

Sefton | Autumn 2026 FREE

all about family

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SPOOKTACULAR ^{at} THE STRAND

FRIDAY 30 OCTOBER 11am-3pm

- Meet Halloween Minnie & Mickey and Wednesday
- Bubbles & party games
- Halloween crafts
- Prize for best dressed.

A frightfully fun FREE
Halloween celebration!



Lower Palatine Mall, The Strand Shopping Centre, Bootle



/strandshoppingcentre



/StrandShoppingCentre



STRAND
SHOPPING



St Helens College

OPEN EVENT

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 St Helens College has to offer them!

2026

Wednesday 11th November

5pm - 7pm



SCAN ME!



Register to attend!

f @ d /sthelensknowsleycollege

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- P04 **AUTUMN NEWS**
- P06 **DISCOVER A GREAT
READ FOR
YOUR CHILD**
- P10 **NSPCC**
- P12 **LIVERPOOL ONE**
- P14 **ST JOHN
AMBULANCE**
- P18 **ADULT EDUCATION**
- P20 **PACKED LUNCH
WASTE**
- P24 **8 BACK-TO-SCHOOL
SPENDING MISTAKES**
- P26 **EVENTS**
- P30 **LIVERPOOL ONE
LISTINGS**



ROLL UP! ROLL UP! THE GREATEST SHOW ON EARTH IS COMING TO ST HELENS THEATRE ROYAL!

Step right into the magical world of Goldilocks and the Three Bears, the spectacular family pantomime from Regal Entertainments!

The circus is in town, bringing jaw-dropping circus acts, laugh-out-loud comedy, stunning production values, and a soundtrack packed with chart-topping hits that will have the whole family singing and dancing along.

Join Goldilocks and her furry friends as they fight to save the Big Top from a ruthless rival circus owner in an unforgettable adventure filled with excitement, music, mayhem and plenty of panto magic.

With an all-star cast to be announced soon, this is one family show you won't want to miss.

So... roll up, roll up and secure your seats for the greatest show in town. It's guaranteed to be panto GOLD!!! Tickets available at www.sthelenstheatreroyal.com



Spooktacular Experience at Tatton Park

Get ready for a spooktacular Halloween experience at Tatton Park! The annual events are back with a bang, offering a range of eerie activities and terrifying treats for visitors of all ages. From Skellies and Wellies to pumpkin picking, there's something for everyone to enjoy. So, get to Tatton for a hair-raising Halloween celebration like no other, and discover the thrills and chills of Tatton Park's hauntingly beautiful grounds.

Skellies and Wellies 24 Oct – 1 Nov

Pumpkin Patch 10 Oct - 31 Oct

Myth, Magic and Mystery at the Old Hall 29 Oct – 31 Oct

More info available at www.tattonpark.org.uk



Lord Mayors Spooktacular Fireworks at Chester Racecourse

Wrap up warm and get ready for a night where witches take flight, ghouls come out to play, and the sky over the historic racecourse bursts into a riot of colour and light. This Halloween, the Lord Mayor's Spooktacular firework display takes over Chester Racecourse on Halloween. Get ready for fireworks, fairground thrills, and family fun.

6:45pm Our little monsters get first dibs, with a child-friendly firework display designed to delight (not fright!) the younger ghosts and goblins in your gang.

7:30pm Then the sky truly comes alive for the main fireworks display. Bigger, bolder, and dancing right over the racecourse for the ultimate Halloween showstopper.

Tickets available from

www.chester-races.com



Halloween Fun at The Strand Shopping Centre!

Get ready for a spooktacular afternoon of Halloween fun at **The Strand Shopping Centre Bootle** on **Friday 30th October!**

This **FREE** family event is packed with entertainment for little witches, wizards and monsters. Children can meet **Halloween Mickey & Minnie** and the fabulous **Wednesday**, before dancing along to our Halloween disco, joining in with party games, bubbles, songs and lots of fantastic entertainment.

There's plenty more to discover, including a **Halloween-themed craft zone**, where children can get creative, plus a prize to be won for our **Best Dressed Competition**.

Bring the family along and join us between 11am - 3pm on the lower mall for a fantastic day of Halloween fun!



24 Oct
- 1 Nov



STEP INTO THE
**SUPER
NATURAL**
BACK THIS OCTOBER HALF TERM

at WWT Martin Mere

For one week only, discover
a world of natural wonder
and mystery this autumn.

Find out
more



WWT
For wetlands. For life.

Discover a great read for your child...

Once Upon a Tiger

Author & Illustrator:
Sarah Massini
Publisher: Simon & Schuster Ltd

A beautiful, moving tale about kindness and bravery that has all the hallmarks of a modern classic.

One day, a grumpy tiger wakes to find not one, not two, but three child-cubs upon his back – and try as he might, they will not move. So tiger and children stay together and slowly, gently come to teach one another about bravery, kindness and belonging.

- Classic, satisfying storytelling accompanied by exquisite illustrations.
- Key, relatable themes of shyness, kindness and bravery.
- Perfect for the whole family to share - and destined to become a childhood favourite.



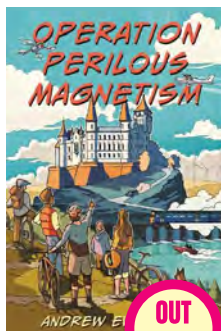
Operation Perilous Magnetism -

Perilous Adventures
Author: Andrew Evannett
Publisher: Troubador Publishing

Five teenagers from different parts of Scotland are brought together by a love of mountain biking, forming Équipe Sans Peur (Team Without Fear).

While spending the summer together at a Highland castle, they stumble upon a lost iPhone and sinister activity around the local wind farm.

The members of Équipe Sans Peur suspect that they have discovered some form of international industrial espionage. Although they are determined to gather proof and thwart the spies, will the courage, agility and ingenuity of Équipe Sans Peur be a match for their ruthless opponents during a dangerous and breathless game of cat and mouse?



Tiny Hercules - Golden Cabbage Chaos: Exclusive Edition

Authors: Jon Lock & Nich Angell
Publisher: Pan Macmillan

Get ready for legendary laughs with Tiny Hercules! Perfect for fans of Bunny vs Monkey and Dogman, Golden Cabbage Chaos is the second title in the side-splitting full colour comic book series from co-creators Jon Lock and Nich Angell.

Launch into heroic hilarity with the tiniest and mightiest hero. Tiny Hercules is trying to win his way back to Tiny Olympus, one epic deed at a time!

Ready for his next task, Tiny Hercules has to find the elusive golden cabbage. But what he doesn't realize is that Tiny Zeus has sent three mythical beasts to stop him in his tracks! Armed with facts, figures and charts he's ready for a mathematical fight! When Tiny Hercules and Jeff's adventures cross over, chaos is bound to reign in this hilarious full-colour graphic novel!



How Not To Be a Pirate: The Trouble with Curses

Author: Jenny Pearson
Illustrator: Paula Bowles
Publisher: Usborne Publishing Ltd

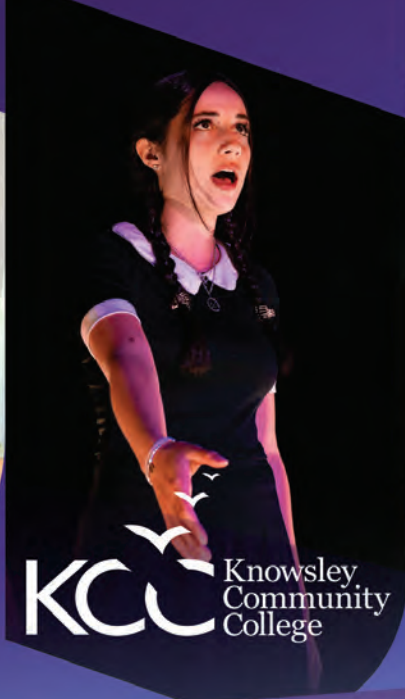
Get ready to set sail on a hilarious new swashbuckling adventure series from bestselling, award-winning author, Jenny Pearson.

Wilbur doesn't believe he's destined to be a great pirate. He hates heights, gets seasick and is too scared to fire a cannon.

But Wilbur, together with shipmates Ellie and Gilbert, is taking his Level One Pirate Grading. They're in a race to find the greatest treasure of all: one of the legendary Jewels of the Sea. How's he ever going to win?

With cursed treasure, rival crews, cannon-blasting battles and booby-trapped islands, danger is never far away. Can Wilbur survive the storm and become the pirate he's meant to be?





KCC Knowsley
Community
College



OPEN EVENT

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 St Helens College has to offer them!

2026

Wednesday 4th November

5pm - 7pm



SCAN ME!



Register to attend!

f @ d /sthelensandknowsley



St. Mary's College & Preparatory School

**SEAL
OF
APPROVAL**

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 assessors from the Independent Schools Inspectorate (ISI) concluded 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 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.

Key dates:

Open Evening: Thursday 17th September, 4pm - 7pm

Open Morning: Saturday 19th September, 10am - 12pm

Entrance Examination (2027 admissions):

Friday 13th November

0151 924 6302

www.stmarys.ac/prep



St. Mary's College & Preparatory School

Join us for our 2026 Open Events:
Thursday 17th September, 4pm - 7pm
Saturday 19th September, 10am - 12pm

Entrance Examination (2027 admissions):
Friday 13th November

To register, visit www.stmarys.ac/open-events

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



Schools have been back in session for a few weeks now, and hopefully children are getting used to their new schools, classes and routines.

But as the NSPCC's Childline counsellors around the country know, young people can find starting the September half term tricky to deal with for a variety

Whilst for many the start of a new term can be exciting - with buying new pencil cases and bags or getting used to new uniforms, it can also be a time of uncertainty and anxiety as children head into uncharted territory.

Our Childline teams are available around the clock to support young people across the UK no matter what they're going through and hear from children every day who need to talk about something they're experiencing at school.

Last year, more than 1,500 Childline counselling sessions with young people across the country included mentions of returning to school or college and, in 35% of those sessions, children's emotional wellbeing was the primary concern, making it the most common issue discussed.

One girl, aged 13, who contacted Childline, told counsellors: "I'm worried about going back to school. I've been bullied over the summer, like being sent mean messages online. I have been finding it hard to sleep as I have anxiety about the bullying. My parents know what is happening and are supportive. I feel a bit better for talking it through. I'm going to try to get some sleep now."



Our Childline practitioners and website are available to offer free and confidential help to children 24/7, but there are also some good things parents and carers can do to help children starting or returning to school.

We have put together some advice which can help children, parents and carers to feel more at ease when returning to school.

Starting at a new school or beginning a new school year can be daunting for young people, so it's a good idea to talk to them about the school day and what they can expect. By now, they're hopefully used to their new routine, but making sure they know when need to be up and dressed, when to set off to school, and when they will get playtime and lunchtime breaks at school can help them feel confident and prepared for the school week. If they're being

picked up from school, make sure they know who is collecting them and from where. If they're walking or taking the bus, make sure they're comfortable and confident with their route.

If you're worried about how your child is coping with the new term, but they seem reluctant to talk about it with you, you can signpost them to Childline – but encouraging them to write down their feelings can also be helpful. Writing it down and chatting through their concerns can help to ease their worries and gives you a chance to remind them about the positive aspects of school.

Sticking to a good bedtime routine and keeping electronic devices out of bedrooms can ensure they get a good night's sleep, and preparing their bag,

uniform and packed lunch the night before will save time and can help you all feel calmer during the morning rush.

After school, it's important to make time each day for things that they enjoy – playing outside or joining in with sport are great ways to support their wellbeing, let off some steam and keep a healthy routine, while going for a walk with them offers a great opportunity to find out more about how their day went.

Remember, we're only a few weeks into the new term and it can take time to settle into a new school or a new routine. Things should settle down if they haven't already, but if you notice any changes in your child's behaviour that worry you, speak to their teacher and find ways in which you can support them.

Recently, one of our Childline practitioners was a guest on the latest episode of the Happy Mum podcast as part of the partnership where they chatted with presenter Giovanna Fletcher about children's confidence, emotional readiness and practical ways to navigate the back to school transition. Listen wherever you get your podcasts for more advice.

Parents can also contact the **NSPCC Helpline** on **0808 800 5000** or email help@nspcc.org.uk for help and support. Also, there is loads of great advice and support available on the NSPCC website at www.nspcc.org.uk

NSPCC



Children
with any concerns,
no matter how big or
small, can contact
Childline on 0800 1111
or go to
www.childline.org.uk





Halloween, River of Light and family fun at Liverpool ONE



With Halloween and half term fast approaching, there's plenty to keep the whole family entertained at Liverpool ONE this autumn.

Halloween Fun for the Whole Family

Get ready for some spooky celebrations as the free **Liverpool ONE Halloween Party returns on Saturday 31 October**. Families can enjoy a day packed with entertainment, including street performers, spooky characters and the much-loved fancy dress competition.

Whether you're dressing up as a witch, ghost, monster or anything in between, come along and enter for your chance to win some fantastic prizes.

Discover River of Light

Liverpool will once again be transformed by **River of Light**, with spectacular installations lighting up the city from **23 October to 1 November 2026**.

Liverpool ONE will be home to one of the standout artworks on the trail, making it a great place to stop off during an evening family visit.



Something for Everyone

There's plenty more to discover at Liverpool ONE when it comes to keeping the kids entertained. For an action-packed experience, **Gravity MAX** offers two floors of activities, including e-karts, AR bowling, VR adventures and immersive games. For something a little different, head to **Stone's Throw Social** on Chavasse Park and take to the curling lanes for some competitive family fun.

Looking for something a little more unusual? Head to the **Upside Down House**, where every room is designed to turn reality on its head – and provides the perfect backdrop for a fun family selfie.



Just outside Waterstones, you'll also find a very special visitor. **Paddington** is waiting with his famous marmalade sandwich, ready for children of all ages to say hello and take a selfie.

There's plenty to explore for shoppers too, with something to suit every member of the family. Pick up pocket-money treats and stationery at **Kenji** and **MINISO**, collectibles at **Pop Mart** or discover toys and gifts at **LEGO**, **The Entertainer**, **Build-A-Bear Workshop** and **John Lewis & Partners**.

After all that exploring, it's time to refuel. Enjoy family favourites from **PizzaExpress** and **wagamama** or **Zizzi**.

Liverpool ONE is also committed to making visits **accessible for everyone**, with support including baby changing facilities, accessible and stoma friendly toilets, quiet hour, sensory bags and Shopmobility services among other facilities.

Make more of your visits with PLUS+

Sign up to **Liverpool ONE PLUS+** for free and unlock a host of benefits, including exclusive offers, birthday rewards, competitions and much more.

It's the perfect way to make your next Liverpool ONE visit even more rewarding.

Find out more and plan your visit at www.liverpool-one.com





Learn some essential life-saving skills with St John Ambulance

Our 2026 **Save a Life September** campaign put the power of first aid into more people's hands as we focused on teaching at least 500,000 people vital lifesaving skills through public demos, online videos and first aid advice.



St John Ambulance advocates that everyone should know the skills vital to try to save a life. Let's go through in turn each of the techniques we taught during Save a Life September so you too can have awareness of what to do and know where you can get more information and help.

CHOKING

Choking means the airway is partly or completely blocked, often by food. Ask if they are choking, and advise them to try to cough, but if they can't, and are unable to speak and are very distressed, you will have to help them.

Give the person up to five sharp back blows, between the shoulder blades. You need to support them to lean forwards while you give these and check after each blow to see if anything has come out.

If five back blows don't work, give up to five abdominal thrusts. To do these, stand behind them, put your arms around their waist putting a clenched fist midway between the belly button and the bottom of their chest. Grasp this hand with your other hand and pull inwards and upwards. Check between each thrust to see if it has worked.

Alternate back blows and abdominal thrusts calling 999 if the blockage does not clear. Be aware they may become unresponsive and need CPR.



CARDIOPULMONARY RESUSCITATION (CPR) AND USING A DEFIBRILLATOR

If someone suffers a cardiac arrest, they will not be breathing normally and their heart stops. With no help, they are unlikely to survive, but by alerting the emergency services and starting CPR, we can increase their chances.

If someone collapses, call 999 and then start chest compressions. Kneel beside them, placing your hands one on top of the other in the centre of their chest, and with your shoulders directly over their body push down hard and fast, letting your hands come up fully between compressions.



If trained, give two rescue breaths after every 30 compressions. The call handler will tell you what to do and tell anyone with you to fetch a nearby available defibrillator. Once the defibrillator arrives, turn it on and follow the instructions making sure chest compressions continue.

BLEEDING AND LIFE-THREATENING HAEMORRHAGE

The priority is to stop the bleeding. Make sure the area is safe for you, and if you have them, put on first aid gloves.

Cover and raise the wound with a clean non-fluffy cloth, or a sterile dressing and apply direct pressure to the wound. If there is an object in the wound, don't remove it but apply pressure each side of the object to push the edges together. Call the emergency services for advice while maintaining pressure.

The loss of blood may cause the person to develop shock, so, if possible, lie them down, raising and supporting their legs, and loosen tight clothing. A cover over them will help. If the bleeding is not controlled and comes through the dressing, remove it, and reapply pressure using a new pad. If the injury is very severe, the call handler may advise on how to improvise a tourniquet.

We hope that you will never need to use these skills, but it is much better to be prepared. For more information on any of the topics discussed here, visit sja.org.uk and go to the advice section of our website where you will find a lot of free written advice and first aid videos.



Photo: Roo Pitt



The NSPCC is not just here to help children, but to help families and those who are worried about children too.

While the Childline service is available to young people around the clock, the NSPCC Helpline is also there to offer support and guidance to adults who are concerned about a young person or family.

Last year, the Helpline handled a record number of child welfare contacts where the main concern was domestic abuse.

Between April 1, 2025, and March 31, 2026, the Helpline handled 8,448 contacts on this topic – an increase of 8% on the previous year and more than 80% higher than when the service began recording this data in 2021/22.

Almost a third of last year's contacts ended with a referral to local agencies like police or children's social services, with the NSPCC Helpline trying to ensure the children experiencing domestic abuse are properly protected.

Domestic abuse can include coercive control, and emotional,

verbal, physical and financial abuse. Although the majority of domestic abuse victims are women, men can also be affected, and it is vital support is made available to each person according to their needs.

One adult who called the NSPCC Helpline, said: "My sister recently left an abusive situation with her 6-month-old baby, but her ex-partner is still in control of their finances and emotionally abusing her.

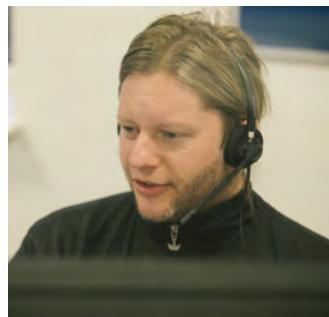
"Her ex has drained their accounts so she can't buy what she needs for my niece. The ex is bombarding her with threats online and via text, even saying they will kill themselves if she doesn't go back or let them see the baby. Where can we get support and protection for my sister and niece?"

The NSPCC Helpline has specially trained advisors who can speak to the public if they are worried about a child who may be experiencing or witnessing

domestic abuse – whether that is physical violence or coercive and controlling behaviour.

Margaret*, suffered years of abuse by her ex-husband and has spoken through the NSPCC about the impact this had on her children to urge victims to ask for help.

She said: "I had always known Tony* was controlling, but after our wedding he became emotionally and psychologically abusive, threatening me and belittling me all the time. Then he started being physically abusive. "We had two children and he



became abusive towards them too, shouting and beating them with belts and shoes when I wasn't there. I could see that they were really affected. They were subdued, sullen and didn't really behave like children at all.

"One day, I finally snapped and called the police. They helped get us to a safe house.

"I was really worried about whether my children would be able to get over the abuse they had witnessed and endured. They took part in the NSPCC's domestic abuse programme, and the light has come back into their eyes. They changed from quiet and subdued children to boisterous and playful – like they've released whatever they'd been holding on to.

"If there are any parents reading this and going through something like us, or you know someone

who is, help is out there. I know my children will be OK, but without help, they may not have been."

Domestic abuse can have a lasting, harmful effect on a child's wellbeing, with the repercussions extending well into the future.

Signs that a child has experienced domestic abuse can include aggression, anti-social behaviour, bed wetting, attention seeking, tantrums, withdrawal and problems in school.

Paddi Vint, NSPCC Helpline Service Head, called the record level of adults contacting the service about a child experiencing domestic abuse "alarming", and called on anyone with concerns to speak up.

Paddi said: "Domestic abuse is often hidden, with stigma and shame making it harder to ask for help. Children and young people

might also feel frightened and confused, keeping the abuse to themselves.

"If you're worried about a child, you can speak to our free NSPCC Helpline in complete confidence. Reaching out can be the first step to help families begin to move forward."

Anyone with any concerns about the welfare of a child can call the **NSPCC Helpline** free on **0808 800 5000** or email **help@nspcc.org.uk**, and more information is also available on the NSPCC website. Children can contact **Childline** on **0800 1111** or visit **childline.org.uk**. If an adult or child is in immediate danger, call **999**.

**Not their real names.*

NSPCC





University Centre St Helens: It Begins with U

Your future is shaped by the choices you make today and choosing the right place to study can open the door to new opportunities. Whether it's pursuing a long-held ambition, changing career direction, developing new skills or taking the next step in your education, the journey towards success begins with you.

At University Centre St Helens (UCSH), higher education is about more than earning a qualification. It's about discovering your potential, building confidence and creating opportunities that can shape your future.

Learning That Puts You First

Choosing where to study is one of the most important decisions you'll make. That's why UCSH offers a supportive and personalised learning experience designed around your goals and aspirations.

Smaller class sizes allow lecturers to get to know students as individuals, providing tailored support and

guidance throughout their studies. Whether you're progressing from college, returning to education or looking to advance your career, you'll find an environment that helps you grow both academically and professionally.

Building Skills for Your Future

Today's employers are looking for graduates who can combine knowledge with practical experience. UCSH degree programmes are designed with industry in mind, helping students develop the skills, confidence and expertise needed to succeed in the workplace. From business and science to education, engineering and the creative industries, courses blend academic learning with real-world application. Professional projects, employer engagement and practical experiences ensure students are prepared for their next steps after graduation.

A Flexible and Affordable Route to Higher Education

Studying for a degree shouldn't mean putting the rest of your life on hold. With flexible study options available across many programmes, students can balance education alongside work, family and other commitments.

Choosing to study locally at UCSH can also provide a more affordable route into higher education. With lower tuition fees than many traditional universities, alongside reduced living and travel costs, students can gain a recognised qualification while easing some of the financial pressures associated with university study.

Your Next Chapter Starts Here

Whatever your ambitions, every opportunity starts with believing in your potential.

University Centre St Helens offers an affordable, supportive, high-quality route to higher education, helping students gain the knowledge, support and experience needed to move forward with confidence.

**Your future. Your ambitions.
Your success. It Begins With U.**





University Centre
St Helens

A university experience shaped around you.

Smaller Class Sizes | Lower Tuition Fees
Personalised Support | Expert Tutors



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JOHN MOORES
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Pearson

How To Reduce Packed Lunch Waste

This month, parents have seen the start of a new school year as millions of children head back to the classroom.

School packed lunches are a popular choice for many parents, who try to keep meals nutritious and low-cost. However, new research from school waste management experts at BusinessWaste.co.uk estimates that some 12,400 tonnes could be left uneaten every year.

£80m of food could be wasted in school packed lunches every year

There are approximately 9,592,534 state school pupils across the UK, and it's estimated that 2,719,499 receive or are eligible for a free school meal, leaving 6,873,035 whose parents must decide how to provide food for the day.

A survey found that around 11% of parents prefer to prepare a packed lunch. However, one study shows that 32.7% of all packed lunches go uneaten, leading to large volumes of food waste.

Key Finding	Estimate
UK children bringing packed lunches	756,000
Food packed for school lunches each year	38,100 tonnes
Food left uneaten each year	12,400 tonnes
Value of uneaten food each year	£79.9 million
Uneaten food per child per school year	16.5kg
Value of uneaten food per child per school year	£106

Based on an average packed lunch weight of 265g and a cost of £1.70 per day, our findings suggest that as much as 12,400 tonnes of food waste could be generated from uneaten packed lunches every year; that's equivalent to almost 1,000 double-decker buses worth of food.

It could also mean parents lose an average of £106 per year, or around £2.78 of food every week.

When scaling to the whole UK, this totals an enormous £79.9 million per year, or £2.1m of packed lunch food wasted every week.

How can parents reduce packed lunch waste?

- 1. Consult with your children** - giving children several options instead of just picking for them can help to increase the chances they eat and enjoy their food. Ask for feedback if you find they are bringing back leftovers - was it too much, soggy, warm, difficult to open, or simply something they didn't like?
- 2. Don't automatically replace leftovers** - it might not be that children don't like the food they are being given, but rather there is too much of it. This way you'll be able to determine if it's the portion size or that it's not appealing.
- 3. Make food easy to eat** - children often want to spend more time at breaks playing and chatting with friends; make their food easy to navigate by cutting fruit, vegetables and sandwiches into manageable portions and making sure containers are easy to open.
- 4. Choose foods that keep well** - with packed lunches often made in the morning or the night before, some foods can become soggy, dry or unappealing by lunchtime and therefore more likely to be brought back home. Separate moist and dry foods to prevent sogginess and consider opting for foods with longevity like hard cheeses, whole fruits and baked goods.
- 5. Provide variety** - children can easily become bored of the same foods. Try to always have some favourites on rotation to keep things interesting. This could be as simple as swapping sandwich fillings, or alternating flavours of snacks.



Mark Hall, school waste management expert at BusinessWaste.co.uk, comments:

"Our research estimates there is huge food waste generated from uneaten packed lunches, and with the data only applied to the 11% of parents who responded, they always choose packed lunches, the reality could be even higher when accounting for families who choose a mix of both school meals and packed lunches.

"Many parents spend a lot of time curating packed lunches that will be nutritionally beneficial, but this can be wasted when food remains uneaten. It's important to address leftovers with your children, communicating with them to find solutions without being confrontational.

"Food waste is a huge concern not only for its environmental impact but also due to the financial value of lost food. We hope that by estimating the cost to families and across the whole of the UK, we can highlight the issue of school food waste"

Many thanks to businesswaste.co.uk



@family_allabout



All About Family

www.allabout-family.co.uk



Thinking of Separating? – Legal Options To Consider

Separation can be difficult, even without children involved. For separating parents, it can feel especially daunting, and we are here to provide initial guidance and support.

First and foremost, the law is very clear - Contact is the right of the child, not parent, this is one of the primary principles of the Children Act 1989. Separating parents need to understand that the child's welfare is the court's paramount consideration.

In order to safeguard the children and prevent them from being exposed to domestic abuse, the government recently made amendments in respect of parental involvement in the child's life upon separation, which before was automatic. From now on, the court will have to assess if it is in the child's best interests to see their parent.

Usually, a parent who is seeking contact needs to decide what is reasonable and realistic proposal that works the best for the child.

Contact can take various forms – direct, staying, holiday, supervised, indirect. However, both parties need to hold a parental responsibility (PR) before they can agree any childcare arrangements – eg unmarried father has to be on a birth certificate.

There are 4 options to agree a resolution depending on specific circumstances:

1. Direct discussion and agreement between parents, can also sign 'Parenting Plan' agreement, which can be found on CAFCASS website. Not legally binding.

2. Mediation – an independent family law mediator can assist to reach an agreement. Not legally binding, however, in most cases mediation has to be attempted before going to court.

3. Solicitor negotiation - each party can instruct their own solicitor who will attempt to reach a resolution in line with the CA 1989 principles in the child's best interests. Can be

legally binding agreement if applied to a court by way of a 'Consent Order'.

4. Court proceedings – various Section 8 CA 1989 orders available, the most common being Child Arrangements Order (CAO). Decision will be made in child's best interests upon Cafcass recommendations. Final legally binding court order.

At DTM Legal we offer a free initial 30-minute consultation, please get in touch to discuss your circumstances.

Contact Liz Dubkova on **0151 321 0000** or email her liz.dubkova@dtmlegal.com
www.dtmlegal.com

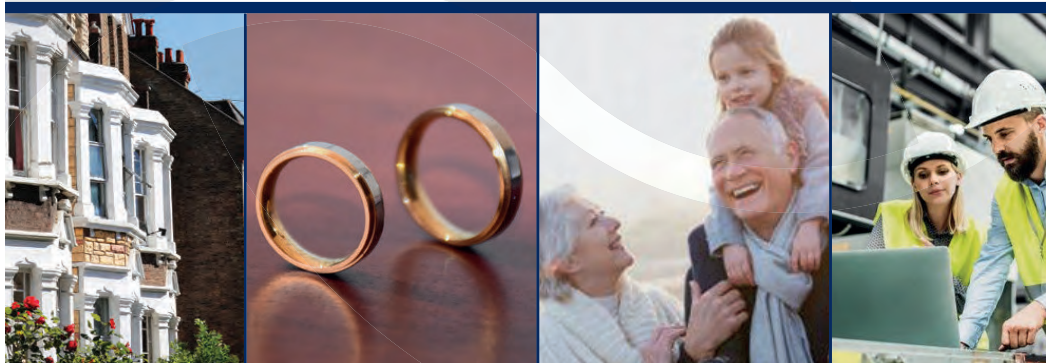


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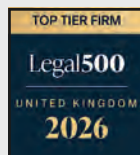
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8 Back-to-School Spending Mistakes That Leave Families Out of Pocket

1. Replacing everything when it isn't necessary - "It's easy to assume a new school year means a completely fresh start, but a lot of what children already own may still have plenty of life left in it. Before buying anything, it's worth checking whether last year's coat, bag, water bottle or PE kit can be used again. Focusing your spending on the items that genuinely need replacing, rather than everything at once, can save a surprising amount."

2. Not setting a budget before you start - Setting yourself a rough budget beforehand makes it much easier to prioritise the essentials and decide where the extras really matter. It doesn't need to be rigid, but having a figure in mind helps you make more considered decisions along the way.

3. Shopping without a list - Checking the school's requirements and writing a list before you go can help you stay focused and avoid paying for items you don't really need."

4. Buying branded items - From stationery to uniform basics such as shirts, trousers and jumpers, branded versions can cost

considerably more than supermarket or own-brand alternatives that do exactly the same job. Where a specific logo or item isn't required by the school, choosing more affordable options can make a real difference across a full shopping list.

5. Overlooking second-hand and pre-loved options - Many schools run second-hand uniform sales, and local selling groups can be a great source of good-quality items at a fraction of the price. It's an easy way to cut costs, and it's better for the environment too.

6. Giving in to pester power - It's completely natural for children to want the latest bag, trainers or gadget their friends have, and it can be hard to say no. Being clear about what's within budget, and involving older children in the decisions, can help manage expectations while still letting them feel involved in getting ready for the new term.

7. Splurging on the latest tech and gadgets - New devices, headphones and accessories are heavily marketed around this time of year, but it's worth pausing to consider whether an upgrade is genuinely needed for schoolwork. If an existing device still does the job, holding off can free up money for the essentials that matter more day to day.

8. Forgetting the hidden and ongoing costs - The initial shop is often only part of the picture. School trips, clubs, lunches, travel and one-off requests can all add up throughout the term. Factoring these ongoing costs into your budget from the outset can help you avoid being caught out later and make the months ahead easier to manage.

Getting ready for a new school year is a big moment for families, and no one should feel guilty about wanting their children to have what they need. The key is to make those spending decisions intentionally. A little preparation can help you feel organised and in control, so the new term starts on the right foot without leaving your finances under strain.

Many thanks to <https://sunny.co.uk/good-vibes/>

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Tickets can be booked at
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Goosefest MARTIN MERE Now – 18 Oct

Experience Lancashire's best wildlife spectacle

Tens of thousands of pink-footed geese arrive from Greenland and Iceland, with a line-up of exciting experiences from 5 September to 18 October. Get involved in workshops, unique close-up encounters, a family trail and more.

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

Shop and Eat Local Weekend WORLD MUSEUM TATTON PARK 3 – 4 Oct

Join us in a celebration of delicious Tatton produce here The Stables Restaurant will be showcasing the very best of Tatton Estate produce with a special menu available throughout the weekend. From delicious hot lunches to freshly baked cakes and bakes, visitors can enjoy a true taste of Tatton.

A selection of Tatton Estate products will also be available to sample, taste and purchase from the Housekeeper's Store and Stables Restaurant over the weekend. Our Tatton Estate staff will be on hand to share stories and their experiences in building the skills and knowledge needed to deliver the produce from the Tatton Estate for our visitors.

www.tattonpark.org.uk



Goldilocks and The Three Bears ST HELENS THEATRE ROYAL 4 OCT - 1 NOV

The circus is in town, bringing jaw-dropping circus acts, laugh-out-loud comedy, stunning production values, and a soundtrack packed with chart-topping hits that will have the whole family singing and dancing along. Join Goldilocks and her furry friends as they fight to save the Big Top from a ruthless rival circus owner in an unforgettable adventure filled with excitement, music, mayhem and plenty of panto magic.

www.sthelenstheatreroyal.com



Rod Campbell's best-selling lift the flap book has delighted generations of young readers since it was first published in 1982. And has sold more than 8 million copies worldwide.

Dear Zoo ST HELENS THEATRE ROYAL 7-8 Oct

This production will delight all those who have read the book (both young and old) as it unfolds with child-engaging puppets, music and lots of audience interaction.

www.sthelenstheatreroyal.com

Pumpkin Patch at the Farm TATTON PARK 10 - 31 Oct

Come down to the Farm to meet all your Farmyard friends, then grab a barrow and pick your own pumpkins from our field, there's an array of colours and sizes!

Pumpkins start from £2. Farm entry tickets must be purchased to enjoy the pumpkin patch.



On selected dates between 10 - 31 October

www.tattonpark.org.uk

North West Bird Watching Festival MARTIN MERE 17 & 18 Oct

The North West Bird Watching Festival celebrates the migratory species that visit our Lancashire wetland centre during the Autumn and Winter. Along with the pink-footed geese, the mere fills with thousands of pintail, shoveler, gadwall, and pochard.

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

Skellies and Wellies in the Gardens TATTON PARK 24 Oct - 01 Nov 10.00am - 4.00pm (last entry 3pm)

Step into 50 acres of autumnal gardens where 9 hilarious and haunting skeleton displays are waiting to surprise and delight. Each skeleton scene will tickle your funny bone. Can you find them all?

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Standard garden and parkland entry apply.

www.tattonpark.org.uk

SUPER Natural October Half Term MARTIN MERE 24 Oct - 1 Nov

For one week only, discover a world of natural wonder and mystery this autumn. Perfect for younger children, this magical experience offers a scare-free day out in nature. Explore the magical superpowers and folklore of the wetlands. With charming wildlife, seasonal creativity and plenty of outdoor fun and surprises, it's an awesome experience that will leave nature lovers spellbound.

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



The Magic of Science ALBERT HALLS 24 Oct

Fusing the mystery of magic with wondrous and miraculous feats of science. Hang

on to your seats and experience a non-stop action packed interactive magical science show with experiments and magic that will capture the imagination

Join Top Secret as they go on a High

Voltage Adventure!!!

Top Secret is a fast-moving colourful magical science show suitable for the whole family filled with mystery, suspense, and lots and lots of mess!

www.alberthalls-bolton.co.uk



Myth, Magic and Mystery

TATTON PARK

29 - 31 Oct

10.30am - 12.00pm

1.30pm - 3.00pm

Have a go at brewing a potion and learn what gruesome ingredients were used for medicines in the past. This event is recommended for families with children aged 7-11 years old. Please note this event takes place partly outdoors and also inside an unheated, period building. All children must be accompanied by at least 1 adult, and everyone must purchase a ticket. To maximise your enjoyment, it is essential you come dressed for the outdoors.

www.tattonpark.org.uk

THE LORD MAYOR'S SPOOKTACULAR FIREWORKS

Chester Racecourse - 31 Oct

Junior Firework Display 6:45pm

Main Firework Display 7:30pm

As the dark nights roll in, we're bringing you sparkle and delight. If you're searching for things to do in Chester this autumn or looking for a child-friendly firework display in the North West, we've got you covered. Join us for an incredible evening of fundraising and a show-stopping firework display.

Wrap up warm and watch the sky burst full of colour and light as the fireworks dance over our historic racecourse. That's just the cherry on top – you've got the whole cake too. Treat the kids to delicious delights; let them whizz around on all the rides and make memories together under the stars. We have VIP and hospitality packages available for families wanting to add some extra sparkle.

www.chester-races.com

FUN FOR LITTLE ONES - A UK TRIBUTE TO MS RACHEL St Helens Theatre Royal - 3 Nov

Get ready for singing, dancing, giggles and non-stop fun as the magic of Ms Rachel comes to life on stage in an interactive, high-energy live tribute performance made just for little ones and their grownups!

With over 10 billion views and 15 million YouTube subscribers, Ms Rachel is the viral superstar capturing hearts across the world – and now, your little ones can experience this FUN, interactive LIVE on stage performance!



www.sthelenstheatreroyal.com

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tattonpark.org.uk/halloween

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HALLOWEEN
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GARDENS!**

Standard gardens and parkland entry apply.

* Closed Mondays

Autumn Events at Liverpool ONE

Halloween Party Saturday 31 October 2026 FREE

The **Liverpool ONE Halloween Party** is back! On Saturday 31 October, families can enjoy a free day of spooky fun, with street performers, ghoulish characters and plenty of free entertainment. Don't miss the fancy dress competition, where children of all ages can dress up and enter for their chance to win prizes.

Visit: www.liverpool-one.com



River of Light

23 October – 1 November 2026

As the nights draw in, River of Light will once again illuminate Liverpool with spectacular installations across the city. Liverpool ONE will play host to one of the must-see artworks on the trail, making it the perfect stop for an evening family visit.

Visit: www.liverpool-one.com



Paddington Bear Statue

FREE

On College Lane, right outside Waterstones, sits a very special visitor... Paddington is waiting with his marmalade sandwich in hand, ready for children of all ages to discover him and snap a selfie.

Visit: www.liverpool-one.com



The Old Dock Tour

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

Visit: www.liverpool-one.com



Nature Trail at Liverpool ONE

FREE

Mini explorers can discover the plants and wildlife of Chavasse Park on this free, self-guided trail. The 60-minute walk is available online or via a trail map from the Information Centre on Wall Street.

Visit: www.liverpool-one.com



The Heritage Trail and Nature Trail at Liverpool ONE

FREE

Discover more than 300 years of Liverpool's history on this free, fully accessible, self-guided walking tour. Simply download the Liverpool ONE app or pick up a map from the Information Centre on Wall Street to begin your journey through the city's past.

Visit: www.liverpool-one.com



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Open Evening

Thursday 24th of September 2026 @ 5pm

Talk to the boys

Meet the Headteacher and other staff
(Headteacher talks 5.10pm and 6.10pm)

Car users please use the Liverpool Road entrance (opposite Nixon's Lane)



Personalised Tours

30th September and 1st & 2nd October @ 9.15am
(please email mail@birkdalehigh.co.uk to confirm attendance)