



Family Hub and Children's Centre Offer

April – July 2025



SCAN ME!



Follow us on social media!

 [sth_family hubs](#)

 [STHFamilyHubs](#)

 [@STHCCentres](#)



NHS Healthy Start can help you have a healthy, balanced diet while you're pregnant.

You could get help towards the cost of fruit, vegetables, milk and pulses.

You could also get free Healthy Start vitamins containing vitamin C, vitamin D and folic acid.



Find out if you're eligible and apply now

www.healthystart.nhs.uk



@NHSHealthyStart



SCAN ME

Our Family Hubs and Children's Centres

Everyone is welcome at St Helens' Family Hub and Children's Centres!
We provide a range of services to ensure that children have the best start in life.

Email: childrenscentres@sthelens.gov.uk



Address

Central Link Family Hub
Peter Street
WA10 2EB

Sutton Family Hub
Ellamsbridge Road
WA9 3PY

Newton Family Hub
Patterson Street
WA12 9PZ

Parr Children's Centre
Ashtons Green Drive
WA9 2AP

Moss Bank Children's Centre
Kentmere Avenue
WA11 7PQ

Telephone

01744 673445

01744 671788

01744 671788

01744 671788

01744 673445

Transport Details

Bus routes from St Helens Town Centre: **10, 10A, 89, 33**
Nearest bus stop: Opposite St Thomas' church.
Duration from bus stop to centre: 2 minutes

Bus routes from St Helens Town Centre: **35**
Nearest bus stop: Robins Lane.
Duration from bus stop to centre: 10 minutes

Bus routes from St Helens Town Centre: **34A, 20**
Nearest bus stop: Earlestown bus station.
Duration from bus stop to centre: 7 minutes

Bus routes from St Helens Town Centre: **31**
Nearest bus stop: Ashtons Green Drive.
Duration from bus stop to centre: 7 minutes

Bus routes from St Helens Town Centre: **352**
Nearest bus stop: Carr Mill Road.
Duration from bus stop to centre: 3 minutes



Westfield Street (off Peter Street)
01744 673445



Central Link Family Hub Offer

Monday

9.30am - 12.00pm	Development Clinic (by Invitation)
10.00am - 10.45am	Chatterbox (by Invitation)
10.00am - 11.15am	Playground Toddler Sports and Crafts (0-4 years)
11.00am	Baby Rhyme Time @ Eccleston Library (please book)
1.00pm - 2.00pm	Baby Massage (please call to book)

Tuesday

9.30am - 11.30am	Invest in Play (by Invitation)
10.30am	Read & Rhyme @ Eccleston Library
11.00am - 12.30pm	Mini Chefs: Cook and Play (0-5 years)
1.30pm - 3.00pm	Young Parents Group Beacon (2nd Tuesday of every month)
3.30pm - 5.00pm	CGL Recovery Cafe (by Invitation)

Wednesday

9.30am - 11.30am	Childminders drop-in
10.15am	Read & Rhyme @ St Helens Library
1.15pm - 2.15pm	Chatterbox (by Invitation)
3.30pm - 4.30pm	Triple P Baby (by Invitation)
5.30pm - 7.30pm	Triple P Teen (by Invitation)

Thursday

9.30am - 11.00am	Breastfeeding Support Group drop-in
9.30am - 11.30am	Stepping Stones (by invitation)
9.30am - 11.30am	Grandtots Group
9.30am - 11.30am	Healthy Child Clinic (Lowe House Clinic)
9.30am - 11.30am	Sleep Advice drop-in (Lowe House Clinic)
10.15am	Read & Rhyme @ St Helens Library
12.30pm - 2.30pm	Perinatal Lighthouse Parenting Group & Creche

Friday

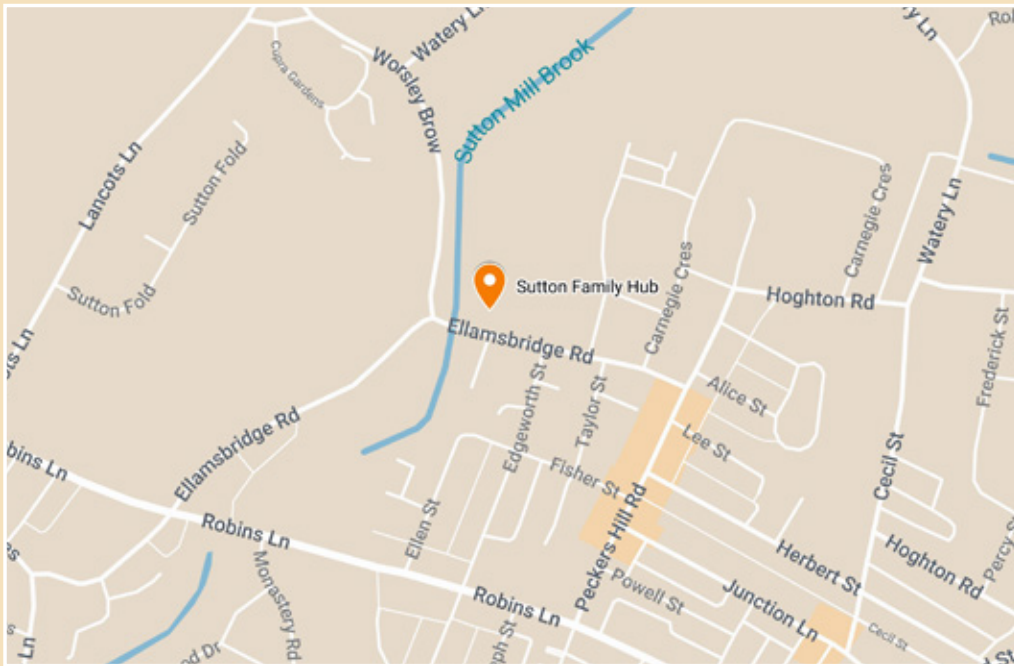
10.15am	Baby Rhyme Time @ St Helens Library (please book)
10.30am	Read & Rhyme @ Eccleston Library
2.00pm - 6.00pm	YMCA Listening Service (by Invitation)
3.30pm - 4.30pm	Little Wizz Kids (6-36 months)
3.30pm - 4.30pm	Read & Rhyme on Tour



Sutton Family Hub

Ellamsbridge Road WA9 3PY

01744 673420



Sutton Family Hub Offer

Monday

1.00pm - 3.00pm **IASS (Information Advice Support Service) Parent Coffee Afternoon**
1.30pm - 2.30pm **Little Wizz Kids (6-36 months)**

Tuesday

9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**
9.30am - 11.30am **Sleep advice drop-in**
9.30am - 11.30am **Family Library Time**
9.30am - 11.30am **Mill Green Hangout Cafe (Term time only)**
10.00am - 11.00am **Sensory Baby Group (0-12 months)**
10.00am - 12.00pm **St Helens Mobile Food Pantry**
10.30am - 11.30 am **Breast Feeding Support Group drop-in**
11.15am - 12.15pm **Home-Start Walk & Talk**
(3rd Tuesday of every month, excluding school holidays W.C 19th May)
1.00pm - 2.00pm **Baby Massage (Please call to book)**
3.30pm - 5.00pm **Family Matters (5-11 years)**

Wednesday

9.00am - 5.00pm **Speech and Language Therapy (by Invitation)**
9.30am - 11.30am **Coffee/Tea Tots**
9.30am - 2.00pm **Mill Green Hangout Cafe (Term time only)**
10.00am - 12.00pm **Specialist Infant Feeding Clinic (please book)**
10.00am - 12.00pm **PAACES (Invitation only Children and Young people)**
1.30pm - 3.30pm **PAACES (Invitation only, Parents)**
3.30pm - 5.00pm **Family Matters (5-11 years)**

Thursday

9.00am - 12.30pm **Developmental Checks for 0-5 years (by Invitation)**
9.30am - 10.30am **Little Wizz Kids (6-36 months)**
9.30am - 11.30am **Healthy Child Clinic drop-in**
9.30am - 11.30am **Sleep advice drop-in**
2.00pm - 6.00pm **YMCA Listening Service (by Invitation)**

Friday

2.15pm - 3.15pm **Sensory Baby Group (0-12 months)**

Saturday

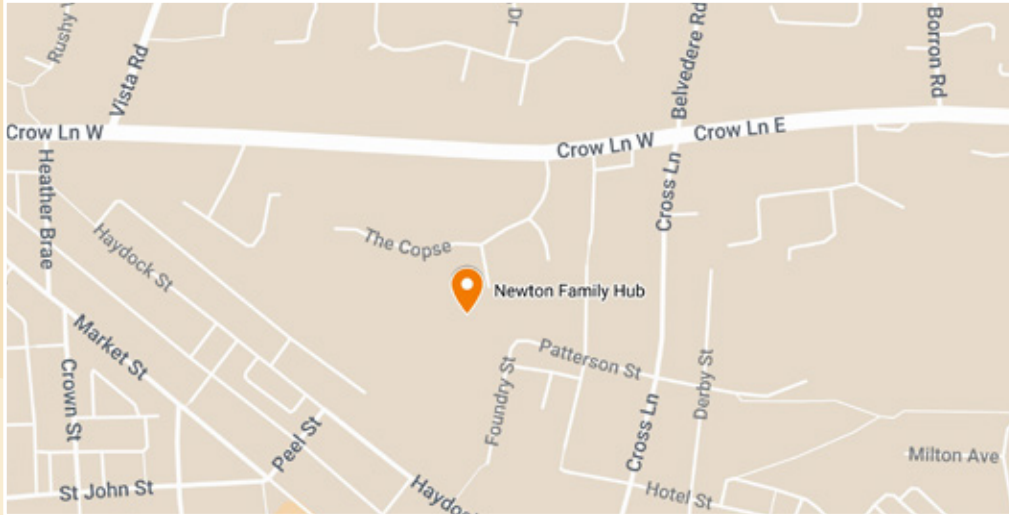
9.00am - 5.00pm **VIBE Saturday Club 8-18 years (by Invitation)**
10.00am - 12.00pm **Parents in Mind (1st Saturday of the month)**
10.00am - 12.00pm **M.A.T.CH (Men And Their Children) Fortnightly W.C 19th April**



Newton Family Hub

Patterson Street WA12 9PZ 01744 671788

Please note that from Monday to Friday, Patterson Street is not accessible by car before 9.30am and between 2.30pm - 3.30pm.



Monday

- 10.00am - 11.00pm **Baby Breakfast Club (0-36 months)**
- 10.00am - 12.00am **Healthy Child Clinic (0-19+ Service)**
- 10.00am - 12.00pm **Sleep Advice drop-in**
- 10.30am **Read & Rhyme @ Newton Library**
- 10.30am - 11.30pm **Read & Rhyme on Tour**
- 11.15am - 12.15pm **Home-Start Walk & Talk**
(1st Monday of every month, excluding school holidays) W.C 12th May)

Tuesday

- 10.00am - 12.00pm **Invest in Play (Creche available - by Invitation)**
- 1.30pm - 3.30pm **Stepping Stones (by Invitation)**

Wednesday

- 10.00am - 11.30am **Mini Chefs: Cook and Play (0-5 years)**
- 1.00pm - 2.00pm **Baby Massage (please call to book)**
- 3.15pm - 4.30pm **Baby Playground Family Sports and Crafts (4-10 years)**

Thursday

- 10.00am - 11.00am **Little Movers and Mini Groovers (W.C 5th May)**
- 1.00pm - 2.00pm **Tots Talking (18 months+)**
- 3.30pm - 5.00pm **Family Matters (11 years+)**

Friday

- 11.00am - 12.30pm **Little Wizz Kids (6-36 months)**
- 12.30pm - 2.30pm **HENRY (Creche available) (Starts 28th April)**
- 1.00pm - 2.00pm **Chatterbox (by Invitation)**
- 2.15pm **Read & Rhyme @ Newton Library**

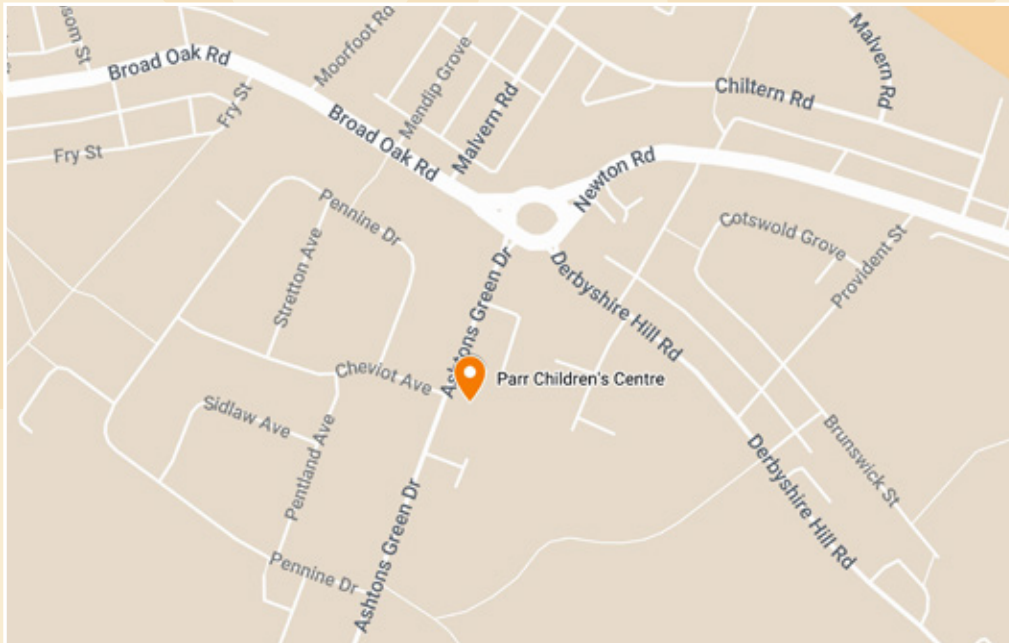
Saturday

- 10.00am - 12.00pm **M.A.T.CH (Men And Their Children) starting 5th April**



Parr Children's Centre

Ashtons Green Drive WA9 2AP 01744 671788



Monday

3.30pm - 4:30pm **Mini Chefs: Cook & Play (0-11 years)**

Tuesday

9.30am - 11.30am **EPEC - Be a Parent (by invitation)**
1.00pm - 2.30pm **Tots Talking Online (Please book)**
2.00pm - 2.45pm **Chatterbox (by Invitation)**

Wednesday

11.00am - 12.00pm **Little Wizz Kids (6-36 months)**
1.00pm - 3.00pm **Young Parents Group**

Thursday

9.30am - 10.30am **Baby Massage (please call to book)**
1.30pm - 2.30pm **Little Movers and Mini Groovers**

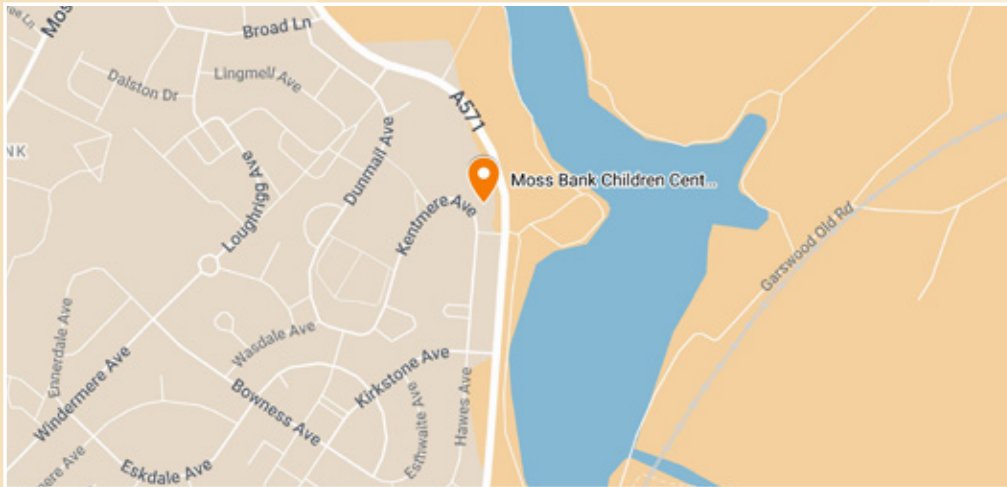
Friday

9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**
9.30am - 11.30am **Sleep Advice drop-in**
9.30am - 11.30am **Breast Feeding Support Group drop-in**
9.30am - 11.30am **Family Library Time**
10.00am - 11.00am **Sensory Baby Group (0-12 months)**
10.00am - 12.00pm **Baby Triple P (Invitation only)**
2.00pm - 4.30pm **YMCA Listening Service (by Invitation)**



Moss Bank Children's Centre

Kentmere Avenue WA11 7PQ 01744 673445



Monday

- 9.30am - 10.30am **Little Wizz Kids (6-36 months)**
- 12.45pm - 2.15pm **Bridge Centre Services (by Invitation)**
- 2.00pm **Baby Rhyme Time @ Moss Bank Library (please book)**
- 2.30pm - 4.00pm **Bridge Centre Services (by Invitation)**

Tuesday

- 10.00am - 11.00am **Bridge Centre Services (by Invitation)**
- 1.30pm - 2.30pm **Sensory Baby Group**

Wednesday

- 9.00am - 10.30am **Bridge Centre Services (by Invitation)**
- 9.30am - 11.30am **Healthy Child Clinic (0-19+ Service) (by Invitation)**
- 9.30am - 11.30am **Sleep Advice drop-in**
- 10.45am - 12.15pm **Bridge Centre Services (by Invitation)**
- 12.45pm - 2.15pm **Bridge Centre Services (by Invitation)**
- 2.30pm - 4.00pm **Bridge Centre Services (by Invitation)**

Thursday

- 10.00am - 11.30am **Bridge Centre Services (by Invitation)**
- 1.30pm - 2.30pm **Sensory Baby Group**

Friday

- 10.00am - 11.30am **Bridge Centre Services (by Invitation)**
- 10.30am **Read & Rhyme @ Moss Bank Library**

** Delivered by The Bridge Centre who provide specialist assessments for children with SEND (Special Educational Needs and/or Disabilities) and groups are referral only.



Having a baby? We are here to help!



Try out to our Pregnancy and beyond antenatal programme to learn more about

- your choices during labour and birth
- emotional well being
- infant feeding
- talking to and understanding you baby plus much more

Programmes in Parr Children's Centre and Sutton Family Hub Ring or text us on **07761045427** for more information

For parents/carers accessing the maternity services at Whiston Hospital, advice and support is available from your Community Midwifery Team. For more information contact **0151 430 2325**, please listen to all 9 options before selecting.



Come to our Baby Showers to find out about bathing and feeding your baby, ask questions with the midwives and health visitors, speak to our teams about support for when you may feel overwhelmed

Newton Family Hub - Wednesday 28th May 11.00am - 1.00pm

Sutton Family Hub - Wednesday 23rd July 9.30am – 11.30am

For Support and advice on feeding your baby contact St Helens Infant Feeding Service.

Our Infant Feeding Service is open all year! (Excluding Christmas Day and New Years Day) Monday to Friday 8am - 8pm Saturday, Sunday and Bank Holidays 10am - 4pm.

Get in touch with us today to book an appointment by:

Telephone **07919 305 174** Email **chcp.ift@nhs.net**



St Helens Infant Feeding Team

For Support and advice on feeding your baby contact St Helens Infant Feeding Service We are open all year! (Excluding Christmas Day and New Years Day) Monday to Friday 8am - 8pm Saturday, Sunday and Bank Holidays 10am - 4pm Get in touch with us today to book an appointment by: Telephone **07919 305 174** Email **chcp.ift@nhs.net**

Baby Well Clinics...

Free and confidential clinics for parents and carers of little ones.

- Baby weigh in
- Feeding and weaning advice
- Sleep concerns
- Signposting to other local services

Drop-in and appointment only clinics.
To book an appointment please call
01744 411277



0-19+
St Helens



To check if you're eligible for Healthy Start, visit:
www.healthystart.nhs.uk

What's on for families with special educational needs and disabilities?



Paediatric Physiotherapy and Occupational Therapy drop in sessions.

Drop in at Sutton Family Hub on Thursday, 17th April, Thursday, 15th May, 19th June or 17th July. No need to book.

For more information, telephone **0151 351 8800**



Listen 4 Change Parent Carer Forum

A local Forum run by Parent Carers for Parent Carers. If you're a parent/carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0-25 in St Helens, then join us now.



Advanced Solutions Community Network

is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Contact the team on **01744 582172**



IASS Information, Advice and Support Service

is a statutory service providing information, advice and support on matters relating to children and young people with special educational needs and disabilities. You can drop in at Sutton Family Hub on Monday 1-3pm or contact **IASS@sthelens.gov.uk** for more information.



The Bridge Centre

offers a specialist service to children from birth up to the age of 5 years old, with:

- A recognised disability/diagnosis where significant development delay is likely to feature
- Complex health needs and neuro-developmental conditions
- A significant delay in 2 or more areas of development

A parent/carer or a professional involved with a child can ask us to see the child, please contact **01744 673131/3132** for more information. The 0-19 team in St Helens have a Special Educational Needs and Disabilities (SEND) team to support you and your family which includes, Health Visitors and specialist nurses. For more information contact **01744 411277**

For more information and help, check out the new SEND Information Hub is a user-friendly website designed to help families, young people, and professionals easily find the support, services, and resources they need in one accessible place.





THE SMILE SQUAD



ARE COMING TO ST HELENS!

St Helens Family Hubs, University of Liverpool, School of Dentistry and St Helens Wellbeing Service (CHCP) are working together to bring early years oral health care sessions, for babies and pre-schoolers, to St Helens.

What to expect:

-  Look in the mouth (dental screening) by one of our Smile Squad team
-  Tips and tricks on caring for teeth and gums
-  Plenty of freebies available
-  Meet our friendly mascots, Croc-o-Smile and Captain Tuck!

Look out for the next Smile Squad event near you at sthelens.gov.uk/oralhealth or on Facebook @STHFamilyHubs



Groups and Services

At St Helens Family Hubs and Children's Centres we have a range of groups, some of which are invite only and others that you can drop into without pre-booking. We also offer sessions for children of all ages in the school holidays.

Universal Offer

Baby Massage Group

Our Free Baby Massage courses offer a wonderful opportunity for you to learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.

Sensory Baby Group (0-12 months)

Supports bonding, attachment, and the development of early skills for you and your child. The sessions will be fun and interactive with the children having the opportunity to learn through play.

Little Wizz Kids (6-36 months)

A fun, stimulating and interactive play, learning and development session. This is based on Parents as the First Teachers model and supports families to build attachment and positive parenting behaviours; strengthen parent-child interaction within the Early Home Learning Environment; support school readiness.



Story Makers (0-36 months)

A fun, stimulating and interactive reading and play session for children. Story Makers will support your child's communication, language, and literacy development and will be an opportunity for you to build on the fun in reading and how you can replicate this at home.

Mini Chefs: Cook and Play (0-5 years)

A fun and interactive cookery session for parents/carers and children. Come along and create some tasty, healthy, and nutritious meals and snacks. Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.

M.A.T.CH (Men And Their Children)

A bespoke group for dads/grandads, uncles, male carers and their children to communicate and enjoy quality time together to strengthen their bond. Various indoor and outdoor activities are organised with free food and refreshments provided.

Parent and Carer Panel

Meets monthly face to face and an evening online. An opportunity to share your views and help to shape services for families in our Family Hubs and Children's Centres. Get in touch to join and have your say.

Coffee/Tea Tots

Facilitated within our family friendly cafe where you can relax and enjoy free healthy food and drinks; toys and books are available for little ones.

Baby Breakfast Club (0-36 months)

Come along and enjoy a fun and interactive stay and play session with free breakfast and refreshments provided. Introducing your baby to solid foods, also referred to as weaning or complementary feeding, starts when your baby is around 6 months old.



Mill Green Hangout Cafe

Offer a range of inexpensive hot & cold snack and drinks served by our own students. This supports young people to develop life skills. Term time only.

Home-Start Walk & Talk

These sessions are designed to reduce isolation, help you and your children to meet new people and to improve your overall wellbeing. For further information please contact Home-Start on 01744 737400.

St Helens Library Service

Read & Rhyme - Join us in the library with your child. The library service will introduce them to books, rhymes, music and other fun activities.

Pop-Up Library

Browse and borrow from a wonderful range children's books and talk to staff about library activities and how reading can help support your child's language development.

**Information Advice Support Service**

IASS provides impartial and confidential information, advice and support to children and young people with special educational needs and Disabilities (SEND) and their parents/carers.

Family Matters

For Parents/Carers with children aged 5-11 years to come along and join in with a range of activities, indoor and outdoor games, arts and crafts, activities for the whole family.

Little Movers and Mini Groovers

For Parents/Carers with children aged 0-4 years to come along and join in with a range of activities, indoor and outdoor games, arts and crafts, activities for the whole family.

Parents in Mind

First Saturday of the month: for fathers and none birthing partners to talk to our dad volunteer on the first Saturday of every month. Dads and male carers are welcome to join to find out more about what support we offer or to signpost to other local services. Connect, chat and hear more about the peer support spaces our volunteers run.

Breastfeeding Support Drop-in

An informal and relaxed group by St Helens Wellbeing Infant Feeding Team providing breastfeeding support with non-judgemental and evidence-based information for both pregnant and breastfeeding parents/carers.

Baby Showers - Meet the Team

An informal session for new and expectant parents/carers to come along and meet the different services who will be involved in supporting you with your baby. Free refreshments.

Sleep Advice Drop-in

Our free Sleep advice drop-ins aim to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep. For children 1 years and above.

Under 25 Young Parent and Carer Group

For parents and carers with children (0-5 years) to come along and join in with a range of activities, with food and refreshments available for the whole family. There will also be a Health Visitor available to weigh your child and answer any questions.

Playground Toddler Sports and Crafts

An informal and relaxed group for families to try, play and enjoy traditional sports, take part in a range of crafts and fun family games. Refreshments included.



WALK & TALK

**HOME
START**
St Helens

Our sessions are designed to reduce isolation, help parents like you and your children to meet new people and to improve your overall wellbeing.

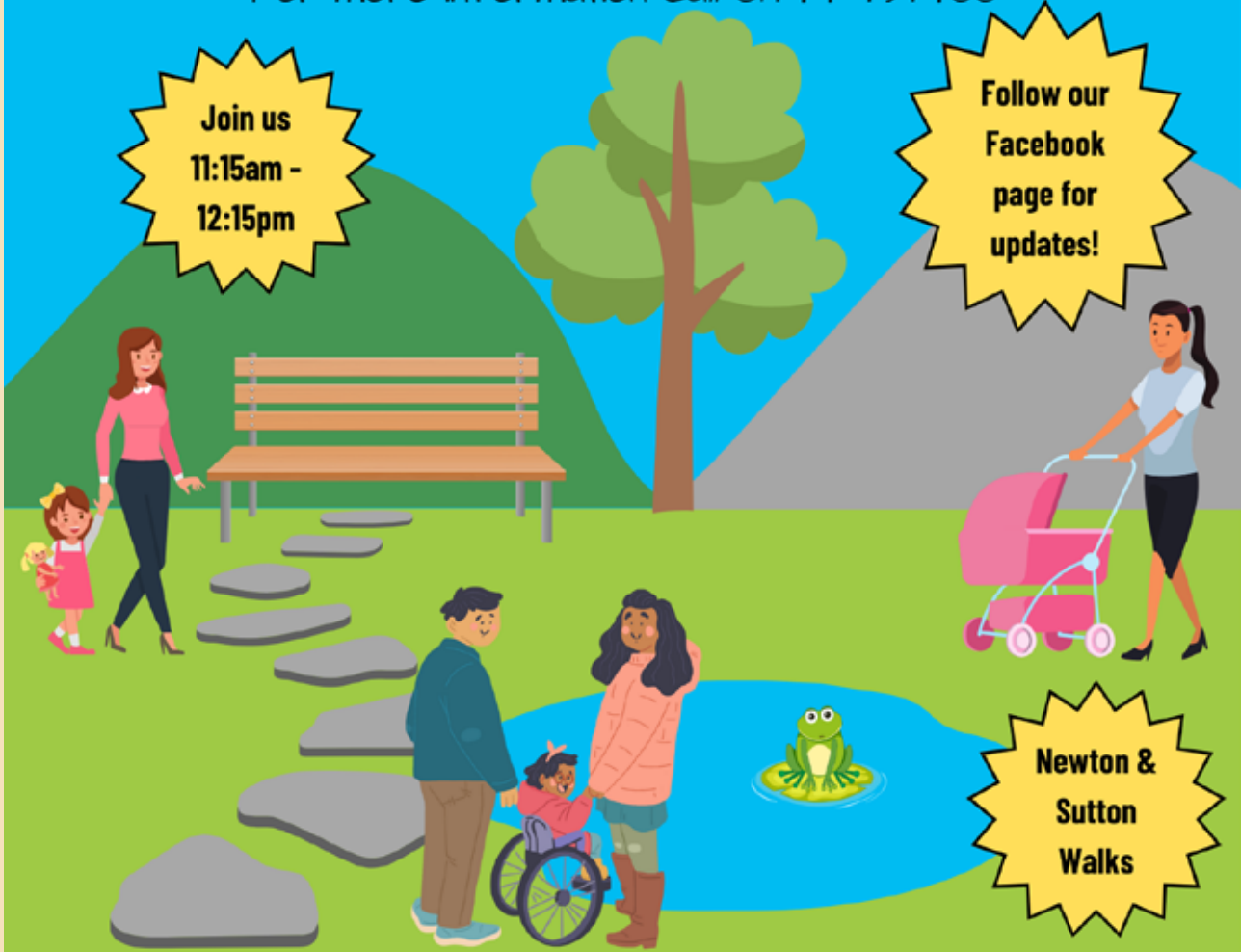
Newton-le-Willows Family Hub, Patterson Street, WA12 2PZ
1st Monday of every month (excluding school holidays)
(Starts April 2025)

Sutton Family Hub, Ellamsbridge, Sutton, WA9 3PY
3rd Tuesday of every month (excluding school holidays)
(Starts April 2025)

For more information call 01744 737400

Join us
11:15am -
12:15pm

Follow our
Facebook
page for
updates!



Newton &
Sutton
Walks

Pre Book

Parents in Mind Reflective Parenting Course

A 6-week structured course to gain tools to build confidence when parenting, dealing with moments of conflict and ways to connect with baby. To book a space and to find out more, contact us Parentsinmind.nw@nct.org.uk



Invest In Play

An evidenced based 12-week parenting programme for parents and carers of children aged 2-12 years within the St Helens area. The goal is to prevent and treat behavioural problems and promote emotional and competence through use of techniques and strategies that have been proven to work. Each 2-hour session is delivered in a local Family Hub or school.

Triple P Parenting Courses

For parents and carers of children aged 0-12yrs, Teens and Stepping Stones for children with a disability, development delay and conduct disorder.

For more information or to book a place, please email: ParentingTeam@sthelens.gov.uk

HENRY Programme

8-week programme which supports families with children from aged 6 months to 5 years to give them the Best Start in Life and develop a healthier lifestyle for the whole family. The programme supports physical and emotional wellbeing, and covers nutrition, physical activity, portion sizes, screen time, looking after yourself, exploring feelings, and managing challenging behaviour.

For more information please email: childrenscentres@sthelens.gov.uk

Tot's Talking

For parents and carers of children aged 18-months onwards who want to discover strategies to encourage their child's speech and language development. Each session will focus on ideas to help your child's language skills and things to replicate at home and in everyday activities. A creche will be available for children during the one-hour parents and carers attend a session each week.

For more information please email: childrenscentres@sthelens.gov.uk

Being a Parent programme

8-week programme for parents/carers of children aged 2 to 11.

Unlike other programmes **Being a Parent** is run by parent volunteers (Parent Group Leaders) who have first-hand experience of the joys and challenges of being a parent. It is all about parents helping parents - offering guidance, support, and tips to make family life a little easier.

The 8 week programme is packed with practical tools to help parents/carers:

- Manage children's behaviour in a positive way
- Handle stress
- Understand and manage emotions
- Improve communication, listening and play skills
- Build stronger parent-child relationships
- Explore parenting roles and expectations



Community Food Pantries

St Helens Mobile Community Food Pantry

Pantries operate as a member-led neighbourhood hub and are just like a shop, in that you choose the food you want from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.

How it Works

**STEP
1**

Find your nearest pantry (you must live in the area in which it is based).

**STEP
2**

Go along and join on the day it is open, remembering it is open to everyone in that community.

**STEP
3**

Pay your membership each time you visit.
Sit and have a cuppa while you wait for your turn.

**STEP
4**

Choose your shopping, which will always be worth more than your weekly membership fee.

**STEP
5**

Tell your neighbours and get them to join too.

There are five community food pantries available to residents in St Helens town centre, Thatto Heath, Haydock, West Park and Sutton.

HOPE Pantry Wesley

Wesley Methodist Church,
Corporation Street, St Helens WA10 1LF
Opening times: Tuesday, 11.00am - 1.00pm

St Mark's T.A.N.G.O. Pantry

Park Street, Haydock, St Helens WA11 OBH
Opening times: Thursday, 8.50am - 11.00am

St Matthew's Centre Pantry

St Matthews Grove, Thatto Heath, St Helens WA10 3SE
Opening times: Monday, 6.30pm - 8.00pm
& Wednesday, 8.45am - 11:30am

St Luke's Pantry

Knowsley Road, St Helens WA10 4PU
Opening times: Wednesday, 3.30pm - 5.30pm

Sutton Pantry St Michael & All Angels Church

Gartons Lane, St Helens WA9 2RA
Opening times: Sunday, 1.30pm - 3.30pm

There are also four mobile community food pantries available to residents in Sutton, Newton-le-Willows, Moss Bank, and Peasley Cross.

Sutton Family Hub

Ellamsbridge Road, Sutton, St Helens WA9 3PY
Opening times: Tuesday, 10.00am - 12.00pm

Cross Lane United Church

Earlestown, Newton-le-Willows, WA12 9PT
Opening times: Monday, 10.00am - 12.00pm

Park Farm Community Centre

54 Kentmere Avenue, Carr Mill, St Helens WA11 7PG
Opening times: Thursday 10.00am - 12.00pm

Peasley Cross URC

Beaufort Street, St Helens WA9 3BQ
Opening times: Friday 8.45am - 10.15am

Referral Only

St Helens Family Hubs deliver several groups/interventions where a child or family want to access a little bit more support.

If you need any further advice or support on any of the interventions detailed below, please speak to your local Family Hub worker/practitioner, health visitor, school or lead professional.

Development Checks

Health and development reviews delivered by Health Visitors that support you and your baby, and make sure their development is on track. These sessions will support you and your child's learning and development in the early years.

Specialist Infant Feeding

Clinic 1:1 support for parents/carers experiencing infant feeding challenges delivered by St Helens Wellbeing Infant Feeding Team.

Chatterbox

Speech and language support group that emphasises the important role that parents/carers play in actively engaging your child using strategies that are proven to enhance speech, language, and development (referral from Health Visitor or Lead Professional working with a family).



DART (Domestic Abuse Recovering Together)

A 10-week NSPCC programme for mothers and children who have experienced domestic abuse that live in St Helens. During the weekly sessions, mothers and children participate in a range of activities designed to strengthen their relationship, promote communication about abuse and support one another through recovery. The abuser must have left the family home but can still have contact with the children for the mother to attend this group.

Gateway Programme

An 8-week accredited programme designed for women that live in St Helens who have experienced domestic abuse. Women can attend the group if they have left or are still in the relationship - safety planning is completed each week in respect of this. Gateway is delivered by trained facilitators and focuses on the non-abusive partner's experiences whilst in an abusive and controlling relationship.

PAACES for Young People

An 8-week programme for young people (12-15 years) who have experienced Adverse Childhood Experiences e.g., neglect, domestic abuse, parental mental health, homelessness, bullying. It will use a combination of creative activities and group work to develop young people's resilience and give them an opportunity to experience the healing of relational support.

VIBE Saturday Club

A fortnightly session, activity and friendship group for young people aged between 8-18 years who have Special Educational Needs and/or Disabilities (SEND) and live within the St Helens Borough.

YMCA Listening Service

Supports young people aged between 11-18 and 19-25 with their mental health. YMCA offer young people 1:1 sessions with a qualified/trained 'Listener' which can be completed face to face, by telephone or online.

Speech and Language Therapy

Appointments for children and young people aged 0-18 years who are referred to our service for initial assessment and follow up and who reside in the locality.

The Bridge Centre

Provide specialist assessments for children with SEND and groups are referral only. Based at Moss Bank Children's Centre.

parent and carer panel



**Are you a mum, dad, partner or carer,
currently pregnant, have a child under the age
of 2 or care for older children and young people?**

Join our Parent and Carer Panel to share your views and help
us to design services for families in St Helens Borough.

BSL Interpreters are available on request.

To get in touch with us please contact:

Email: fhccvolunteering@sthelens.gov.uk

Telephone: 01744 673420



Family Hub

ST HELENS
BOROUGH COUNCIL

What's on at your local Family Hubs and Children's Centres?

Monday

Little Wizz Kids (6-36 months)
Moss Bank Children's Centre 9.30am - 10.30am

Breakfast Club (0-36 months)
Newton Family Hub 10.00am - 11.00am

Playground Toddler Sports and Crafts
Central Link Family Hub 10.00am - 11.30am

Healthy Child Clinic
Newton Family Hub 10.00am - 12.00pm

Sleep advice drop-in
Newton Family Hub 10.00am - 12.00pm

Walk and Talk Group
Newton Family Hub 11.15am - 12.15pm

Sensory Baby Group (0-12 months)
Thatto Heath Library 1.30pm - 2.30pm

Little Wizz Kids (6-36 months)
Sutton Family Hub 1.30pm - 2.30pm

IASS Parent Coffee Afternoon (SEND friendly)
Sutton Family Hub 1.00pm - 3.00pm

Mini Chefs: Cook and Play (0-11 years)
Parr Children's Centre 3.30pm - 4.30pm

These groups are open to all and there is no need to book. Sessions are aimed at the stated age group, but feel free to bring your other children along if needed.

Tuesday

Healthy Child Clinic
Sutton Family Hub 9.30am - 11.30am

Sleep advice drop-in
Sutton Family Hub 9.30am - 10.45am

Sensory Baby Group (0-12 months)
Sutton Family Hub 10.00am - 11.00am

Story Makers (0-36 months)
Haydock Library 10.00am - 11.00am

Mini Chefs: Cook and Play (0-5 years)
Central Link Family Hub 11.00am - 12.30pm

Sensory Baby Group (0-12 months)
Moss Bank Children's Centre 1.30pm - 2.30pm

Wednesday

Coffee/Tea Tot's
Sutton Family Hub 9.30am - 11.30am

Mini Chefs: Cook and Play (0-5 years)
Newton Family Hub 10.00am - 11.30am

Little Wizz Kids (6-36 months)
Parr Children's Centre 11.00am - 12.00pm

Baby Massage
Newton Family Hub 1.00pm - 2.00pm

Playground Family Sports and Crafts (4-10 years)
Newton Family Hub 3.15pm - 4.30pm

U25 Young Parent and Carer Group (0-5 years)
Parr Children's Centre 1.00pm - 3.00pm

Thursday

Grand tots Group
Central Link Family Hub 9.30am - 11.30am

Healthy Child Clinic
Lowe House Clinic 9.30am - 11.30am

Sleep Advice drop-in
Lowe House Clinic 9.30am - 11.30am

Little Wizz Kids (6-36 months)
Sutton Family Hub 9.30am - 10.30am

Sensory Baby Group (0-12 months)
Chester Lane Library 1.30pm - 2.30pm

Tot's Talking (18 months+)
Newton Family Hub 1.00pm - 2.00pm

Healthy Child Clinic
Chester Lane Library 10.00am - 12.00pm

Sleep Advice drop-in
Chester Lane Library 10.00am - 12.00pm

Friday

Healthy Child Clinic
Parr Children's Centre 9.30am - 11.30am

Sleep advice drop-in
Parr Children's Centre 9.30am - 11.30am

Sensory Baby Group (0-12 months)
Parr Children's Centre 10.00am - 11.00am

Sensory Baby Group (0-12 months)
Haydock Library 10.00am - 11.00am

Little Wizz Kids (6-36mths)
Newton Family Hub 11.00am - 12.30pm

Sensory Baby Group (0-12 months)
Sutton Family Hub 2.15pm - 3.15pm

Little Wizz Kids (6-36 months)
Central Link Family Hub 3.30pm - 4.30pm

Saturday

M.A.T.CH Men And Their Children
Newton Family Hub (Fortnightly)
10.00am - 12.00pm

M.A.T.CH Men And Their Children
Sutton Family Hub (Fortnightly)
10.00am - 12.00pm



What's on in the community?

Haydock Library

Church Road, Haydock WA11 0LY

Monday	10.30am	Read and Rhyme
Tuesday	10.00am - 11.00am	Story Makers (0-36 months)
Tuesday	2.30pm	Baby Rhyme Time (please book with the library)
Thursday	2.15pm	Read and Rhyme
Friday	10.00am - 11.00am	Sensory Baby Group (0-12 months)

Chester Lane Library

Four Acre Lane, Clock Face, WA9 4DE

Monday	11.00am	Read and Rhyme
Thursday	10.00am - 12.00pm	Healthy Child Clinic (0-19+ Service) (Clinic does not run on the 2nd Thursday of the month)
	10.00am - 12.00pm	Sleep advice drop-in
	1.30pm - 2.30pm	Sensory Baby Group (0-12 months)
Friday	11.00am	Read and Rhyme

Thatto Heath Library

Thatto Heath Road, St Helens WA10 3QX

Monday	1.30pm - 2.30pm	Sensory Baby Group (0-12 months)
Tuesday	2.15pm	Read and Rhyme
Friday	11.00am	Read and Rhyme

Coming soon!

Food Safety Awareness training

Basic Paediatric First Aid Courses

Thursday 3rd April – Central Link Family Hub 9:30am - 11:30am – 1.30pm
Wednesday 9th April – Newton Family Hub 12:00pm - 2:00pm
Thursday 24th April – Newton Family Hub 6:00pm - 8:00pm
Wednesday 7th May – Central Link Family Hub 10:00am - 12:00pm
Tuesday 13th May – Central Link Family Hub 6:00pm - 8:00pm
Wednesday 14th May – Parr Children's Centre 12:00pm - 2:00pm
Thursday 5th June – Central Link Family Hub 6:00pm - 8:00pm
Thursday 19th June – Newton Family Hub 10:00am - 12:00pm
Tuesday 1st July – Central Link Family Hub 10:00am - 12:00pm
Tuesday 15th July – Central Link Family Hub 6:00pm - 8:00pm

To book please call Central Link Family Hub on 01744 673445.

Please note that creche is not available for these courses.

Look out for more updates on our social media.

Volunteering Programme

**St Helens Family Hub and Children's Centres
have a fantastic volunteering programme available!**

**Our volunteers will become part of the team, supporting the Family Hubs
& Children's Centre core business, volunteering their own time and
commitment for the benefit of families within the community
without financial reward.**

Who can become a volunteer?

Anyone who:

- Wants to become more active and give something back to the community
- Has received help from services and wants to share their experience with other families
- Wants to gain experience of working with families alongside professionals to support progress to training and employment.

Volunteering can

- Be fun and challenging
- Increase confidence and self-esteem
- Widen learning experiences
- Enable you to brush up on the skills you already have and learn new ones
- Be a step towards returning to learning or work if that is what you wish
- Knowing you've made a difference to St Helens' children and families.

What's in it for me?

The whole volunteering experience can be very rewarding and can open doorways for career development working in partnership with the community.



How to get involved

If you are interested in volunteering or you would like to signpost people who may benefit from being involved, please get in touch with us!

1. Contact and speak with our Family Hub and Children's Centre Community Development Officer or Volunteer & Mentor to make sure that volunteering is what you want to do
2. Complete a volunteer registration form or ask one of us to complete this on your behalf
3. An informal meeting will be arranged with you to complete barring and vetting procedures and to discuss volunteering roles

Jill Healy

Community and Development Officer
Central Link Family Hub
Westfield Street
St Helens WA10 2EB
Email: jillhealy@sthelens.gov.uk

Catherine Ellis

Volunteer and Mentoring Officer
Sutton Family Hub
Ellamsbridge Road
St Helens WA9 3PX
Email: catherineellis@sthelens.gov.uk

BSL Interpreters are available on request.

To get in touch with us please contact:

Email: childrenscentres@sthelens.gov.uk

Telephone: 01744 673420 Text: 07761 045427



Family Hub

ST HELENS
BOROUGH COUNCIL

Want to make a difference for families in your local community?

Are you a parent or carer who:

- Lives in St Helens
- Is looking for a flexible role that fits around your family and commitments
- Wants to help and support their local community

As a Parent Champion you can...

- Access up to date and accredited training to give you the knowledge of local services
- Use your time and skills to help others in the community
- Inform, signpost and empower families to get the best start in life



Benefits for Parent Champions

- Build your confidence and goals
- Training and development opportunities
- Reimbursement for travel and out of pocket expenses



Interested?

Scan the QR code to fill in a contact form for more information.



SCAN ME!

For an informal chat please contact:
Email: fhccvolunteering@sthelens.gov.uk
Telephone: 01744 673420



BECOME A PARENT CHAMPION

Childcare Choices

Can you save money on your childcare?

Depending on your individual circumstances, you could be entitled to support, including:

- **TAX-FREE Childcare for working families including the self-employed**
- **15 hours funded childcare for eligible 2-year-olds (www.sthelens.gov.uk/passportfor2)**
- **15 hours funded childcare for all 3 and 4-year-olds**
- **30 hours funded childcare for 3 and 4-year-olds of working families**
- **Tax Credits for Childcare for working families**
- **Universal Credit for Childcare for working families claiming Universal Credit**
- **Support while you study - Care to Learn**
- **Other funding - Help for Households**

For more information, visit: www.childcarechoices.gov.uk
or contact the Funded Early Education Entitlement Team on:
01744 676541 / 676542 or 676557

**Passport
for 2s**

ST HELENS
BOROUGH COUNCIL



THE
WARM HOMES FOR YOUNG LUNGS PROGRAMME
PROUDLY PRESENT:

BREATHING SPACE

*Join us to find out how we can help
you love your lungs!*

WOULD
YOU LIKE
TO TALK TO
SOMEONE ABOUT
YOUR CHILD'S
BREATHING?

DO YOU
WANT TO
TALK TO
SOMEONE ABOUT THE
CONDITIONS IN YOUR
HOME AND AIR
QUALITY?

UNSURE
WHO CAN
HELP YOU WITH
KEEPING WARM
AND BREATHING
BETTER?

Bring your friends and the whole family, to get **FREE** support
and advice from a variety of local services about how to
improve respiratory health, and get everyone breathing better!

PARR CHILDREN'S
CENTRE,
ASHTONS GREEN
DRIVE, ST HELENS,
WA9 2AP

9:30AM-12NOON

15TH APRIL 2025

27TH MAY 2025

8TH JULY 2025

19TH AUGUST 2025

30TH SEPTEMBER 2025

11TH NOVEMBER 2025



ST HELENS WELLBEING





Family Hub

MAKING SERVICES FOR CHILDREN AND FAMILIES ACCESSIBLE



Scan for everything you need to support children aged 0-19 (and up to 25 with Special Educational Needs and Disabilities) in St Helens, including registration services, school & education advice, childcare, health and wellbeing and more. Visit: sthelensfamilyhub.sthelens.gov.uk



Funded by
UK Government

