

Moving Forward



Wellbeing support



Volunteering opportunities



Community organisations



Employment



Keep learning

Supporting you to learn, belong and thrive!



Contact us to find out more:



01744 676671, 01744 677328, or 07702 959814



adultlearning@sthelens.gov.uk



www.sthelens.gov.uk/adultlearning



StHelensACL



LIVERPOOL CITY REGION
COMBINED AUTHORITY

METROMAYOR
LIVERPOOL CITY REGION

BE MORE SKILLED





KEEP LEARNING

Improve your skills for life and work

Organisation	Contact Details
St Helens ACL We offer FREE courses to help you improve your English and maths and gain digital skills	www.sthelens.gov.uk/adultlearning Tel: 01744 676671 Email: adultlearning@sthelens.gov.uk
St Helens Libraries IT facilities and internet/Wi-Fi connection available across St Helens	Call into your local library or visit www.sthelens.gov.uk/libraries
BBC Bitesize English and maths resources that many adult learners find useful	www.bbc.co.uk/bitesize
Skillswise Useful literacy and numeracy activities designed specifically for adult learners	www.bbc.co.uk/teach/skillswise
St Helens College Offers a wide range of full and part time courses	www.sthelens.ac.uk Tel: 0800 99 66 99
Future Learn Hundreds of free online courses from specialist organisations	www.futurelearn.com



EMPLOYMENT

Looking for a job? The following organisations may be able to help you take that next step

Organisation	Contact Details
National Careers Service Provide careers information, advice and guidance to help you with your career, learning and training choices	www.nationalcareers.service.gov.uk Tel: 0800 100 900
W2W - Ways to Work Supporting local residents into work	www.sthelens.gov.uk/waystowork Tel: 01744 676131 Email: waystowork@sthelens.gov.uk
Job Centre Plus Provides a wide range of information and help in finding employment	www.gov.uk/contact-jobcentre-plus Tel: 0800 1690 190
STEP for Asylum Seekers Free support for people seeking asylum and newly recognised refugees	www.worldjewishrelief.org/step_asylum Email: info@worldjewishrelief.org
Supported Employment Support and access to training and work experience for people aged 18+ with learning difficulties and/or autism	Tel: 01744 675838 Email: supportedemployment@sthelens.gov.uk
Apex Trust Support for those 16 and over who have been or could be affected by the criminal justice system	www.apextrust.com Tel: 01744 612898 Email: sthelens@apextrust.com



VOLUNTEERING OPPORTUNITIES

Volunteering can help you gain valuable work experience, make new friends, develop new skills and improve confidence and self-esteem

Organisation	Contact Details
St Helens Volunteer Centre Works with charities, community groups and social enterprises to help you find a volunteering role	www.haltonsthelensvca.org.uk Tel: 01744 457100 Email: info@haltonsthelensvca.org.uk
Liverpool City Region Volunteering Hub Volunteering Hub website, the central place for all volunteering needs across the city region	www.volunteeringlcr.org



COMMUNITY ORGANISATIONS

Providing opportunities to build your skills and confidence

Organisation	Contact Details
U3A (University of the 3rd Age). A variety of activities for retired and semi-retired people	www.sthelens.u3asite.uk
Creative Alternatives A wide range of creative and artistic events and participatory activities that are available throughout the year	www.creativealternatives.org.uk Tel: 07745 590698 Email: helen@creativealternatives.org.uk
Andy's Man Club (St Helens) Male-only mental wellbeing group	www.andysmanclub.co.uk Find us on Facebook!
St Helens Community Centres Various community centres throughout the borough offering a variety of courses and groups to all ages	www.communitycentres.org.uk
Age UK Mid Mersey – 50+ Provides a range of services for older people in St Helens, including health, wellbeing, and care services	www.ageuk.org.uk Tel: 0300 003 1992
Chrysalis Centre Counselling and group support for women who are suffering from mental health issues or domestic abuse	www.chrysaliscentre.org Tel: 01744 451309 Email: info@chrysaliscentre.org
Family Hubs Provide a range of services to ensure that children have the best start in life	www.sthelens.gov.uk/familyhubs/ Email: FamilyHubs@sthelens.gov.uk
St Helens Library Service Libraries, support and groups across St Helens	www.sthelens.gov.uk/libraries
Change Grow Live (St Helens) Addiction support for individuals and families	www.changegrowlive.org



MENTAL HEALTH AND WELLBEING SUPPORT

Having a difficult time? Need someone to talk to?

The following support is available:

Organisation	Contact Details
NHS Talking Therapies St Helens Free NHS therapy for people with common mental health difficulties such as anxiety and depression	Tel: 01744 415650 www.mersecare.nhs.uk/talking-therapies
St Helens Wellbeing service Providing help and support for social wellbeing, healthy living advice or information on local services who can help you	www.sthelenswellbeing.org.uk Tel: 01744 371111 Email: Chcp.sthelens@nhs.net
Live Well Directory Wellbeing & Health Services. Advice & Guidance. Events/Activities & Groups	www.thelivewelldirectory.com
St Helens Mind Helping maintain your mental wellbeing, by tackling loneliness and isolation that can lead to stress and anxiety	www.sthelensmind.org.uk Tel: 01744 385187
Kind To Your Mind Provides a range of mental health and wellbeing services and resources including tips, advice, apps and online courses	www.kindtoyourmind.org
OK TO ASK Campaign which encourages everyone in St Helens to talk openly about suicide prevention	www.sthelens.gov.uk/ok2ask
Samaritans Samaritans are there round the clock every single day of the year for anyone struggling to cope	www.samaritans.org Tel: FREE 116 123
QWELL An online counselling and well-being support service which gives an early response to mental health needs in adults – 7 days a week, 365 days a year, counsellors online from 12 noon to 10pm, Monday to Friday and 6pm to 10pm at weekends	www.qwell.io
The Hope Centre and Hope House Support plus a Crisis Café 110 at Hope House Mon–Fri 4pm–midnight; Sat–Sun 9am–midnight	Hope Centre 01744 26414 www.hopecentre.org.uk Crisis Café 01744 23002
Mersey Care NHS Foundation Trust Free 24hr mental health crisis line	Tel: 0800 051 1508 www.mersecare.nhs.uk/urgent-help

