

Family Hub and Children's Centre Offer

January 2024



Email: childrenscentres@sthelens.gov.uk

Central Link Family Hub 01744 673445

Parr Children's Centre 01744 671788



 **SCAN ME!**

Follow us on social media!

 [sth_family_hubs](https://www.instagram.com/sth_family_hubs)

 [STHFamilyHubs](https://twitter.com/STHFamilyHubs)

 [@STHCCentres](https://www.facebook.com/STHCCentres)

St Helens Family Hub and Children's Centres contact details

Central Link Family Hub Peter Street WA10 2EB	Telephone: 01744 673445
Sutton Family Hub Ellamsbridge Road WA9 3PY	Telephone: 01744 671788
Newton Family Hub Patterson Street WA12 9PZ	Telephone: 01744 671788
Parr Children's Centre Ashtons Green Drive WA9 2AP	Telephone: 01744 671788
Thatto Heath Children's Centre Brisbane Street WA9 5QT	Telephone: 01744 673445
Fourways Children's Centre Burnage Avenue WA9 4QB	Telephone: 01744 673445
Moss Bank Children's Centre Kentmere Avenue WA11 7PQ	Telephone: 01744 673445



Family Hub






Central Link Family Hub

Peter Street WA10 2EB

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>Chatterbox (Invite only) Central Link Family Hub 9.30am – 10.30am</p> <p>Read & Rhyme Time Eccleston Library 10.30am & 11.30am</p>	<p>Triple P Transitions (Invite only) Central Link Family Hub 9.30am – 11.30am</p> <p>Pregnancy and Beyond (Invite Only) Central Link Family Hub</p> <p>Mini Chef's Central Link Family Hub 10.30am – 11.30am</p>	<p>Deafness Resource Centre ICAN Sign Central Link Family Hub 9.30am – 10.15am From 21st February to 27th March 2024</p> <p>Sensory Book Cave (Please book) 10.00am, 11.00am, 12.00pm and 1.00pm</p>	<p>Stepping Stones (Invite only) Central Link Family Hub 9.30am – 11.30am</p> <p>Baby Rhyme Time St Helens Library 10.30am & 11.30am</p>	<p>Sensory Book Cave Central Link Family Hub (Please book) 10.00am, 11.00am, 12.00pm and 1.00pm</p>
PM	<p>Sensory Baby Group (0-12 mths) Central Link Family Hub 1.15pm – 2.15pm</p> <p>Thriving Families (Invite Only) Central Link Family Hub 1.00pm – 3.00pm</p>	<p>Triple P – Transitions (Invite only) Central Link Family Hub 12.30pm – 2.30pm</p> <p>HENRY Programme Central Link Family Hub 1.30pm – 3.30pm</p> <p>Triple P – Teen (Invite only) Central Link Family Hub 5.30pm – 7.30pm</p>	<p>Chatterbox (Invite only) Central Link Family Hub 2.00pm – 2.45pm</p> <p>M.A.T.CH Group Central Link Family Hub 5.00pm – 6.30pm</p> <p>Triple P Teen (Invite only) Central Link Family Hub 5.30pm – 8.00pm</p>	<p>Mini Melodies Central Link Family Hub 2.00pm – 3.00pm</p>	<p>Let's Get Ready for Nursery (6-36mths) Central Link Family Hub 1.15pm – 2.15pm</p> <p>YMCA Listening Service (Invite only) Central Link Family Hub 2.00pm – 6.00pm</p>



Moss Bank
Kentmere Avenue WA 11 7PQ






	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>Let's Get Ready for Nursery (6-36mths) Moss Bank Children's Centre 9.30am – 11.00am</p>	<p>Portage Group (Invite Only) ** Moss Bank Children's Centre 10.00am – 11.00am</p>	<p>Butterflies Group (Invite Only) ** Moss Bank Children's Centre 9.00am – 10.30am</p> <p>Healthy Child Clinic Moss Bank Children's Centre 9.30am – 11.30am</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>
					
PM	<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>Sensory Baby Group (0-12 mths) Moss Bank Children's Centre 1.30pm – 2.30pm</p> <p>HENRY Programme Moss Bank Children's Centre 1.00pm – 3.00pm</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 Group Moss Bank Children's Centre 1.30pm – 2.30pm</p>	
					

Little Wizz Kids



Little Wizz Kids is a fun and interactive activity-based group based on the Parents as First Teacher's model which support you and your children.

Little Wizz Kids will enable you and your children to become: -

-  Healthier.
-  School Ready.
-  Increases learning and development opportunities.
-  Increases parental confidence.
-  Supports the home learning environment... and everyday learning opportunities to for children to grow, learn and develop to realise their full potential.

BSL Interpreters are available on request
To get in touch with us please contact:
email: childrenscentres@sthelens.gov.uk
telephone: 01744 673420
text: 07761045427



Family Hub

ST HELENS
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WALK & TALK



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

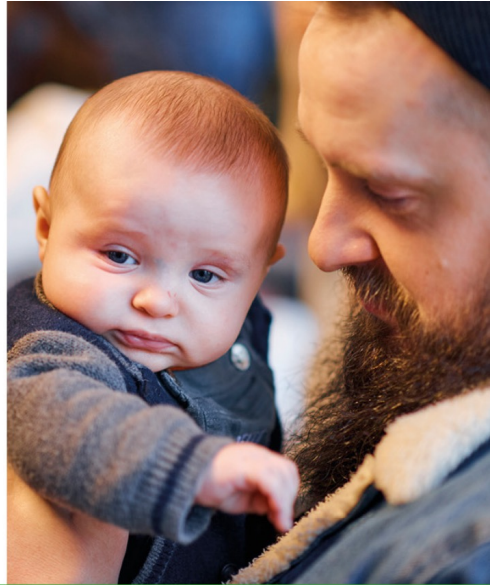
Meeting every Monday at
Newton-le-Willows Family Hub, Patterson Street,
Newton-le-Willows WA12 2PZ
&
Every Tuesday at Sutton Family Hub, Ellamsbridge Road, St
Helens, WA9 3PY

Come along and meet the Home-Start St Helens Team

Join us
11:15am -
12:15pm



For more information call 01744 737400



▶ Caring for a new baby and feel low, worried, alone?

Talk and support from men, for men



scan for info











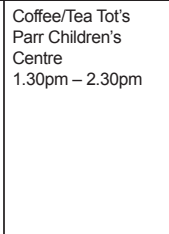
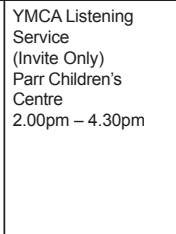





'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence – as a parent and in myself.'

nct 1ST 1,000 DAYS
NEW PARENT SUPPORT




For more information text/call Holly on: 07562 207644
or email: parentsinmind.nw@nct.org.uk

Thatto Heath Brisbane Street WA9 5QT	Monday	Tuesday	Wednesday	Thursday	Friday
	AM Sensory Baby Group (0-12 mths) Thatto Heath Children's Centre 9.30am – 10.30am	Let's Get Ready for Nursery (6-36mths) Thatto Heath Children's Centre 9.30am – 11.00am Baby Rhyme Time (Term Time only) Thatto Heath Library 11.30am	Transitions Thatto Heath Children's Centre (Invite Only) 9.30am – 12.00pm HENRY Programme Thatto Heath Children's Centre 10.00am – 12.00pm	Grandtot's Group Thatto Heath Children's Centre 9.30am – 11.30am	Read and Rhyme Thatto Heath Library 11.00am
PM		Baby Group (0-12 mths) Thatto Heath Children's Centre 1.30pm – 2.30pm		Chatterbox (Invite Only) Thatto Heath Children's Centre 1.30pm – 2.30pm 	
Fourways Burnage Avenue WA9 4QB	Monday	Tuesday	Wednesday	Thursday	Friday
	AM Little Wizz Kids (0-36mths) Fourways Children's Centre 10.00am – 11.00am Read and Rhyme Chester Lane Library 11.00am	Baby Rhyme Time (Term Time only) Chester Lane Library 10.30am & 11.30am	Crafty Kids (18 – 36 mths) Fourways Children's Centre 10.00am – 11.00am	Chatterbox (Invite Only) Fourways Children's Centre 9.30am – 10.15am Healthy Child Clinic Fourways Children's Centre 9.30am – 11.30am	Development Checks (Invite Only) Fourways Children's Centre 9.30am – 12.00pm Read and Rhyme Chester Lane Library 11.00am
PM	Baby Group (0-12 mths) Fourways Children's Centre 2.00pm – 3.00pm 			Let's Get Ready Nursery (0-36mths) Fourways Children's Centre 1.15pm – 2.15pm 	

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>Mini Melodies (0 – 12mths) Parr Children's Centre 10.00am – 11.00am</p> 	<p>Sensory Book Cave (Please book) Parr Children's Centre 12.00pm, 1.00pm, 2.00pm, 3.00pm</p> 	<p>Invest In Play (Invite only) Merton Bank Primary School 9.30am – 11.30am</p> <p>Sensory Baby Group (0 – 12mths) Parr Children's Centre 10.00am – 11.00am</p> <p>Little Wizz Kids (0 – 36mths) Parr Children's Centre 11.00am – 12.00pm</p> 	<p>Baby Group (0 – 12 mths) Parr Children's Centre 10.00am – 11.00am</p> 	<p>Invest in Play (Invite only) Allanson Street Primary School 9.15am</p> <p>Chatterbox (Invite Only) Parr Children's Centre 10.00am – 11.00am</p> 
PM				<p>Coffee/Tea Tot's Parr Children's Centre 1.30pm – 2.30pm</p> 	<p>YMCA Listening Service (Invite Only) Parr Children's Centre 2.00pm – 4.30pm</p> 
					

Sutton Family Hub

Ellamsbridge Road WA9 3PY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<p>CWD and Transitions team 9.00am – 12.00pm</p> <p>Deafness Resource Centre ICAN Sign 9.30am – 10.15am From 8th January to 5th February 2024</p> <p>HENRY Programme Sutton Family Hub 10.00am – 12.00pm</p>	<p>Change Grow Live Pregnancy Clinic 9.00am – 11.00am</p> <p>Healthy Child Clinic 9.30am - 11.30am</p> <p>Mill Green Hangout Café 9.30am – 11.30am (Term time only)</p> <p>Sleep Tight (Booking required) 9.30am – 11.30am TBC Creche available</p> <p>Home-Start Walk & Talk 11.15am – 12.15pm</p> <p>Baby Group (0-12 months) 10.00am – 11.00am</p> <p>Food Pantry 10.30am – 12.00pm</p>	<p>Speech & Language Therapy 9.00am – 5.00pm</p> <p>Hangout Cafe 9.30am – 11.30am</p> <p>Coffee/Tea Tot's (0 – 36mths) (term time only) 9.30am – 11.30am</p> <p>Change Grow Live drop-in (0 – 18 years) 10.00am – 1.00pm</p> <p>Pop-up Library, (0 to 48mths) (1st Wednesday of every month) 10.00am – 11.15am</p>	<p>Development Checks for children (0-5 years) 9.00am – 12.30pm</p> <p>Let's Get Ready for Nursery (6-36 months) 9.30am – 11.00am</p> <p>Mill Green Hangout Café 9.30am – 11.30am (Term time only)</p> 		<p>Parent's In Mind (1st Saturday of the month) 9.00am – 12.00pm</p> <p>Saturday Club (VIBE) (Invite only) (8-18yrs) 9.00am – 5.00pm</p> <p>M.A.T.CH group (0-11yrs) 10.00am – 12.00pm (Commencing 13th January 2024)</p> <p>Change Grow Live Drop-in clinic (0-18 years) 10.00am – 1.00pm</p>
PM	<p>IASS Parent Coffee Afternoon 1.00pm – 3.00pm</p> <p>Little Wizz Kids (0 – 36mths) 1.30pm – 2.30pm</p> <p>Tots Talking & Storytime (18mths) 1.30pm – 3.00pm</p> <p>Parent and Carer Panel (every fortnight) 12.00pm - 1.00pm (free refreshments provided)</p>	<p>Nurse Cadets 6.30pm – 8.30pm</p> 	<p>Money Matters (start date to be confirmed) 1.00pm – 3.00pm</p> <p>Change Grow Live Young Persons drop-in (13+ years) 3.00pm – 5.00pm</p>	<p>Sutton Family Hub 1.30pm – 2.30pm Chatterbox (Invite only)</p> <p>YMCA Listening Service (Invite only) 2.00pm – 6.00pm</p> <p>Parents In Mind Course 6.00pm – 7.30pm</p>	<p>Sensory Baby Group (0-12 months) 2.15pm – 3.15pm</p> <p>Recovery Café (Change Grow Live) 3.00pm – 5.00pm</p> <p>Mini Chef's (Invite only) (30-60 months) 3.30pm – 4.30pm</p>	

Let's get ready for



Let's Get Ready for Nursery is an interactive session for children aged (6-36 months).

Let's Get Ready 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 coat's.

BSL Interpreters are available on request

To get in touch with us please contact:

email: childrenscentres@sthelens.gov.uk

telephone: 01744 673420

text: 07761045427



Family Hub

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Domestic Abuse programmes in St Helens



In St Helens we offer evidenced based programmes, supporting women and children who are going through or have survived domestic abuse.



The Gateway Programme is supporting women who are going through or have survived DA.

Ethos:

built on the principle of respect and empowerment while raising awareness of the impact and dynamics of controlling relationships.

Aim:

Raise awareness within a risk managed programme, encouraging safer and informed choices for the future.

Consisting of:

Seven two-hour sessions delivered by trained facilitators.

Domestic Abuse, Recovering Together (DART)



During the programme trained facilitators will help women and children to....

- Understand what domestic abuse is
- Learn how to talk about domestic abuse
- Express their feelings in acceptable ways
- Know they are not to blame
- Identify protection strategies
- Build their confidence and self-esteem

For further information regarding any of the above programmes or for a referral form please contact Early Help Parenting Team on 01744 673 420/673445

New evidenced based Programmes for parents/carers coming in 2024

Triple P Baby Duration: 8-week programme

Triple P Baby is for expecting or new parents who want to build a close relationship with their baby and help them develop from the very start. You may want to learn more about understanding your baby's cues, and how to handle common challenges like crying, sleep and communicating with your partner. Or maybe you are looking for ways to adjust to life with baby and promote their learning and development. Using the right knowledge and tools, you'd like to set your little one up for the best start in life. If you'd like to feel more confident on your parenting journey, Triple P Baby can help.

Triple P Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Whether you're pregnant or your baby is already here, Triple P for Baby can help you get off to a positive start and create the best environment for your baby's development and wellbeing.

Triple P Fear-less

Duration: 6-week programme

Your child has anxiety that is affecting their everyday life. It may stop them, or your whole family, from doing certain activities. Your child may be worried a lot of the time. You may swing between reassuring them and telling them to face their fears. Neither of these seems to work, and their anxiety seems to increase. You may feel like you've tried everything, and possibly may be anxious yourself. If parenting a child with anxiety is affecting your life and you'd like to help your child worry less and be more confident, Fear-Less Triple P can help.

Fear-Less Triple P is for parents of children aged 6 – 14 years. The programme consists of 6 classroom-based sessions to support you to set a good example of coping with anxiety, coach children to become more emotionally resilient, and develop your own toolbox of strategies enabling you to choose how to best support your child as they learn to manage their anxiety more effectively. Fear-Less Triple P encourages you to use practical strategies with all family members, not just the child who seems especially anxious. In this way, the

For more information or to make a referral please contact us:

Phone - 01744 676543/01744 673420

Text – 07761045427

Email - parentingteam@sthelens.gov.uk

**To find out more about our programmes for parents/carers please visit our Family Hub website:
<https://sthelensfamilyhub.sthelens.gov.uk>**

Parenting Programmes

We offer evidenced based parenting programmes for parents/carers in the local area who would like helpful tips, guidance, and advice to overcome challenging behaviours, tantrums and anxiety whilst increasing the child self confidence and self-esteem. Our groups are delivered during term times in January, April and September.

Triple P Stepping Stones

Duration: 9-week programme

Stepping Stones parenting programme is for parents and carers whose children have a disability and are aged 2 – 11 years (based on the developmental age of the child). Stepping Stones programme is great if you are having significant problems with your child's behaviour, or you would like to learn parenting skills to help promote your child's development and potential.

Triple P Stepping Stones is a 9-week programme delivered during term times and consists of 7 classroom-based sessions and 2 telephone calls from the facilitator to support you in practicing the strategies at home arranged for a time that is suitable for you. During the programme You will watch video clips of the parenting strategies which will show you how the ideas work in real life. You will also receive a workbook which will provide you with the tools and information you need to start using the strategies straight away at home, during which you will be given tips and suggestions to suit the needs of your family. Your Triple P facilitator will guide you every step of the way and even provide backup phone support as you put your new skills into practice.

Triple P Teen

Duration: 9-week programme

Your teen's behaviour has become too much for you to handle. At home, there's probably a lot of shouting and very little agreement. Maybe you have given up trying to talk anymore and you are worried where this will all end?

If this sounds familiar, then Triple P Teen can help you and your teenager get back on track. From the start, you will be given tips and suggestions to suit the needs of your family.

Triple P Teen consists of 7 classroom-based sessions and 2 telephone calls from the facilitator to support you in practicing the strategies at home arranged for a time that is suitable for you. You will see video clips from Every Parent's Guide to Teenagers which will show you how the ideas work in real life. You will receive a workbook which will give you the tools and information you need to start using the strategies straight away at home. Your Triple P Teen provider will guide you every step of the way and even provide backup support as you put your

Invest in Play

Duration: 12-week programme

The Invest in Play: Six Bricks for children is centred around six research – proven steps that will help build a strong foundation for parents/carers of children aged 2 -11years.

During the programmes you will learn how to use play and positive attention to create a solid parent/carer and child relationship and confidence. Invest in Play is a 12-week programme that consists of 12 2-hour sessions delivered weekly at a local centre or school, during term times. The Invest in Play helps parents/carers learn positive ways of coaching and supporting their children's emotional, learning, and social skills using positive strategies introduced during the sessions. During the sessions you will see video clips which will show you how the ideas work in real life. The aim of the programme is to prevent and treat child behavioural problems and promote children's emotional and academic competence. Parents and carers will receive an Invest in Play workbook with the information and strategies you need to start using the techniques at home.

		Monday	Tuesday	Wednesday	Thursday	Friday
Haydock Leigh Road WA11 0ER	AM	Baby Group Newton Family Hub 9.30am – 10.30am Read and Rhyme Garswood Library 10.30am Read and Rhyme Haydock Library 10.30am	Story Makers Haydock Library 10.00am – 11.00am			Sensory Baby Group (0-12 mths) Haydock Library 10.00am – 11.00am
	PM		Baby Rhyme Time (Term Time only) Haydock Library 2.30pm		Read and Rhyme Haydock Library 2.15pm	
Newton Family Hub Patterson Street WA12 9PZ	AM	Baby Group (0 – 12mths) Newton Family Hub 9.30am – 10.30am Healthy Child Clinic Newton Family Hub 10.00am - 12.00pm Read and Rhyme Newton Library 10.30am Walk and Talk Group Newton Family Hub 11.15am – 12.15pm	Invest in Play (Invite Only) 10.00am – 12.00pm Baby Rhyme Time Newton Library (Term Time only) 10.30am & 11.30am	Let's Get Ready for Nursery Group Newton Family Hub 10.00am – 11.30am Triple P - Fearless (Invite only) 10.00am – 12.00pm Newton Family Hub	Teaching Assistant Course Newton Family Hub 9.30am – 2.30pm	Chatterbox (Invite Only) Newton Family Hub 9.30am – 10.30am Baby Sensory Group Newton Family Hub 10.00am – 11.00am Little Wizz Kids (0-36mths) Newton Family Hub 11.30am – 12.30pm
	PM			Nurture Group (0-36mths) Newton Family Hub 1.00pm – 2.15pm 	Tot's Talking & Storytime (18 mths) Newton Family Hub 1.00pm – 2.30pm 	Read and Rhyme Newton Library 2.15pm



Sensory Baby

Sensory Baby is a fun and stimulating group for babies aged 0 – 12 months and their parents.

The sessions will introduce you to what's available in our Family Hubs and Children's Centres and will promote tummy time, music and movement.

Sensory Baby will introduce simple and practical ways in which sensory activities can be replicated within the home.

BSL Interpreters are available on request
To get in touch with us please contact:
email: childrenscentres@sthelens.gov.uk
telephone: 01744 673420
text: 07761045427



Family Hub

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Funded Early Education for 2-year olds



Telephone: 01744 676541

or apply online: 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

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

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A fun and interactive hands-on cookery session for children 30 – 60 months.

Come along and create some tasty, healthy and nutritious meals and snacks.

BSL Interpreters are available on request
To get in touch with us please contact:
email: childrenscentres@sthelens.gov.uk
telephone: 01744 673420
text: 07761045427



Family Hub

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Baby Group (0-12 months) is a fun and interactive session for babies aged 0- 12 months of age.

These sessions are fun and interactive and provide the opportunity for your child to learn through play.

This group will support bonding and attachment and the development of early skills for you and your child.

This session also gives advice and tips on how everyday items can be used to extend your child's knowledge and increase their confidence.

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text: 07761045427



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Pantries operate as a member-led neighbourhood and are just like a shop, in that choose the food 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.

These are the five static food pantries available to residents in St Helens:

HOPE Pantry	St Mark's
Wesley Methodist	T.A.N.G.O Pantry
Corporation Street	Church Park Street
St Helens Council WA10 1LF	Haydock
Opening times Tuesday, 11am – 1pm	St Helens WA11 0BH
Wednesday 8.45am – 11.30am	Opening times, Thursday 8.50am – 11am

St Matthew's Centre Pantry	St Luke's Pantry
St Matthew's Grove	Knowsley Road
Thatto Heath	St Helens WA10 4PU
St Helens WA10 3SE	Opening times, Wednesday 3.30pm – 5.30pm
Opening times, Monday 6.30pm – 8pm	

Sutton Pantry
St Michaels & All Angels Church
Garton's Lane WA9 2RA
Opening times, Sunday 1.30pm – 3.30pm

There are also three mobile community food pantries available to residents in St Helens:

Sutton Family Hub
Ellamsbridge Road
Sutton
St Helens
WA9 3PY

Opening times, Tuesday 10.30am – 12.00pm

Wargrave Big Local Community Hub
143 Alder Street
Newton-le-Willows
WA12 8HR

Opening times, Monday 10.30am – 12.00pm

Park Farm Community Centre
54 Kentmere Avenue
Carr Mill
St Helens
WA11 7PG

Opening times, Thursday 10.30am – 12.00pm

Peasley Cross URC
Beaufort Street
St Helens
WA9 3BQ

Opening times, Friday 8:45am – 10.15am



Courses on offer

English and maths

Digital

Supporting children
and young people

Wellbeing

Volunteering

Most
courses
are
FREE

- ↓ Contact us to find out more:
- ☎ 01744 676671, 01744 677328, or 07702 959814
- @ adultlearning@sthelens.gov.uk
- 🌐 www.sthelens.gov.uk/adultlearning
- f StHelensACL
- ✂ @STHLearning



Family Hub and Children's Centre open days.

Triple P - Baby

Introduction to hairdressing

1 day per week for 8 weeks 10.00am – 2.00pm.

Essential digital skills / Cyber security

1 day per week 7 weeks 9.30 - 2.30pm.

Please follow us on social media for more updates!





Free 8-week programme!
Supporting parents and carers to give their children the best start in life.

The programme covers:
Emotional wellbeing
Healthy weight
Parenting skills
Oral health
Nurturing relationships
Physical activity
Sleep
Activity ideas

From Wednesday 10th January 2024
10.00am - 12.00pm
Thatto Heath Children's Centre

From Monday 15th January 2024
10.00am - 12.00pm
Sutton Family Hub

From Tuesday 6th February 2024
1.30pm - 3.30pm
Central Link Family Hub

From Tuesday 13th February 2024
1.00pm - 3.00pm
Moss Bank Children's Centre

BSL Interpreters are available on request.
To get in touch with us please contact:
Email: childrenscentres@sthelens.gov.uk
Telephone: 01744 673420 Text: 07761045427

Group Descriptions

At St Helens Family Hub 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. Our Offer Booklet is updated seasonally where you can find all information you need to know about what we offer.

For our drop-in sessions, each group will be aimed at a certain age range, but you can bring your other children along. We do however offer sessions for children up to the age of 11 in the school holidays.

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

Parents in Mind Walk & Talk First Saturday of the month: for fathers and none birthing partners. Our dad volunteers run a monthly, 'Don't book – just turn up' walk & talk on the first Saturday of every month 10am at Sherdley Park. Dads are welcome to join with children to find out more about what support we offer or to signpost to other local services. For parents with a child under 2 years. Connect & chat about the challenges around 'being dad' Hear more about the peer support spaces our volunteers run. Park Walk 10am - 11am with chance to grab a brew after.

The Library Service Join St Helens Library Service at the 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.

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 old. 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 Baby Group (0-12 months) this group is for children aged 0 – 12 months and their parents. The sessions will introduce you to what is 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.

Coffee/Tea Tot's (0-36 months) is facilitated within our family friendly café where you can relax and enjoy free healthy food and drinks; toys and books are available for little ones. Term time only

Speech and Language Therapy offer appointments at the Suttons CC that are booked in advance for children and YP aged 0-18 years who are referred to our service for initial assessment and follow up and who reside in the locality. There is a potential for drop-in sessions that would be bookable for families who want to discuss their child's Speech/Language and communication needs via the SLT service.

Story Makers (0-36 months) is a fun, stimulating and interactive reading and play session for children from newborn to starting school. Story Makers will support your child's communication, language, and literacy development. The session is led 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 Wizz Kids (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.

Crafty Kids (48-96 months) 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 for Nursery (6-36 months) 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.

M.A.T.CH (0-11Yrs) (Men And Their Children), which encourage men (Dads, Granddads and Carers) and their children (under 12) to communicate and enjoy quality time together to strengthen their bond. Various indoor and outdoor activities are organised.

Mini Chefs (30 – 60 months) a fun and interactive cookery session for parents/carers and children. Come along and create some tasty, healthy, and nutritious meals and snacks.

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.

SEND Inclusion Officers can offer advice to families with children at all stages on their SEND journey. Inclusion Officers may advise parents to contact school SENCOs (teachers responsible for supporting children with additional needs) or they may contact SENCOs on parents' behalf. Inclusion Officers may attend meetings where parents have raised concerns with support provided for children including referrals to specialist agencies. This may be children who have Enhanced SEN support funding or an Education Health and Care Plan or neither. Inclusion Officers can advise parents around requesting an Education, Health and Care Needs Assessment for their child or signpost parents to appropriate support services.

0-19 Emotional wellbeing drop-in fortnightly drop-in session after school, 4-6pm which young people can access without an appointment. Young people aged 11-19 years can access wellbeing support for low level emotional health concerns such as anxiety, low mood, poor sleep and eating difficulties. Support offered can include signposting to specialist services, low level strategies to help young people manage emotional difficulties, promotion of NHS five ways to wellbeing.

Healthy Child Clinic at Sutton Family Hub, Newton Family Hub, Moss Bank and Fourways Children's Centres. For parents and carers of 0-5 year olds. Advice and support around:

- weaning and diet
- weight checks
- sleep and behavioural concerns
- signposting and referrals to other services
- Healthy Start vouchers

To book an appointment call 01744 411277

DWP and FEEs the Supporting Families employment advisor can support adults and young people to build confidence to access training, education, and employment. They can also support with access to DWP benefits and better off calculations. Supporting Families employment advisors can link in and work in collaboration with the job centre work coaches to provide a more intensive support package and help avoid any sanctions to payments.

VIBE Vibe's Saturday Club is a fortnightly session, activity and friendship group for young people. in St Helens for young people aged between 8-18 years and have Special Educational Needs and/or Disabilities (SEND) and live within the St Helens Borough. (Please add)

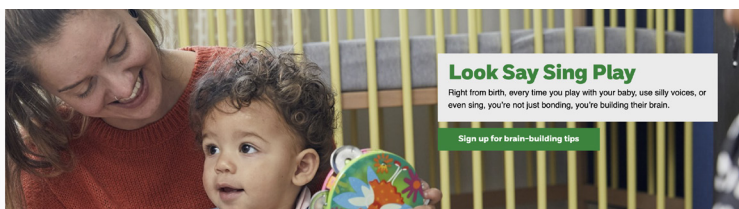
Nurse Cadets is for young people aged 16 to 18, Youth programme providing opportunities to explore roles in healthcare, starting January 2024, register now at NHS Cadets Homepage | St John Ambulance (sja.org.uk), sessions delivered by Vibe Youth workers at Sutton Family Hub, term time only. (Please add)

Mill Green Café – offer a range of inexpensive hot & cold snack and drinks served by our own students. This support's young people to develop life skills.

Delivered by The Deafness Resource Centre "ICAN Sign" is a fun interactive session where children & their parents/ carers can learn basic British Sign Language. Suitable for children preschool age.

Online Support

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



www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/

Referral Only – Family Hub's and Children's Centres deliver several 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 your 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.

Change, Grow, Live pregnancy clinic is open to all expectant mums who have or are currently using substances, this will be a nonjudgmental space where we can support expectant mums throughout their pregnancy offering both emotional and practical support, including assessing the health and wellbeing of both mum and baby.

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

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.

Gateway Programme is a 7-week accredited programme for women victims of domestic abuse. It is delivered by trained facilitators and focuses on the non-abusive partner's experiences whilst in an abusive and controlling 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.

Invest In Play 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.

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

Triple P Parenting courses for parents of children 0-12yrs, Teens and Steppingstones 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.

Tot's Talking - a session for parents to give suggestions on supporting your toddler to start the art of communication including a story time.

Pre Book

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 – amrtin@sthelens.ac.uk.

Sensory Book Cave Sensory Book Cave sessions 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.

Slow Cooker – Cooking on a Budget Learn how to budget for a family using a slow cooker. Claim your free slow cooker at the end!

Reflective Parenting Programme

A weekly online 6 week course to help understand what's going on in your child's mind

- Understand the thoughts & feelings behind your child's behaviour
- Create a connection with your child that is unique to your their needs
- Learn more about your own reactions and feelings
- Gain helpful tools to improve your confidence when parenting
- Learn more about your own needs as a parent & improving self-regulating emotions.

FREE
to access

if you are a parent with a child under 2 years living in St Helens



Anna Freud
National Centre for Children and Families



Are you a parent that ever wonders what's going through your child's mind?

'I don't think I've ever thought about my own upbringing as much as I have during this course, but I now see how it's all connected.'



Do you sometimes question your parenting ability and feel frustrated around their behaviour?

'I've got a better understanding of how myself and my child see the world differently now'

Do you feel stuck in a pattern of negative interactions with your child?

'I definitely feel I have a few more tools from this - It was my time for me in the week to feel confident in the things I am getting right with my child'

'Really useful tools, I like listening to the other parents it made me feel I wasn't the only one having a hard time with my kids behaviour'



▶ Are you pregnant or have a baby and feeling low, anxious, alone?

Talk & support, mum to mum



scan for info



'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence - as a mum and in myself.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'Everyone there has been through similar things - it feels like a family.'



For more information text/call Holly on: 07562 207644
or email: parentsinmind.nw@nct.org.uk



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telephone: 01744 673420
text: 07761045427



Family Hub

ST HELENS
BOROUGH COUNCIL



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



**Sutton
Family Hub**



**Funded by
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