

# Family Hub and Children's Centre Offer

April – July 2024



**SCAN ME!**

Follow us on social media!

 [sth\\_family hubs](#)

 [STHFamilyHubs](#)

 [@STHCCentres](#)

# Our Family Hubs and Children's Centres

Everyone is welcome at St Helens' Family Hub and Children's Centres!  
We provide a range of services to ensure that children have the best start in life.

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



## Address

## Telephone

## Transport Details

**Central Link Family Hub**  
Peter Street  
WA10 2EB

**01744 673445**

Bus routes from St Helens Town Centre: **10, 10A, 89, 33**  
Nearest bus stop: Opposite St Thomas' church.  
Duration from bus stop to centre: 2 minutes

**Sutton Family Hub**  
Ellamsbridge Road  
WA9 3PY

**01744 671788**

Bus routes from St Helens Town Centre: **35**  
Nearest bus stop: Robins Lane.  
Duration from bus stop to centre: 10 minutes

**Newton Family Hub**  
Patterson Street  
WA12 9PZ

**01744 671788**

Bus routes from St Helens Town Centre: **34A, 20**  
Nearest bus stop: Earlestown bus station.  
Duration from bus stop to centre: 7 minutes

**Parr Children's Centre**  
Ashtons Green Drive  
WA9 2AP

**01744 671788**

Bus routes from St Helens Town Centre: **31**  
Nearest bus stop: Ashtons Green Drive.  
Duration from bus stop to centre: 7 minutes

**Thatto Heath Children's Centre**  
Brisbane Street  
WA9 5QT

**01744 673445**

Bus routes from St Helens Town Centre: **33**  
Nearest bus stop: Elephant Lane.  
Duration from bus stop to centre: 4 minutes

**Fourways Children's Centre**  
Burnage Avenue  
WA9 4QB

**01744 673445**

Bus routes from St Helens Town Centre: **32A**  
Nearest bus stop: Burnage Avenue.  
Duration from bus stop to centre: 1 minute

**Moss Bank Children's Centre**  
Kentmere Avenue  
WA11 7PQ

**01744 673445**

Bus routes from St Helens Town Centre: **352**  
Nearest bus stop: Carr Mill Road.  
Duration from bus stop to centre: 3 minutes



# Childcare Choices

## Can you save money on your childcare?

Depending on your individual circumstances, you could be entitled to support, including:

- **TAX-FREE Childcare for working families including the self-employed**
- **15 hours funded childcare for eligible 2-year-olds ([www.sthelens.gov.uk/passportfor2](http://www.sthelens.gov.uk/passportfor2))**
- **15 hours funded childcare for all 3 and 4-year-olds**
- **30 hours funded childcare for 3 and 4-year-olds of working families**
- **Tax Credits for Childcare for working families**
- **Universal Credit for Childcare for working families claiming Universal Credit**
- **Support while you study - Care to Learn**
- **Other funding - Help for Households**

For more information, visit: [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)  
or contact the Funded Early Education Entitlement Team on:  
**01744 676541 / 676542 or 676557**

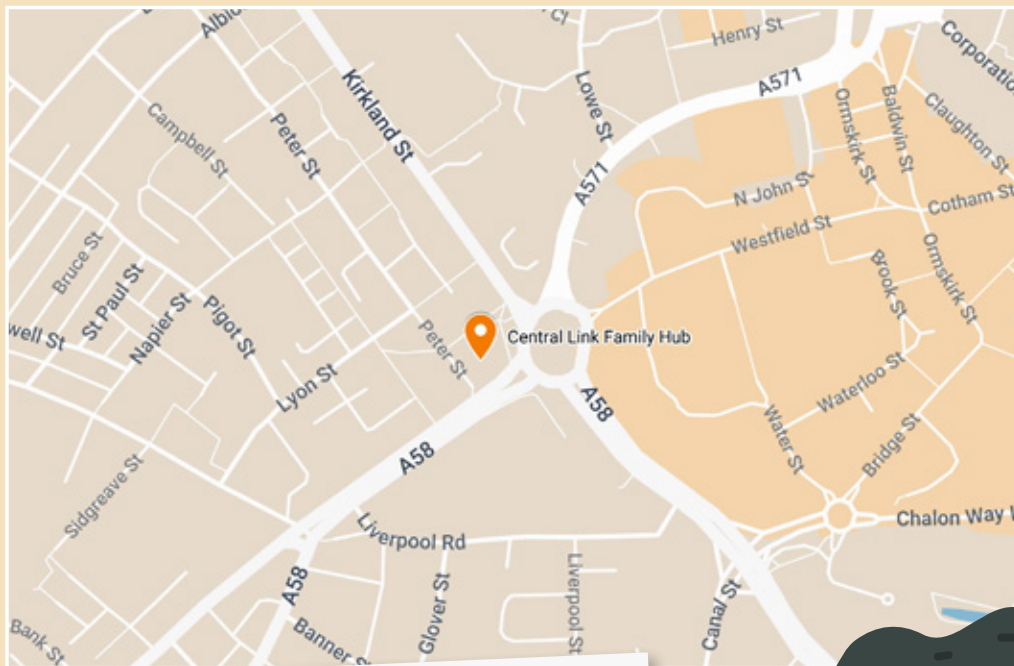
Passport  
for 2s

ST HELENS  
BOROUGH COUNCIL



# Central Link Family Hub

Peter Street, WA10 2EB  
01744 673445



# Central Link Family Hub Offer

## Monday

- 9.30am - 10.30am **Chatterbox (Invite only)**  
1.00pm - 3.00pm **Thriving Families (Invite only)**

## Tuesday

- 9.30am - 11.30am **Triple P Transitions (Invite only)**  
10.30am - 11.30am **Mini Chefs (0-60mths)**  
10.30am - 11.30am **Read & Rhyme @ Eccleston Library**  
1.30pm - 3.30pm **HENRY with Creche (Invite only)**  
5.30pm - 7.00pm **Triple P Fearless (Invite only) @ YMCA**

## Wednesday

- 9.30am - 11.00am **Deafness Resource Centre ICAN Sign (Pre book)**  
9.30am - 11.30am **Triple P Teen (Invite only)**  
10.15am - 11.15am **Read & Rhyme @ St Helens Library**  
1.30pm - 4.30pm **Sensory Book Cave (Pre book)**  
2.00pm - 3.00pm **Chatterbox (Invite only)**  
5.00pm - 6.30pm **M.A.T.CH (Men And Their Children)**  
**Fortnightly W.C 10.04.24**

## Thursday

- 10.15am - 11.15am **Read & Rhyme @ St Helens Library**  
11.00am - 1.00pm **Invest in Play (Invite only) @ Queens Park**  
1.00pm - 3.00pm **Breastfeeding Support Group**  
2.00pm - 3.00pm **Baby Group (0-12mths)**  
5.30pm - 8.00pm **Caring Dads (Invite only) @ Fire Station**

## Friday

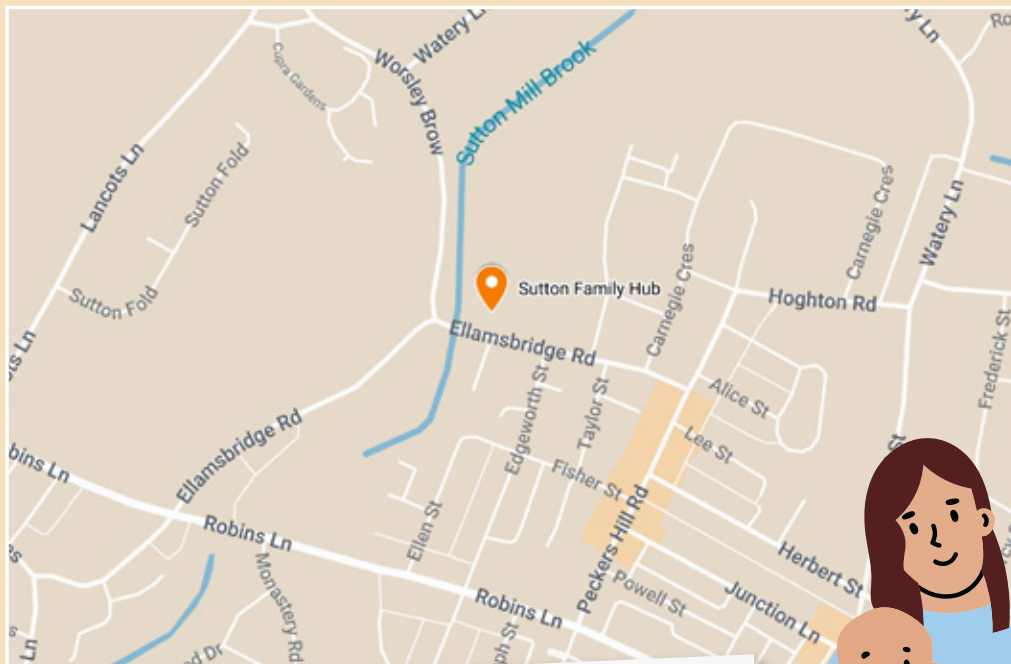
- 9.30am - 11.30am **Pregnancy and Beyond (Invite only)**  
10.30am - 11.30am **Read & Rhyme @ Eccleston Library**  
2.00pm - 6.00pm **YMCA Listening Service (Invite only)**  
3.30pm - 4.30pm **Little Wizz Kids (0-36mths)**





# Sutton Family Hub

Ellamsbridge Road WA9 3PY  
01744 673420



# Sutton Family Hub Offer

## Monday

- 9.00am - 12.00pm **CWD and Transitions Team (Invite only)**
- 9.30am - 11.00am **Deafness Resource Centre ICAN Sign (Pre book)**
- 10.00am - 12.00pm **HENRY Programme (Invite only)**
- 12.00pm - 1.00pm **Parent and Carer Panel (Monthly)**
- 1.00pm - 3.00pm **IASS Parent Coffee Afternoon**
- 1.30pm - 2.30pm **Little Wizz Kids (0-36mths)**
- 1.30pm - 3.00pm **Tots Talking & Storytime (Invite only)**

## Tuesday

- 9.00am - 11.00am **Change Grow Live Pregnancy Clinic (Invite only)**
- 9.30am - 11.30am **Healthy Child Clinic**
- 9.30am - 11.30am **Mill Green Hangout Cafe (Term time only)**
- 10.00am - 11.00am **Baby Group (0-12mths)**
- 10.30am - 12.00pm **St Helens Mobile Food Pantry**
- 11.15am - 12.15pm **Home-Start Walk & Talk (Term time only)**
- 6.00pm - 8.00pm **Nurse Cadets (Pre book)**

## Wednesday

- 9.00am - 5.00pm **Speech and Language Therapy (Invite only)**
- 9.30am - 11.30am **Mill Green Hangout Cafe (Term time only)**
- 9.30am - 11.30am **Coffee/Tea Tots**
- 9.30am - 11.30am **Pop-up Library (0-48mths) 1st Wednesday of every month**
- 10.00am - 12.00pm **Specialist Infant Feeding Clinic (Invite only)**
- 10.00am - 1.00pm **Change Grow Live drop-in (0-18yrs)**
- 3.00pm - 5.00pm **Change Grow Live Young Person drop-in (13yrs+)**
- 3.00pm - 5.30pm **Autism in Schools Project (Invite only) W.C 22.04.24 - 15.07.24**

## Thursday

- 9.00am - 12.30pm **Developmental Checks (Invite only)**
- 10.00am - 11.00am **Let's Get Ready for Nursery (6-36mths)**
- 1.30pm - 2.30pm **Chatterbox (Invite only)**
- 2.00pm - 6.00pm **YMCA Listening Service (Invite only)**
- 6.00pm - 7.30pm **Parents in Mind Course (Pre book)**

## Friday

- 10.00am - 12.00pm **Infant Feeding drop-in clinic**
- 2.00pm - 3.00pm **Sensory Baby Group (0-12mths)**
- 3.00pm - 5.00pm **Change Grow Live drop-in**
- 3.30pm - 4.30pm **CGL Mini Chefs (Invite only)**

## Saturday

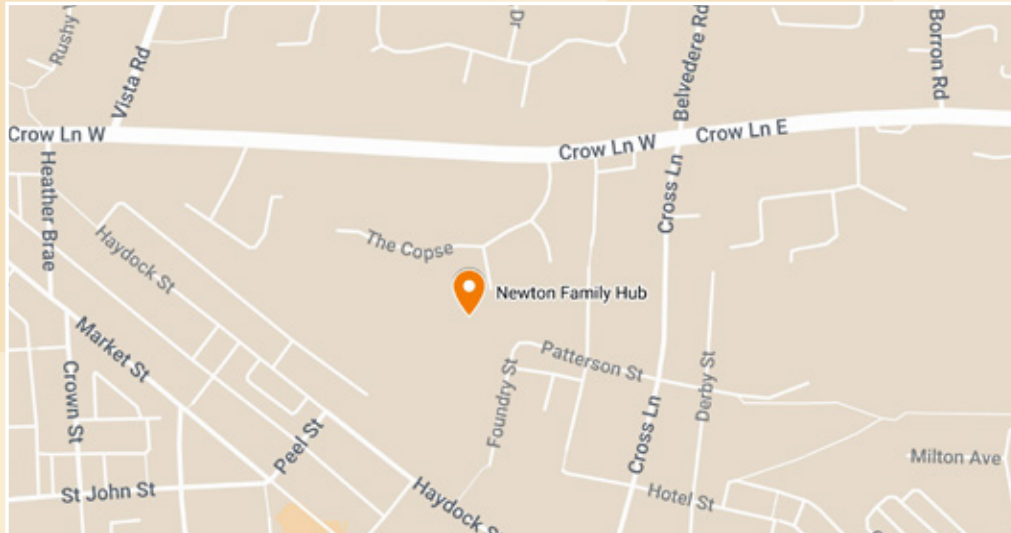
- 9.00am - 1.00pm **VIBE Saturday Club (Invite only) Fortnightly W.C 13.04.24**
- 10.00am - 11.00am **Parents in Mind (1st Saturday of the month) @ Sherdley Park**
- 10.00am - 12.00pm **M.A.T.CH (Men And Their Children) Fortnightly W.C 06.04.24**
- 10.00am - 1.00pm **Change Grow Live drop-in**



# Newton Family Hub

**Patterson Street WA12 9PZ 01744 671788**

Please note that from Monday to Friday, Patterson Street is not accessible by car before 9.30am and between 2.30pm - 3.30pm.



## Monday

- 10.00am - 12.00pm **Healthy Child Clinic**
- 9.30am - 11.30am **Baby Breakfast Club**
- 10.30am - 11.30am **Read & Rhyme Newton Library**
- 11.15am - 12.15pm **Home-Start Walk & Talk (Term time only)**

## Tuesday

- 10.00am - 11.30am **Invest in Play (Invite only)**

## Wednesday

- 10.00am - 11.00am **Let's Get Ready for Nursery (6-36mths)**
- 1.00pm - 2.00pm **Nurture Group (0-36mths)**
- 3.30pm - 4.30pm **Crafty Kids (5-11yrs)**

## Thursday

- 9.30am - 2.30pm **Teaching Assistant Course Level 2 (Pre book) W.C 18.04.24 - 04.07.24**
- 10.00am - 12.00pm **Triple P Baby (Invite only)**
- 1.00pm - 2.00pm **Tots Talking (Invite only)**

## Friday

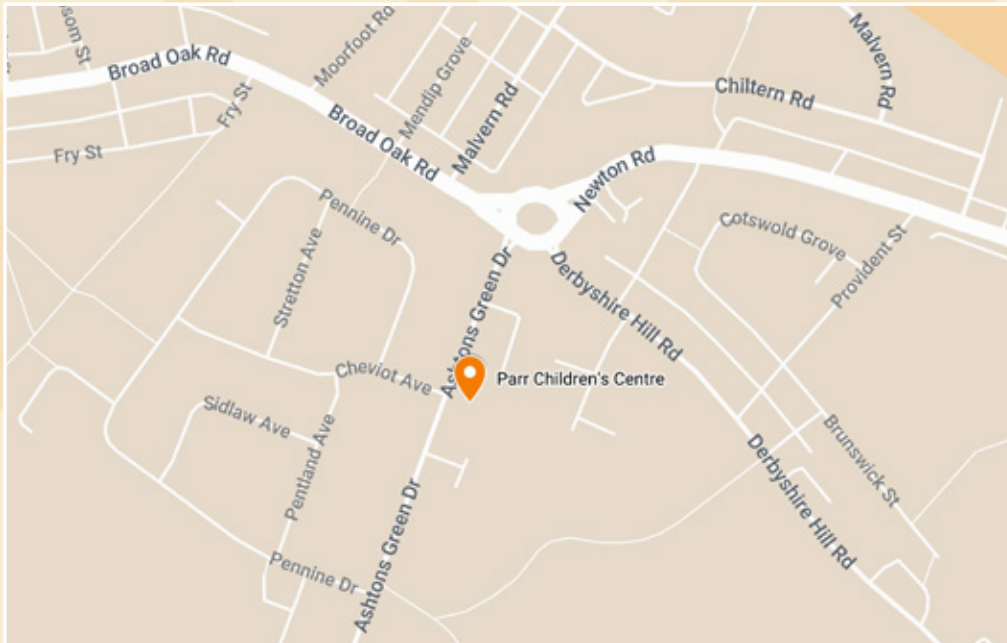
- 9.30am - 10.30am **Chatterbox (Invite only)**
- 11.30am - 12.30pm **Little Wizz Kids (0-36mths)**
- 2.15pm - 3.15pm **Read & Rhyme @ Newton Library**





# Parr Children's Centre

Ashtons Green Drive WA9 2AP 01744 671788



## Monday

3.30pm - 4.30pm **Mini Chefs (0-60mths)**

## Tuesday

10.00am - 12.00pm **Sensory Book Cave (Pre book)**  
9.30am - 11.30am **Breastfeeding Support Group**

## Wednesday

10.00am - 11.00am **Sensory Baby Group (0-12mths)**  
11.30am - 12.30pm **Little Wizz Kids (0-36mths)**

## Thursday

9.30am - 11.30am **Stepping Stones (Invite only) Broad Oak School**  
1.30pm - 2.30pm **Coffee/Tea Tots**

## Friday

9.00am - 11.00am **Invest in Play (Invite only) Allanson Street School**  
10.00am - 11.00am **Chatterbox (Invite only)**  
2.00pm - 5.00pm **YMCA Listening Service (Invite only)**

## Coming soon!

**Mellow Bumps and Dads To Be**  
**Mellow Growing Together**  
**ACE's Programme**

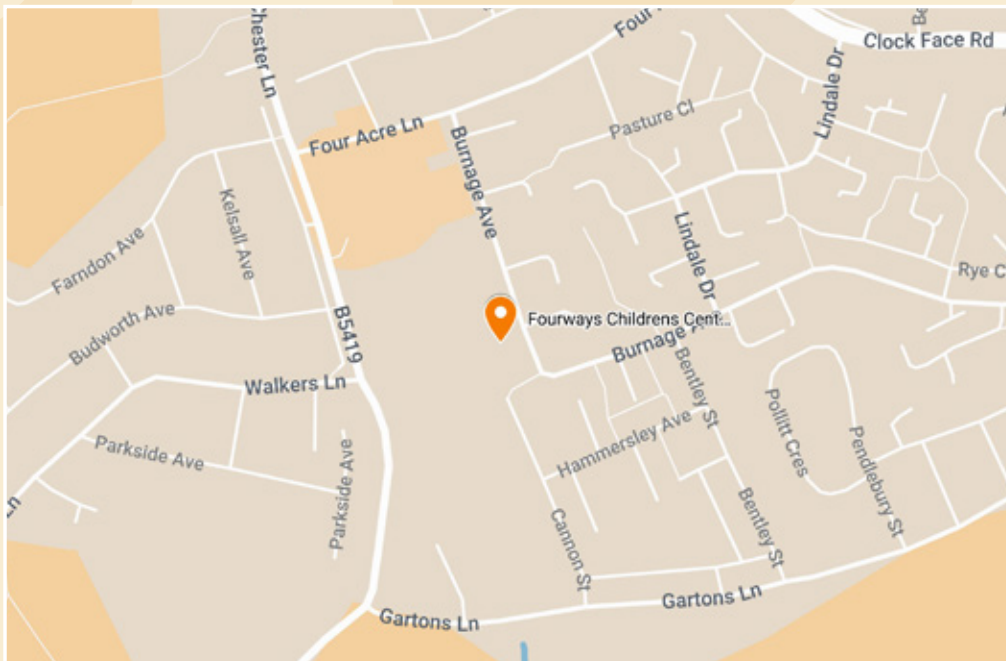
**Read and Ryme on Tour**  
**Adult Reading Support**  
**After School Tech. Sessions**

Look out for more updates on our social media.



# Fourways Children's Centre

Burnage Avenue WA9 4QB 01744 673445



## Monday

9.30am - 10.30am **Little Wizz Kids (0-36mths)**  
11.00am - 12.00pm **Read & Rhyme @ Chester Lane Library**  
2.00pm - 3.00pm **Baby Group (0-12mths)**

## Wednesday

10.00am - 11.00am **Crafty Kids (18-36mths)**

## Thursday

9.30am - 11.30am **Healthy Child Clinic**  
10.00am - 11.00am **Baby Group (0-12mths)**

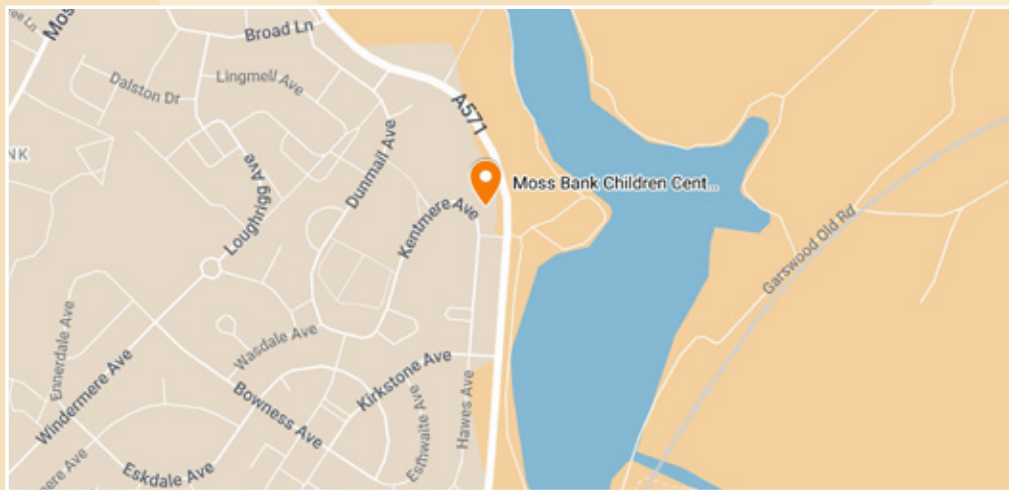
## Friday

9.30am - 11.30am **Development Checks (Invite only)**  
11.00am - 12.00pm **Read & Rhyme @ Chester Lane Library**



# Moss Bank Children's Centre

Kentmere Avenue WA11 7PQ 01744 673445



## Monday

- 9.30am - 11.00am **Let's Get Ready for Nursery (6-36mths)**
- 12.30pm - 2.30pm **Starbuds Group (Invite only) \*\***
- 2.30pm - 4.00pm **Ladybirds Group (Invite only) \*\***

## Tuesday

- 10.00am - 11.00am **Portage Group (Invite only) \*\***
- 11.00am - 12.00pm **Read & Rhyme @ Moss Bank Library**
- 1.00pm - 3.00pm **HENRY Programme (Invite only)**
- 1.30pm - 2.30pm **Sensory Baby Group (0-12mths)**

## Wednesday

- 9.00am - 10.30am **Butterflies Group (Invite only) \*\***
- 9.30am - 11.30am **Healthy Child Clinic (Appointment only)**
- 9.30am - 11.30am **HENRY Programme (Invite only)**
- 10.45am - 12.15pm **Butterflies Group (Invite only) \*\***
- 12.45pm - 2.15pm **Butterflies Group (Invite only) \*\***
- 2.30pm - 4.00pm **Butterflies Group (Invite only) \*\***

## Thursday

- 10.00am - 11.30am **Sunbeams Group (Invite only) \*\***
- 1.30pm - 2.30pm **Baby Group (0-12mths)**

## Friday

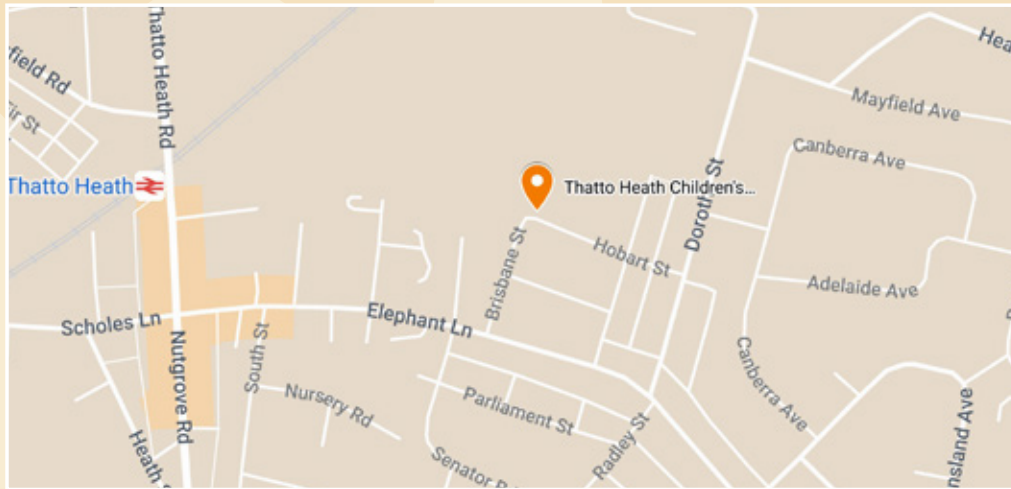
- 10.00am - 11.30am **Ladybirds Group (Invite only) \*\***
- 10.30am - 11.30am **Read & Rhyme @ Moss Bank Library**



\*\* Delivered by The Bridge Centre who provide specialist assessments for children with SEND (Special Educational Needs and/or Disabilities) and groups are referral only.

# Thatto Heath Children's Centre

Brisbane Street WA9 5QT 01744 673445



## Tuesday

1.30pm - 2.30pm **Baby Group (0-12mths)**  
2.15pm - 3.15pm **Read & Rhyme @ Thatto Heath Library**

## Wednesday

10.00am - 12.00pm **HENRY Programme (Invite only)**

## Thursday

9.30am - 11.30am **Grandtot's Group**  
1.30pm - 2.30pm **Chatterbox (Invite only)**

## Friday

10.00am - 11.00am **Sensory Baby Group (0-12mths)**  
11.00am - 12.00pm **Read & Rhyme @ Thatto Heath Library**

## Haydock Library

Church Road, Haydock WA11 OLY 01744 677801

## Monday

10.30am - 11.30am **Read & Rhyme**

## Thursday

2.15pm - 3.15pm **Read & Rhyme**

## Friday

10.00am - 11.00am **Sensory Baby Group (0-12mths)**  
1.30pm - 2.30pm **Story Makers (0-36mths)**



# parent and carer panel



**Are you a mum, dad, partner or carer,  
currently pregnant, have a child under the age  
of 2 or care for older children and young people?**

Join our Parent and Carer Panel to share your views and help us to design services for families in St Helens Borough.

BSL Interpreters are available on request.

To get in touch with us please contact:

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

Telephone: 01744 673420



**Family Hub**

**ST HELENS**  
BOROUGH COUNCIL



# What's on at your local Family Hubs and Children's Centres?

These groups are open to all and there is no need to book.  
Sessions are aimed at the stated age group, but feel free to bring your other children along if needed.

## Monday

### Little Wizz Kids (0-36mths)

Fourways Children's Centre 9.30am - 10.30am

### Let's Get Ready for Nursery (6-36mths)

Moss Bank Children's Centre 9.30am - 11.00am

### Baby Breakfast Club

Newton Family Hub 9.30am - 11.30am

### Little Wizz Kids (0-36mths)

Sutton Family Hub 1.30pm - 2.30pm

### Baby Group (0-12mths)

Fourways Children's Centre 1.00pm - 2.00pm

### Mini Chefs (0-60mths)

Parr Children's Centre 3.30pm - 4.30pm

## Tuesday

### Baby Group (0-12mths)

Sutton Family Hub 10.00am - 11.00am

### Mini Chefs (0-60mths)

Central Link Family Hub 10.30am - 11.30am

### Baby Group (0-12mths)

Thatto Heath Children's Centre 1.30pm - 2.30pm

### Sensory Baby Group (0-12mths)

Moss Bank Children's Centre 1.30pm - 2.30pm

## Wednesday

### Coffee/Tea Tot's

Sutton Family Hub 9.30am - 11.30am

### Crafty Kids (48-96mths)

Fourways Children's Centre 10.00am - 11.00am

Newton Family Hub 3.30pm - 4.30pm

### Sensory Baby Group (0-12mths)

Parr Children's Centre 10.00am - 11.00am

### Let's Get Ready for Nursery (6-36mths)

Newton Family Hub 10.00am - 11.00am

### Little Wizz Kids (0-36mths)

Parr Children's Centre 11.30am - 12.30pm

### Nurture Group (0-36mths)

Newton Family Hub 1.00pm - 2.00pm

### M.A.T.CH Men And Their Children (0-11yrs)

Central Link Family Hub (Fortnightly) 5.00pm - 6.30pm

## Thursday

### Grandtot's Group

Thatto Heath Children's Centre 9.30am - 11.30am

### Let's Get Ready for Nursery (6-36mths)

Sutton Family Hub 10.00am - 11.00am

### Baby Group (0-12mths)

Fourways Children's Centre 10.00am - 11.00am

### Baby Group (0-12mths)

Moss Bank Children's Centre 1.30pm - 2.30pm

### Coffee/Tea Tot's

Parr Children's Centre 1.30pm - 2.30pm

### Baby Group (0-12mths)

Central Link Family Hub 2.00pm - 3.00pm

## Friday

### Sensory Baby Group (0-12mths)

Thatto Heath Children's Centre 10.00am - 11.00am

### Sensory Baby Group (0-12mths)

Haydock Library 10.00am - 11.00am

### Little Wizz Kids (0-36mths)

Newton Family Hub 11.30am - 12.30pm

### Story Makers (0-36mths)

Haydock Library 1.30pm - 2.30pm

### Little Wizz Kids (0-36mths)

Central Link Family Hub 3.30pm - 4.30pm

### Sensory Baby Group (0-12mths)

Sutton Family Hub 2.00pm - 3.00pm

## Saturday

### M.A.T.CH Men And Their Children (0-11yrs)

Sutton Family Hub (Fortnightly)  
10.00am - 12.00pm





Meet the Team



# Baby Showers



A chance to meet the services delivered in St Helens Family Hubs and Children's Centres!

FREE raffle draw to win a baby hamper.

## Upcoming dates:

Wednesday 24th April 2024

Wednesday 19th June 2024

1.00pm - 3.00pm  
Central Link Family Hub

Wednesday 8th May 2024

Wednesday 3rd July 2024  
9.30am - 11.30am  
Sutton Family Hub

## Services available:

Midwifery

Health Visiting

Family Hubs

Parents in Mind

Home-Start

Advice on free  
childcare

And many more..

BSL Interpreters are available on request.

To get in touch with us please contact:

Email:

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

Telephone: 01744 673420

Text: 07761045427



# Groups and Services

At St Helens Family Hubs 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. We also offer sessions for children of all ages in the school holidays.

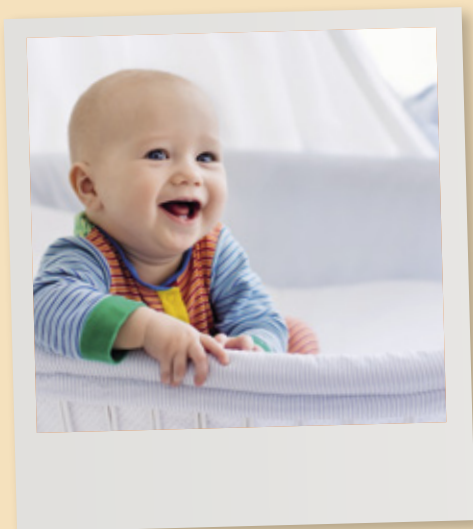
## Universal Offer

### Baby Group (0-12 months)

Supports 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.

### Sensory Baby Group (0-12 months)

Promotes tummy time, music, and movement. The sessions will include simple and practical ways in which activities can be replicated within the home.



### Mini Melodies (0-12 months)

A musical, movement, singing and dancing group. 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. These sessions use a variety of resources that you could also use at home supporting the home learning environment.

### Little Wizz Kids (0-36 months)

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.

### Story Makers (0-36 months)

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.

### Nurture Group (0-36mths)

A stimulating and interactive group which promotes child development, bonding and attachment within an enabling and nurturing environment.



### Mini Chefs (0-60 months)

A fun and interactive cookery session for parents/carers and children. Come along and create some tasty, healthy, and nutritious meals and snacks.

### 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.



### **Crafty Kids (18-36 months)**

Enables 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.

### **M.A.T.CH (0-11Yrs) Men And Their Children**

A stimulating and interactive group which promotes child development, bonding and attachment within an enabling and nurturing environment.

### **St Helens Library Service**

Read & Rhyme - Join us in the library with your child. The library service will introduce them to books, rhymes, music and other fun activities.

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.



### **Parents in Mind Walk & Talk**

First Saturday of the month: for fathers and none birthing partners. Our dad volunteers run a monthly, 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/carers with a child under 2 years. Connect, chat and hear more about the peer support spaces our volunteers run.

### **Coffee/Tea Tots**

Facilitated within our family friendly cafe where you can relax and enjoy free healthy food and drinks; toys and books are available for little ones. Term time only.

### **Mill Green Cafe**

Offer a range of inexpensive hot & cold snack and drinks served by our own students. This supports young people to develop life skills. (Term time only)

### **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.

### **Parent and Carer Panel**

Meets monthly face to face and an evening online. An opportunity to share your views and help to shape services for families in our Family Hubs and Children's Centres. Get in touch to join and have your say.

### **Breastfeeding Support Group**

An informal and relaxed group by St Helens Wellbeing Infant Feeding Team providing breastfeeding support with non-judgemental and evidence-based information for both pregnant and breastfeeding parents/carers.

### **Infant Feeding Drop-in Clinic**

Infant feeding support for all parents/carers delivered by St Helens Wellbeing Infant Feeding Team.

## **Healthy Child Clinic** 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**





# 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



## Pre Book

### 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.

### Speech and Language Therapy

Offer appointments at Sutton Family Hub that are booked in advance for children and young people aged 0-18 years who are referred to our service for initial assessment and follow up and who reside in the locality.

### Parents in Mind 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.

### Deafness Resource Centre ICAN Sign

A fun interactive session where children & their parents/ carers can learn basic British Sign Language. Suitable for children preschool age. To book a place please contact:

Email: [ICAN@deafnessresourcecentre.org](mailto:ICAN@deafnessresourcecentre.org)

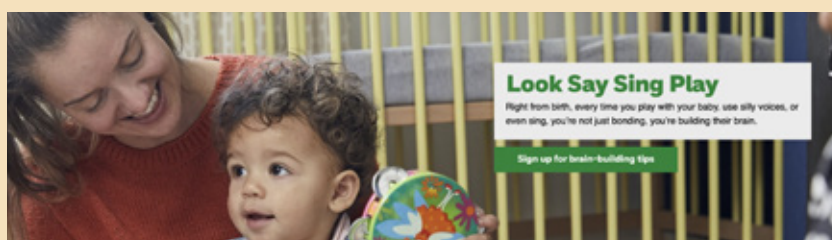
Telephone: 01744 23887



## 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/](http://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/)

### Nurse Cadets

A youth programme for young people aged 16 to 18 providing opportunities to explore roles in healthcare. Sessions are delivered by VIBE youth workers at Sutton Family Hub in term time. Register now at NHS Cadets Homepage | St John Ambulance ([sja.org.uk](http://sja.org.uk))



# Community Food Pantries

## St Helens Mobile Community Food Pantry

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

**There are five community food pantries available to residents in St Helens town centre, Thatto Heath, Haydock, West Park and Sutton.**

**HOPE Pantry Wesley**

Wesley Methodist Church,  
Corporation Street, St Helens WA10 1LF  
Opening times: Tuesday, 11.00am - 13.00pm

**St Mark's T.A.N.G.O. Pantry**

Park Street, Haydock, St Helens WA11 OBH  
Opening times: Thursday, 8.50am - 11.00am

**St Matthew's Centre Pantry**

St Matthews Grove, Thatto Heath, St Helens WA10 3SE  
Opening times: Monday, 6.30pm - 8.00pm  
& Wednesday, 8.45am - 11:30am

**St Luke's Pantry**

Knowsley Road, St Helens WA10 4PU  
Opening times: Wednesday, 3.30pm - 5.30pm

**Sutton Pantry St Michael & All Angels Church**

Gartons Lane, St Helens WA9 2RA  
Opening times: Sunday, 1.30pm - 3.30pm

**There are also four mobile community food pantries available to residents in Sutton, Newton-le-Willows, Moss Bank, and Peasley Cross.**

**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

# Referral Only

**St Helens Family Hubs and Children's Centres deliver several groups/interventions where a child or family want to access a little bit more support.**

**If you need any further advice or support on any of the interventions detailed below, please speak to your local Family Hub and Children's Centre worker/practitioner, health visitor, school or lead professional.**

## **Tot's Talking**

For parents and carers of children aged 18-months onwards who want to discover strategies to encourage their child's speech and language development. Each session will focus on ideas to help your child's language skills and things to replicate at home and in everyday activities. A creche will be available for children during the one-hour parents and carers attend a session each week.



## **DART (Domestic Abuse Recovering Together)**

Through Domestic Abuse, Recovering Together (DART) provides a safe place for children and mothers can talk to each other about domestic abuse, learn to communicate and rebuild their relationship. Over ten weeks, mothers and children aged 7-14 meet for a weekly two-hour group session. Children and mothers work together for an hour at the start of the group then take part in activities in separate groups. Mothers will learn more about how domestic abuse happens and how it effects the children. Children will take part in activities together that help them build their own understanding of domestic abuse.

## **Invest In Play**

An evidenced based 12-week parenting programme for parents and carers of children aged 2-12 years within the St Helens. Invest in Play encourages parents to engage in playful and responsive interactions with their children, building positive relationships and enhancing children's development. Each 2-hour session is delivered in a local Family Hub and Children's Centre or school.

## **Chatterbox**

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).

## **Gateway Programme**

An 8-week accredited programme for 2 hours every week and is designed for women that live in St Helens who have experienced domestic abuse. Women can attend the group if they have left or are still in the relationship - safety planning is completed each week in respect of this. Gateway is delivered by trained facilitators and focuses on the non-abusive partner's experiences whilst in an abusive and controlling relationship.

## **Triple P Parenting Courses**

Our evidence-based parenting programmes provide support, advice and guidance to parents and carers living in St Helens. They are a great way of helping parents and carers understand the behaviour and development stages of your baby, child or teenager. They help strengthen relationships and nurture wellbeing and resilience. They are also a great way to meet other parents and carers who you can share ideas with.

We offer a range of parenting programmes online and in groups for parents to be and parents and carers with children aged 0 – 16. All our programmes are free, are educational and fun.





### **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.

### **Change, Grow, Live Think Family**

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**

Open to all expectant mums who have or are currently using substances, this will be a non-judgmental 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.

### **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.

### **The Bridge Centre**

Provide specialist assessments for children with SEND and groups are referral only.

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.

### **HENRY Programme**

8-week programme which supports families with children from aged 6 months to 5 years to give them the Best Start in Life and develop a healthier lifestyle for the whole family. The programme supports physical and emotional wellbeing, and covers nutrition, physical activity, portion sizes, screen time, looking after yourself, exploring feelings, and managing challenging behaviour.

### **0-19 Emotional wellbeing drop-in**

Fortnightly drop-in session after school, 4-6pm. 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.

### **VIBE Saturday Club**

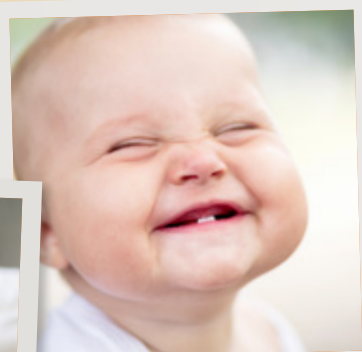
A fortnightly session, activity and friendship group for young people aged between 8-18 years who have Special Educational Needs and/or Disabilities (SEND) and live within the St Helens Borough.

### **Specialist Infant Feeding Clinic**

1:1 support for parents/carers experiencing infant feeding challenges delivered by St Helens Wellbeing Infant Feeding Team.

### **Autism in Schools Project**

Sutton Academy Year 6 Transition Group.







St Helens



# ▶ 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 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.

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.'

**FREE**  
to access

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



To book your place or to find out more contact: **07562 207644**  
or email: **parentsinmind.nw@nct.org.uk**



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'

nct



An online  
course for  
new and  
expectant  
parents

# Me, You and Baby Too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

*Me, You and Baby Too* is a free online course that can help you navigate these changes and keep moving forward together.

## You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address  
[www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents)  
or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.





**If you're pregnant or have children under the age of four, you could get help to buy food and milk.**

Apply online for NHS Healthy Start.



[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart



SCAN ME



# 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](https://sthelensfamilyhub.sthelens.gov.uk)



Funded by  
UK Government



ST HELENS  
BOROUGH COUNCIL