



St.Helens  
**Children's Centres**

**Gateway  
programme**  
01744 673420

**Dart  
programme**  
01744 673420

# Children's Centres Activity Timetable

Autumn / Winter 2022

## For more information

**Email:** [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)

**Visit:** [www.sthelens.gov.uk/childrenscentres](http://www.sthelens.gov.uk/childrenscentres)

**Facebook:** @STHCCentres

**Central Link Hub: 01744 673445 for:**

Moss Bank Children's Centre  
Fourways Children's Centre  
Thatto Heath Children's Centre

**Parr Hub: 01744 671788 for:**

Sutton Children's Centre  
Newton Children's Centre  
Haydock Children's Centre

Our centres are open from 9.00am-5.00pm

You can also register your child for a place at one of our Children's Centres online.

If you would like to refer a family for support, help and training, please contact us on the numbers above.

Follow us on  
Facebook  
and Instagram  
**@STHCCentres**



**ST HELENS**  
BOROUGH COUNCIL



**Café Laziz is a community café set up by OLCOTWISH CIC (Our Little Corner of the World in St.Helens) for recently settled refugees and asylum seekers to work and train in and integrate with the local community.**

We are all volunteers and all profits will be reinvested into Café Laziz in order to help it grow.

As Café Laziz grows it will provide paid employment opportunities and clear employment pathways.

We are passionate about delivering fresh, wholesome international food at reasonable prices. Please try our food and talk to us about it.

We have all attended English classes and now we want to put our skills into practice and meet the friendly St.Helens community.

We also have a question and answer wall where any questions you may not feel comfortable asking can be posted anonymously and we will do our best to answer them as honestly as we can.



# LAZIZ

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# Central Link Hub



		Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Central Link</b> Peter Street WA10 2EB	<b>AM</b>	<p>Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm</p> <p>Development Clinic (Invite only) Central Link Children's Centre 9.30am – 12.00pm</p> <p>Chatterbox (Invite Only) Central Link Children's Centre 9.30am – 10.30am</p> <p>Infant Bonding Central Link Children's Centre 9.30am – 10.30am</p> <p>Read and Rhyme Peter Street Library 11.00am</p>	<p>Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm</p> <p>Baby Weigh-in Clinic (Invite only) Central Link Children's Centre 9.30am – 11.30am</p> <p>Read and Rhyme Eccleston Library 10.30am</p> <p>Mini Chefs Central Link Children's Centre 11:00am – 12:00pm</p>	<p>Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm</p> <p>Read and Rhyme St Helens Library 10.15am</p>	<p>Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm</p> <p>Triple P (Invite Only) Central Link Children's Centre 9.30am – 12.30pm</p> <p>Read and Rhyme St Helens Library 10.15am</p>	<p>Daycare (Invite only) Central Link Children's Centre 9.15am - 12.15pm</p> <p>Read and Rhyme Eccleston Library 10.30am</p>	
	<b>PM</b>	<p>Sensory Group Central Link Children's Centre 1.30pm – 2.15pm</p>	<p>Incredible Years Central Link Children's Centre 1.15pm – 3.15pm</p> <p>Cook &amp; Taste Central Link Children's Centre Wellbeing Service 1:00pm – 2:00pm</p>	<p>Cook &amp; Taste Central Link Children's Centre 1:00pm – 2:30pm</p> <p>Chatterbox (Invite Only) Central Link Children's Centre 1.15pm – 2.15pm</p> <p>Tot's Talking Central Link Children's Centre 1.30pm – 2.15pm</p> <p>New Beginnings Central Link Children's Centre 3.30pm – 4.30pm</p> <p>Triple P – Teen (Invite only) Central Link Children's Centre 5.00pm – 7.30pm</p>	<p>Café Laziz Central Link Children's Centre 12.00pm – 2.00pm</p> <p>Mini Melodies Central Link Children's Centre 2.00pm – 3.00pm</p>	<p>Lets Get Ready for Nursery 2.00pm - 3.00pm</p>	

# Moss Bank

Kentmere Avenue WA 11 7PQ

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	<p>Let's Get Ready for Nursery (0-36 mths) Moss Bank Children's Centre 9.30am – 10.30am</p>	<p>Portage Group (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.00am</p> <p>Read and Rhyme Rainford Library 10.30am</p>	<p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 9.00am – 10.30am</p> <p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 10.45am – 12.15pm</p>	<p>Sunbeams (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.30am</p>	<p>Ladybirds Group 2 (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.30am</p> <p>Read and Rhyme Moss Bank Library 10.30am</p>
<b>PM</b>	<p>Starbuds Group (Invite Only) ** Moss Bank Children's Centre 12.45pm – 2.15pm</p> <p>Ladybirds Group 1 (Invite Only) ** Moss Bank Children's Centre 2.30pm – 4.00pm</p>	<p>Refugee Stay &amp; Play Moss Bank Children's Centre 2.00pm – 4.00pm</p>	<p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 12.45pm – 2.15pm</p> <p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 2.30pm – 4.00pm</p>	<p>Baby Weigh-in clinic (Invite only) Moss Bank Children's Centre 12.30pm – 2.30pm</p> <p>Baby Group (0 – 1's) Moss Bank Children's Centre 1.30pm - 2.30pm</p>	<p>Stay &amp; Play (Invite only) ** Moss Bank Children's Centre 1.00pm – 2.00pm &amp; 2.30pm – 3.30pm</p>



<b>Thatto Heath</b> Brisbane Street WA9 5QT	<b>AM</b> Sensory Group Thatto Heath Children's Centre 9.30am - 10.30am		Chatterbox (Invite Only) Thatto Heath Children's Centre 9.30am – 10.30am	Grandto's Group Thatto Heath Children's Centre 10.00am – 12.00pm	Read and Rhyme Rainhill Library 10.30am  Read and Rhyme Thatto Heath Library 11.00am
	<b>PM</b>	Baby Group (0-1 yrs.) Thatto Heath Children's Centre 1.30pm – 2.30pm  Read and Rhyme Rainhill Library 2.15pm		Chatterbox (Invite Only) Thatto Heath Children's Centre 1.30pm - 2.30pm	Let's Get Ready Group Thatto Heath Children's Centre 3.30pm – 4.30pm
<b>Fourways</b> Burnage Avenue WA9 4QB	<b>AM</b> Read and Rhyme Chester Lane Library 11.00am		Crafty Kids (2 - 4 yrs.) Fourways Children's Centre 10.00am – 11.00am	Chatterbox (Invite Only) Fourways Children's Centre 9.30am – 10.15am	Development Checks Fourways Children's Centre 9.30am – 12.00pm  Read and Rhyme Chester Lane Library 11.00am
	<b>PM</b> Baby Group (0-1 yrs.) Fourways Children's Centre 2.15pm – 3.15pm  				Let's Get Ready For Nursery (0-36 mths) Fourways Children's Centre 1.45pm – 2.45pm  



Are you pregnant or a new mum and feeling low, anxious, alone?

Talk & support, mum to mum

For more information text/call Catherine on: 0770 290 0894  
or email: [parentsinmind.nw@nct.org.uk](mailto:parentsinmind.nw@nct.org.uk)

Registered charity in England and Wales: 801395 and Scotland: SC041592.

		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Parr</b> Ashtons Green Drive WA9 2AP		<b>AM</b> Mini Melodies Parr Children's Centre 10.00am – 10.45am	Read and Rhyme Parr Library 11.00am  	Sensory group 10.00am - 11.00am  Salam Parent & toddler Group Parr Children's Centre 11.00am – 12.00pm  
<b>Sutton</b> Ellamsbridge Road WA9 3PY				<b>PM</b> Daycare (Invite only) Parr Children's Centre 1.15pm - 4.15pm  Little Wizkids Parr Children's Centre 1.30pm - 2.15pm (12-24 months) 2.45pm - 3.30pm (24 - 36 months)	Daycare (Invite only) Parr Children's Centre 1.15pm - 4.15pm  	Daycare (Invite only) Parr Children's Centre 1.15pm - 4.15pm  Infant Bonding Parr Children's Centre 1.30pm - 2.30pm
				Monday	Tuesday	Wednesday
<b>Sutton</b> Ellamsbridge Road WA9 3PY				<b>AM</b>	Baby Weigh-in clinic (Invite only) Sutton Children's Centre 9.30am – 11.30am  Hang Out Café Sutton Children's Centre 10.00am – 12.00pm  Baby Group (0-1's) Sutton Children's Centre 10.00am – 11.00am	Hang Out Café Sutton Children's Centre 10.00am – 12.00pm
				Monday	Tuesday	Wednesday
<b>Sutton</b> Ellamsbridge Road WA9 3PY				<b>PM</b> Little Wizkids Parr Children's Centre 1.30pm - 2.15pm (12-24 months) 2.45pm - 3.30pm (24 - 36 months)		

<b>Haydock</b> Leigh Road WA11 0ER	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>AM</b>	Read and Rhyme Garswood Library 10.30am  Read and Rhyme Haydock Library 10.30am	Story Makers Haydock Library 10.00am – 11.00am		
	<b>PM</b>				
		Infant Bonding Haydock Library 2.00pm - 3.00pm		Read and Rhyme Haydock Library 2.15pm	
					
<b>Newton</b> Patterson Street WA12 9PZ	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>AM</b>	Little Wizkids Newton Children's Centre 10.00am - 10.45 (0-12 months) 11.15am - 12.00pm (12 -24 months)  Read and Rhyme Newton-le-Willows Library 10.30am	Musical Mayhem Newton Children's Centre 10.00am – 10.45am	Let's Get Ready Group Newton Children's Centre 10.00am – 11.00am	Walk and Talk Group Newton Children's Centre 10.00am – 12.00pm
					
	<b>PM</b>	Triple P – Stepping Stones (Invite only) Central Link Children's Centre 1.00pm – 3.00pm	Nurture Group Newton Children's Centre 1.30pm – 3.00pm		Chatterbox (Invite Only) Newton Children's Centre 1.30pm - 2.30pm  Read and Rhyme Newton-le-Willows Library 2.15pm
					

# Funded Early Education for 2-year olds



Telephone: 01744 676541

or apply online: [WWW.sthelens.gov.uk/free2](http://WWW.sthelens.gov.uk/free2)

**Your 2-year-old can get free childcare if you live in England and get one of the following benefits:**

- Income Support
- Income-based Job Seekers Allowance (JSA)
- Income-related Employment and Support Allowance (ESA)
- The Guaranteed element of State Pension Credit
- Tax credits, and your household income if it is £16,190 a year or less before tax
- Universal Credit, and your household income is £15,400 a year or less after tax, not including benefit payments
- The working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)



**2-year olds can also get free childcare if they:**

- Are looked after by a local authority
- Have a statement of special education needs (SEN) or an education, health and care (EHC) plan
- Get Disability Living Allowance
- Have left care under an adoption order, special guardianship order or a child arrangements order

**If you're a non – EEA citizen who cannot claim benefits**

**Your 2-year-old may get free childcare if you are getting support under the Immigration and Asylum Act and have either:**

- Claimed asylum in the UK and are waiting for a decision (Known as 'part 6')
- Been refused asylum in the UK (Known as 'section 4')

**A 2-year-old you care for may also get free childcare if you household income is £15,400 a year or less after tax, and you have either:**

- Leave to remain with 'no recourse to public funds' on family or private life grounds
- The right to live in the UK because you're the main carer of the British citizen (Known as a Zambrano Carer)



# Volunteering Programme

## Who can become a volunteer?

Anyone who:

- Has received Early Help services and wants to share their positive experience with other families
- Wants to become more active and give something back to the community
- Wants to gain experience of working with families alongside professionals to gain work.

## 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.

## Volunteering can

- Be fun
- Increase friendship
- Be 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

Volunteers will become part of the team, supporting the Children's Centre Core business, volunteering their time and commitment for the benefit of families within the community without financial reward.

## What next?

Firstly, contact and speak with a Children's Centre staff member to make sure that volunteering is what you want to do.

Secondly, complete a volunteer registration form or ask the member of staff to complete this on your behalf then pass this to the Community Development Officer.

An informal meeting will be arranged with you to complete barring and vetting procedures and to discuss volunteering roles.

**If you are interested in volunteering please contact one of the Children's Centres below and ask for:**

**Jill Healy  
Community Development Officer**

**Central Link  
Children's Centre  
Westfield Street  
St Helens  
WA10 1QF  
01744 673445**

**Parr Children's Centre  
Ashton's Green Drive  
Parr  
St Helens  
WA9 2AP  
01744 671788**

# Group Descriptions

At 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. Our timetable will tell you which these groups are. Just to let you know for any of the drop-in sessions you can bring your other children along, but the session will be aimed at the age range shown on the timetable. We do however in the school holidays offer sessions for children up to the age of 11.

**Baby Weigh-in Clinic (Appointment Only)** Health Visitor led Baby Clinic, come along and check your child's development, gain advice and support. Please contact your Health Visitor to book.

**Baby Group (0-12 months)** for babies aged 0 – 12 months of age, this group will support 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. This session gives advice and tips on how everyday items can be used to extend your child's knowledge and increase their confidence.

**Mini Melodies (0-12 months)** a musical, movement, singing and dancing group for children ages 0 – 12 months olds. This group will introduce you and your child to new and exciting ways to interact with each other whilst promoting numeracy, literacy, speech, language and communication. The group will increase your child's understanding of the group around them and engage with their peers. These sessions use a variety of resources that you could also use at home supporting the home learning environment.

**Sensory Group (0-12 months)** this group is for children aged 0 – 12 months and their parents. The sessions will introduce you to what's available in our Children's Centres and will promote tummy time, music and movement. The sessions will include simple and practical ways in which activities can be replicated within the home.

**Tots Talking (0-18 months)** is a fun and interactive virtual session for parents/carers with children aged 0 – 18 months which will provide you will advise, guidance and tips on how you can support your child to start the art of communication. This session will highlight the importance of joining in with children's play and following their interests, using everyday opportunities to extend their knowledge and use words.

**Story Makers (0-36 months)** is a fun, stimulating and interactive reading and play session for children from new born to starting school. Story Makers will support your child's communication, language and literacy development. The session is lead by a practitioner and will be an opportunity for you to build on the fun in reading and how you can replicate this at home.

**Little Whizkids (0 – 36 months)** is a fun, stimulating and interactive play, learning and development session for new born babies up to children aged 36 months. 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.

**Musical Mayhem (12-36 months)** Musical Mayhem is for children who have graduated from Mini Melodies and is aimed at children 12 – 36 months. This group will introduce you and your child to new and exciting ways to interact with each other whilst promoting numeracy, literacy, speech, language and communication. Musical Mayhem will help you to think about those skills that support your child to become nursery or school ready and practice these within a fun and interactive group.

**Crafty Kids (2-4 years)** Crafty Kids is aimed at children aged 2 – 4 years of age. These sessions will enable your child (and you) to explore their creative side, explore new ideas, be creative and interact with their peers. It is a fun and interactive arts, crafts and messy play session that will help your child to be nursery or school ready.

**Let's Get Ready (2-4 years)** fun and interactive sessions which will support you and your child to become school ready. These sessions will support your child's learning through play, extend their creative thinking as well as encouraging practical tasks e.g. putting shoes on or fastening your coat.

**Walk & Talk Group** 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.

**Salam Group** this group is aimed at new refugee/asylum seekers group that is running at Moss Bank Children's Centre every Tuesday. This group is facilitated by refugee/asylum seekers and will support integration, inclusion and celebrate diversity.

## Online Support

**Look, Say, Sing, Play - NSPCC** Right from birth, every time you play with your baby, use silly voices, or even sing, you're not just bonding, you're building their brain.



**Referral Only** – Children's Centres deliver a number of groups or interventions where a child or family want to access a little bit more support. We know for some children that speech and language or being ready for school they may need a little extra support. Or you may be a parent/carer who wants to build on your knowledge and experience to give your child the **Best Start in life. If you need any further advice or support on any of the interventions detailed below please speak to you local Children's Centre, Health Visitor, school or lead professional.**

**\*\* Delivered by the Bridge Centre** The Bridge Centre provide specialist assessments for children with SEND and groups are referral only.

**Change, Grow, Live "Think Family"** via any professional or self-referral, offering one to one support and family focused advice to empower people to improve their health and wellbeing and take control of the direction of their lives.

**Chatterbox** is a 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 and language and development (referral from Health Visitor or Lead Professional working with a family).

**Daycare** is a 15-hour a week placement, that supports children's learning and development. This will which enhance your child's speech, language and social and emotional skills. (referral only).

**DART (Domestic abuse recovering together)** programme is a 10-week group work programme which allows mothers and children to work independently combined with joint sessions to improve the mother-child relationship after the perpetrator has left the relationship. School must agree to the children taking time out of lessons. 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 their recovery.

**Freedom Programme** is a 12-week programme designed for women who have experienced any form of domestic abuse. It educates women to recognise early signs of abuse and the impact this has on themselves and their families. The programme is open to everyone and offers a supportive safe environment for ladies at all stages of a relationship

**Development Checks** Health and development reviews that support you and your baby, and make sure their development is on track. Developmental checks are delivered by Health Visitors within Children's Centres. These sessions will support you and your child's learning and development in the early years. Please contact your Health Visitor to book.

**Incredible Years** is a course for parent/carers for children aged 0-12 years. 12-week positive parenting programme which is designed to strengthen parent/carer/child interactions and promote positive attachments, whilst supporting parents/carers to reduce harsh discipline measures. The programme works with parents/carers to promote their child's social, emotional and language development and school participation. Courses for parents of children 0-12 years which increases parent/child relationship and promotes positive discipline and mutual respect.

**Triple P** Parenting courses for parents of children 0-12 yrs, Teens and Stepping Stones for parents of children with a disability, development delay and conduct disorder. By referral only - call 01744 676543

**New Beginnings** practical parent educational programme for new and expectant parents at the beginning of your parenting journey, the sessions include bathing, safe sleep and feeding.

#### **Pre Book**

**Cook & Taste** a hands on cookery session which will enable you to improve your cooking skills and support you to provide healthier affordable food choices for all your family. Call the Wellbeing Service on 01744 371111.

**ESOL (English for Speakers of Other Languages)** a course for those whose first language is not English. This course will help to improve your speaking, listening, reading and writing skills in small, friendly classes. Please ring 01744 677675

**English & Maths Course** Contact Adult and Community Learning for more details – 01744 677314.

**Infant Bonding** A course for babies aged 6 weeks to 6 months - Come along and learn the art of Infant Bonding with other new parents/carers. By using simple massage strokes, you can enhance your role as a parent/carer and provide the right type of stimulation to promote your child development, promote relaxation assist with wind, colic etc. You and your baby will experience many benefits from infant massage which will increase your bond for many years to come. - ring Parr Children's Centre to book your place 01744 671788.

**Sensory Rooms sessions** – A sensory room session which will help your child to improve their visual, auditory and tactile processing, as well as fine and gross motor skills. By providing a sense of calm and comfort, sensory rooms help children learn to self-regulate their behaviours, which ultimately improves focus. Sensory rooms are available at Fourways, Parr and Thatto Heath please ring 01744 671788 to book.