wellbeing of young people and healthy eating can help their performance at school?

Time4Families has been produced by NHS Sefton and Alder Hey Children's NHS Foundation Trust



NHS Sefton | Alder Hey Children's NHS Foundation Trust

Tell us what you think!

For your opportunity to win one of these great prizes - and for your child to stand the chance of winning a Dunes Splash World pass for your family (see page 7) - please fill in and return this form with your **completed** Spot the Difference form **no later than July 12** to: Time4Families, Health Promotion, NHS Sefton, 4th Floor, Merton House, Stanley Road, Bootle, Liverpool L20 3DL.

Please note: you must be an adult family member or carer over the age of 18 to complete this feedback form.

Adult's name _____

Child's name _____

Daytime contact number _____

Address _____

Did you enjoy reading *Time4Families*? (please tick one box) yes no

Has the magazine encouraged you to spend more time with your family? yes no

If you have answered yes, how will you spend more time with your family? _____

All forms will be entered into a draw on July 13. Prizes are not exchangeable.

Winners will be notified in the week beginning July 19.

Every family who returns a completed form will receive a discounted family membership at their local leisure centre courtesy of Active Sefton.

