

Group Descriptions

Drop in Sessions

At all drop in groups siblings are welcome but please be aware that the activities will be aimed at Children in the age ranges shown.

'ARK' Multiple Birth Group A play group to support parents with twins, triplets or quadruplets

Baby Clinic Health Visitor led Baby Clinic, come along and check your child's development

Baby Group A group aimed at 0-1 to promote bonding and developing new skills. Meeting new mums/dads and learning through play

Baby Cafe The Infant feeding team's drop in groups for all mums offering breast milk to babies. A chance to join other breastfeeding mums, have a nice cuppa and share experiences in a relaxed, friendly atmosphere. A member of the Infant Feeding Team will be present at each session to answer any questions you may have

Baby Explorers for babies aged 0 -12 months of age. Activities for you and your baby including sensory play, song time and more

Employment Advisors Email: tfea.referrals@dwp.gsi.gov.uk

Family Fun Time A stay and play session filled with lots of exciting activities

Fun to be Active An outdoor play group to promote children's play and learning outside in all weathers

Get Busy A fun activity for 0-5 year olds and their parents/carers involving music and movement

Grandtots Group A stay and play group for Grandparents and their grandchildren

Introducing Solid Foods A fun way to learn how to introduce solids to your baby

Little Explorers for children age 12 -24months of age. Activities for you and your child including sensory play, parachute games, song time and more

Little learners A group for 1-4 year olds to stay and play with their parents and learn through play

M.A.T.C.H. Stay and Play group for Dads, male carers and their children

Mill Green Cafe A drop in Café session for the whole family

Mini Melodies A music and movement group for 0-1 year olds with singing, instruments and dancing

Musical Mayhem A music and movement group for 1-3 year olds with singing, instruments and dancing

Ofsted Registered Childminders Group A stay and play group for Childminders

Storymakers A fun packed reading and play session for children 0-5

Twinkle Tots A volunteer led group promoting families play and learning together

Young Parents Group A group aimed at 14-19 year olds who want to meet new people and develop their parenting skills as well as building up their confidence while making new friends

Referral Only

Change, Grow, Live "Think Family" via any professional or self 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.

Chatterboxes A group aimed at children who need support with speech and language (referral from Health Visitor or family support)

Lifestyle Referral Programme of exercise and activity suitable for those with long term conditions or specific goals that may require support. To gain access a referral is required via G.P, Practise Nurse, Physio or any other registered clinician that a you may be following treatment from

Me Time For mothers, with children under two, who are experiencing mild to moderate depression or anxiety. This programme is for you... there are no pressures, relaxing atmosphere, new friends

New Beginnings A course for parents to be who require additional support to learn skills to care for their new baby including: Feeding, Bathing, Early Communication

Ready for School 7 weekly sessions to ensure you're ready for school (referral from Nursery, Pre School and Health Visitors)

Speech Therapy Referral Only (referral from Health Professionals, Early Years Professionals, Social Care or Self Referral)

Triple P Parenting courses for parents/carers of children aged 0-12 years and teen's. The stepping stones course is for parents/carers of children with a disability, development delay and conduct disorder.

Pre Book

Baby Massage To encourage relaxation for babies and to assist with wind, colic etc-ring Parr Children's Centre to book your place 01744 671788

Cook & Taste For anyone looking to improve their cooking skills, make healthier food choices. Call St.Helens Healthy Living Team on 0300 300 0103

English & Maths Course Contact Adult and Community Learning for more details - 01744 677314

Health Trainer Clinics Offer 1-1 support to help people make lifestyle changes to become healthier. Contact 0300 300 0103 to make an appointment

Sensory Rooms Available at Fourways and Thatto Heath - please ring 01744 671788 to book and Central Link - please ring 01744 673444 to book



Children's Centre Activity Timetable

April to July 2018
(Term Time Only)

For more information

Email: childrenscentres@sthelens.gov.uk

Visit: www.sthelens.gov.uk/childrenscentres

Facebook: @STHCCentres

Central Link Hub: 01744 673444 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-5.30pm

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 Twitter
@STHCCentres



St. Helens
Council



Central Link Hub



Central Link Peter Street WA10 2EB		Monday	Tuesday	Wednesday	Thursday	Friday
		AM		Baby Group (0-1s) 9.30am-10.30am New Beginnings 10.00am-11.00am	Triple P 9.30am-12.00pm	Baby Cafe 11.30am-12.30pm
PM	Young Parents Group 1.00pm-2.30pm Cook & Taste 1.30pm-3.00pm	Change, Grow, Live Sessions 12.00pm-3.00pm Triple P 5.00pm-7.30pm	Speech Therapy 1.00pm-5.00pm Little Learners 1.30pm-3.00pm Baby Massage 1.30pm-2.30pm	Introducing Solid Foods 1.00pm-2.00pm (4th Thursday of each month)	Baby Massage 1.30pm-2.30pm Fun to be Active 1.30pm-2.30pm	

Moss Bank Kentmere Avenue WA11 7PQ		Monday	Tuesday	Wednesday	Thursday	Friday
		AM		Twinkle Tots (0-5's) 9.30am-11.30am	Ofsted Registered Childminders Group 9.00am-12.00pm Baby Cafe 11.00am-12.00pm	
PM			Little Learners 1.30pm-2.45pm	Baby Clinic 12.30pm-2.30pm Baby Group (0-1's) 1.00pm-2.00pm		

Thatto Heath Brisbane Street WA9 5QT		Monday	Tuesday	Wednesday	Thursday	Friday
		AM	Little Learners 9.30am-11.00am		Ofsted Registered Childminders Group 9.00am-12.00pm	Health Trainer Clinic 9.00am-5.00pm Grandtots Group 9.30am-11.30am
PM	Introducing Solid Foods 1.00pm-2.00pm (3rd Monday of each month)		Baby Group (0-1's) 1.30pm-2.30pm	Baby Clinic 1.30pm-3.00pm Change, Grow, Live Sessions 1.00pm-3.00pm	Speech Therapy 12.30pm-5.00pm	

Fourways Burnage Avenue WA9 4QB		Monday	Tuesday	Wednesday	Thursday	Friday
		AM		Health Trainer Clinic 9.00am-12.30pm Introducing Solid Foods 10.30am-11.30am (2nd Tuesday of each month)		
PM		Baby Group (0-1's) 1.00pm-2.00pm	Change, Grow, Live Sessions 12.00pm-3.00pm Lifestyle Referrals 1.00pm-5.00pm			



Parr Hub



Parr Ashtons Green Drive WA9 2AP		Monday	Tuesday	Wednesday	Thursday	Friday
		AM	Get Busy 10.00am-11.30am	Little Learners 10.00am-11.30am Young Parents Group 10.30am-12.00pm	Baby Clinic 9.30am-11.30am Baby Group (0-1's) 9.30am-10.30am	Health Trainer Clinic 9.00am-5.00pm Triple P 9.30am-12.00pm Baby Massage 9.30am-10.30am
PM	Change, Grow, Live Sessions 12.00pm-3.00pm	Me Time 1.00pm-2.30pm (invite only)	Introducing Solid Foods 1.00pm-2.00pm (4th Wednesday of each month)			

Sutton Ellamsbridge Road WA9 9PY		Monday	Tuesday	Wednesday	Thursday	Friday
		AM		Baby Clinic 9.30am-11.30am Baby Group 10.00am-11.00am Mill Green Café 10.00am-2.00pm Baby Cafe 11.00am-12.00pm	Cook & Taste 10.30am-12.00pm	Health Trainer Clinic 9.00am-12.30pm Little Learners 9.30am-11.00am Mill Green Café 10.00am-2.00pm
PM	Change, Grow, Live Sessions 12.00pm-3.00pm		Mill Green Café 1.30pm-2.45pm	ARK Multiple Birth Group 1.00pm-3.00pm	Introducing Solid Foods 1.00pm-2.00pm (1st Friday of each month)	

Haydock Leigh Road WA11 0ER		Monday	Tuesday	Wednesday	Thursday	Friday
		AM		Chatterboxes 9.30pm-11.15pm	Health Trainer Clinic 9.00am-12.00pm	Little Learners 10.00am-11.30am
PM						

Newton Patterson Street WA12 9PZ		Monday	Tuesday	Wednesday	Thursday	Friday
		AM	Speech Therapy 9.00am-5.00pm Little Learners 10.00am-11.30am	Musical Mayhem 10.00am-11.00am Mini Melodies 11.15am-12.15pm	Family Fun Time 9.30am-11.00am	Baby Clinic 9.30am-11.00am Introducing Solid Foods 11.00am-12.00pm (1st Thursday of each month)
PM	Change, Grow, Live Sessions 12.00pm-3.00pm				Family Fun Time 2.00pm-3.00pm	

Tesco Community Room, Prescot		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM				Baby Explorers 09.30am-10.30am 11.00am-12.00pm	
PM				Little Explorers (1-2yrs) 1.30pm-2.30pm			