



Welcome to St Helens Infant Feeding Service

Within the local community, we offer a professional and caring approach to supporting mothers and families, to introduce solid food into a baby's diet.

What do we do?

- We provide group sessions in a variety of locations within the community
- Discuss the NHS guidelines around the introduction of solid food including why, when & how
- Offer the chance to ask questions and raise any concerns
- Provide recipes, hints & tips to make this an enjoyable time for you & your baby

To speak with one of our Infant feeding team, please call the team at the number below:
 Tel: 0300 300 0103 (Office hours 9.00am – 5.00pm Mon-Fri)

Introducing Solid Food sessions in St Helens 2016/17		
Rainhill Clinic View Road Rainhill Merseyside L35 0LE	06/04 04/05 01/06 06/07 03/08 07/09 05/10 02/11 07/12 04/01 01/02	1 st Wednesday of every month 11.00am – 12.00 pm
Newton Children's Centre Patterson Street, Newton-Le-Willows Merseyside WA12 9PZ	07/04 05/05 02/06 07/07 04/08 01/09 06/10 03/11 01/12 05/01 02/02	1 st Thursday of every month 11.00 – 12.00pm
Sutton Children's Centre Ellamsbridge Road Sutton, St. Helens WA9 3PY	01/04 06/05 03/06 01/07 05/08 02/09 07/10 04/11 02/12 06/01	1 st Friday of every month 1.00pm – 2.00pm
Fourways Children's Centre Burnage Ave, Clock Face, St Helens WA9 4QB	12/04 10/05 14/06 12/07 09/08 13/09 11/10 08/11 13/12 10/01	2 nd Tuesday of every month 10.30am – 11.30am
Haydock Clinic Station Road, Haydock St Helens, WA11 0JN	13/04 11/05 08/06 13/07 10/08 14/09 12/10 09/11 14/12 11/01 08/02	2 nd Wednesday of every month 12.00pm – 1.00pm
Thatto Heath Children's Centre Brisbane St, St Helens WA9 5QT	18/04 16/05 20/06 18/07 15/08 19/09 17/10 21/11 19/12 16/01	3 rd Monday of every month 1.00pm – 2.00pm
Moss Bank Children's Centre Kentmere Avenue, St Helens WA11 7PQ	19/04 17/05 21/06 19/07 16/08 20/09 18/10 15/11 20/12 17/01	3 rd Tuesday of every month 10.30am – 11.30am
Parr Children's Centre Ashtons Green Drive, Parr, St. Helens, WA9 2AP	27/04 25/05 22/06 27/07 24/08 28/09 26/10 23/11 25/01 22/02	4 th Wednesday of every month 1.00pm – 2.00pm
Central Link Children's Centre Peter Street, St Helens WA10 1QF	28/04 26/05 23/06 28/07 25/08 22/09 27/10 24/11 22/12 26/01 23/02	4 th Thursday of every month 1.00pm – 2.00pm