

# Family Hub Offer Autumn 2024



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# 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



# Our Family Hubs and Children's Centres

Everyone is welcome at St Helens Family Hubs!

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

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

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

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

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

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

## Telephone

**01744 673445**

**01744 671788**

**01744 671788**

**01744 671788**

**01744 673445**

## Transport Details

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

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

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

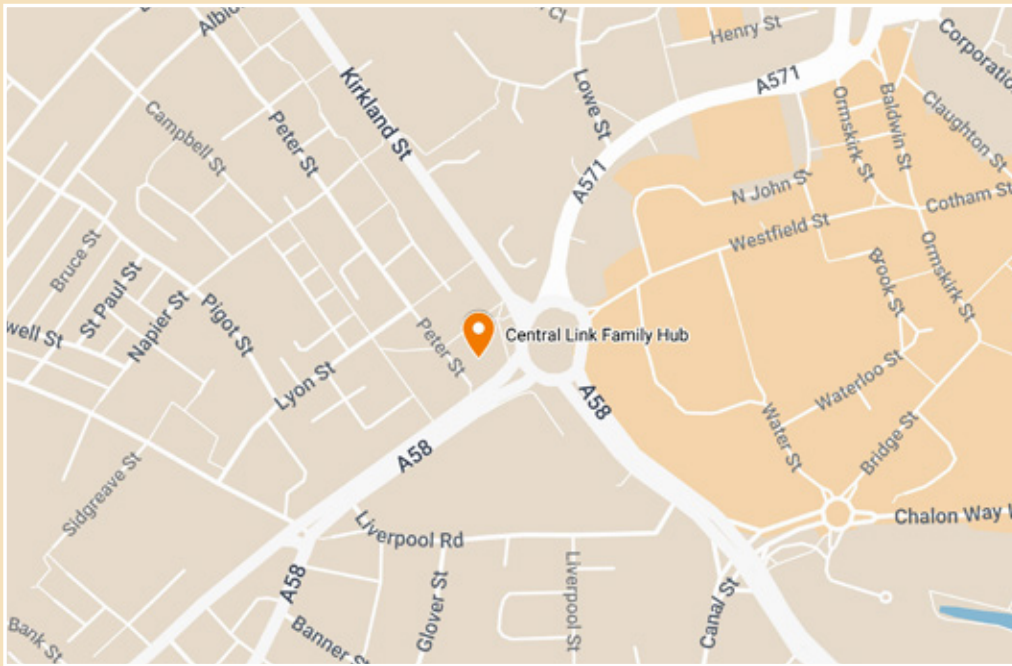
Bus routes from St Helens Town Centre: **31**  
Nearest bus stop: Ashtons Green Drive.  
Duration from bus stop to centre: 7 minutes

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



# Central Link Family Hub

Westfield Street (off Peter Street)  
01744 673445



# Central Link Family Hub Offer

## Monday

- 9.30am - 10.30am Chatterbox (Invite only)
- 9.30am - 12.00pm Development Clinic (Invite only)
- 11.00am Baby Rhyme Time @ Eccleston Library
- 11.30am - 12.15pm Deafness Resource Centre ICAN Sign (Please book)
- 1.00pm – 2.00pm Baby Massage (Please book) W.C 23.09.24
- 1.00pm – 3.00pm Mellow Growing Together (Creche available – please book)
- 4.30pm - 6.30pm Sleep Advice drop-in

## Tuesday

- 10.30am Read & Rhyme @ Eccleston Library
- 11.00am - 12.30pm Mini Chefs: Cook and Play (0-5 years)
- 1.00pm – 3.00pm HENRY Programme (Creche available - please book)
- 3.30pm - 5.30pm CGL Recovery Cafe (Invite only)
- 5.30pm - 8.00pm Triple P Teen (Please book)

## Wednesday

- 10.15am Read & Rhyme @ St Helens Library
- 1.00pm - 3.00pm Baby Showers - Meet the Team (25th September)
- 1.15pm - 2.15pm Chatterbox (Invite only)
- 3.30pm - 4.30pm Triple P Baby (Please book)

## Thursday

- 9.30am - 11.30am Grandtots Group
- 10.00am - 11.30am Breastfeeding Support drop-in
- 10.15am Read & Rhyme @ St Helens Library
- 4.30pm - 6.00pm Pregnancy and Beyond (Please book)

## Friday

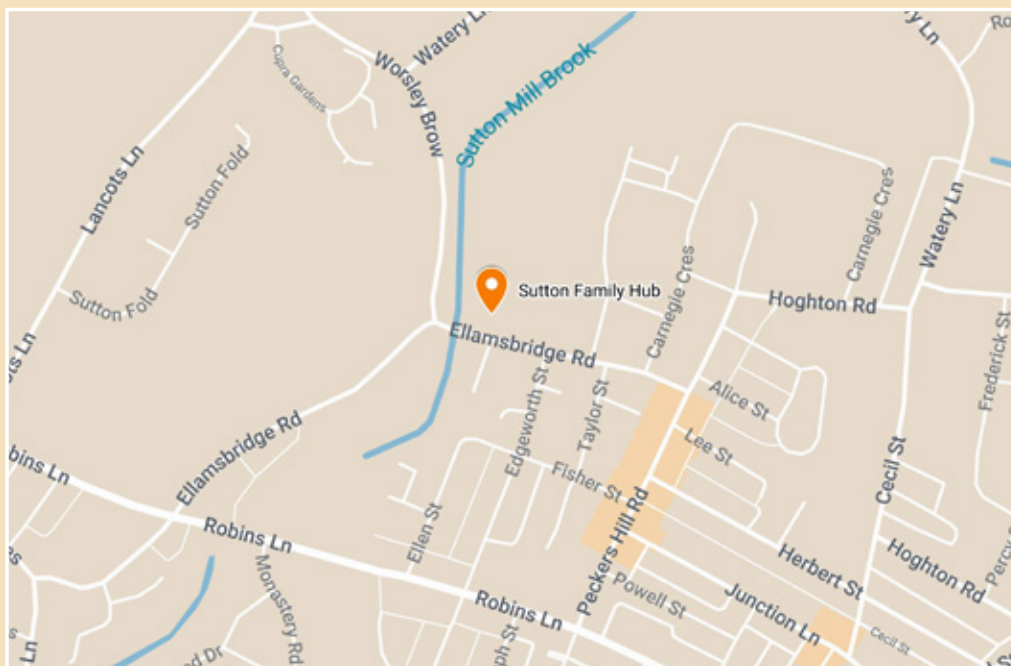
- 10.15am Baby Rhyme Time @ St Helens Library
- 10.30am Read & Rhyme @ Eccleston Library
- 2.00pm - 6.00pm YMCA Listening Service (Invite only)
- 3.30pm - 4.30pm Little Wizz Kids (0-36 months)
- 4.00pm - 5.00pm Family Library Time





# Sutton Family Hub

Ellamsbridge Road WA9 3PY  
01744 673420



# Sutton Family Hub Offer

## Monday

- 9.00am - 12.00pm **Children With Disabilities and Transitions Team (Invite only)**
- 10.00am - 12.00pm **HENRY Programme (Creche available - please book)**
- 11.00am - 12.00pm **Cook and Taste with TORUS Foundation (4-week adult course starting 9th September - please book)**
- 12.00pm - 2.00pm **Parent and Carer Panel (Online 6pm via Teams) 9th December**
- 1.00pm - 3.00pm **IASS (Information Advice Support Service) Parent Coffee Afternoon**
- 1.30pm - 2.30pm **Little Wizz Kids (0-36 months)**

## Tuesday

- 9.30am - 10.15am **Deafness Resource Centre ICAN Sign (Pre book)**
- 9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**
- 9.30am - 11.30am **Sleep Advice drop-in**
- 9.30am - 11.30am **Mill Green Hangout Cafe (Term time only)**
- 10.00am - 11.00am **Sensory Baby Group (0-12 months)**
- 10.30am - 12.00pm **St Helens Mobile Food Pantry**
- 11.15am - 12.15pm **Home-Start Walk & Talk (2nd and 4th Tuesday of the month W.C 10th September)**

## 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**
- 10.00am - 11.15am **Pop-up Library (0-4 years) 1st Wednesday of every month**
- 10.00am - 12.00pm **PAACES for Young People (Booking required)**
- 10.00am - 12.00pm **Specialist Infant Feeding Clinic (Appointment only)**

## Thursday

- 9.00am - 12.30pm **Developmental Checks for 0-5 years (Invite only)**
- 9.30am - 10.30am **Little Wizz Kids (0-36 months)**
- 2.00pm - 6.00pm **YMCA Listening Service (Invite only)**

## Friday

- 10.00am - 11.30am **Breastfeeding Support drop-in**
- 2.15pm - 3.15pm **Sensory Baby Group (0-12 months)**

## Saturday

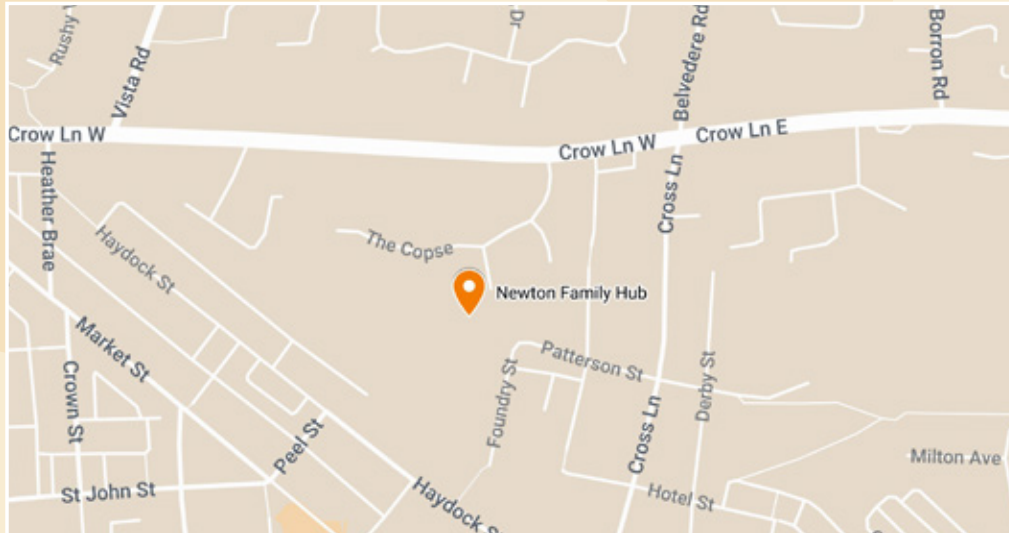
- 9.00am - 5.00pm **VIBE Saturday Club 8-18 years (Invite only) Fortnightly W.C 14th September**
- 10.00am - 12.00pm **Parents in Mind (1st Saturday of the month)**
- 10.00am - 12.00pm **Sleep Advice drop-in (Fortnightly) W.C 7th September**
- 10.00am - 12.30pm **M.A.T.CH (Men And Their Children) Monthly W.C 7th September**



# 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 - 11.00am **Baby Breakfast Club (0-36 months)**
- 10.00am - 12.00pm **Healthy Child Clinic (0-19+ Service)**
- 10.00am - 12.00pm **Sleep Advice drop-in**
- 10.30am **Read & Rhyme @ Newton Library**
- 11.15am - 12.15pm **Home-Start Walk & Talk (1st and 3rd Monday of the month)**
- 12.00pm - 2.00pm **Parent and Carer Panel (Online 6pm via Teams) 11th November**

## Tuesday

- 10.00am - 12.00pm **Invest in Play (Creche available - invite only)**
- 11.00am **Baby Rhyme Time @ Newton Library**
- 1.00pm - 3.00pm **Triple P Fear Less (Please book)**

## Wednesday

- 10.00am - 11.30am **Mini Chefs: Cook and Play (0-5 years)**
- 11.00am - 1.00pm **Baby Showers - Meet the Team (27th November)**
- 1.00pm - 2.15pm **Nurture Group (0-36 months)**

## Thursday

## Friday

- 11.00am - 12.30pm **Little Wizz Kids (0-36 months)**
- 1.00pm - 2.00pm **Chatterbox (Invite only)**
- 2.15pm **Read & Rhyme @ Newton Library**

## Saturday

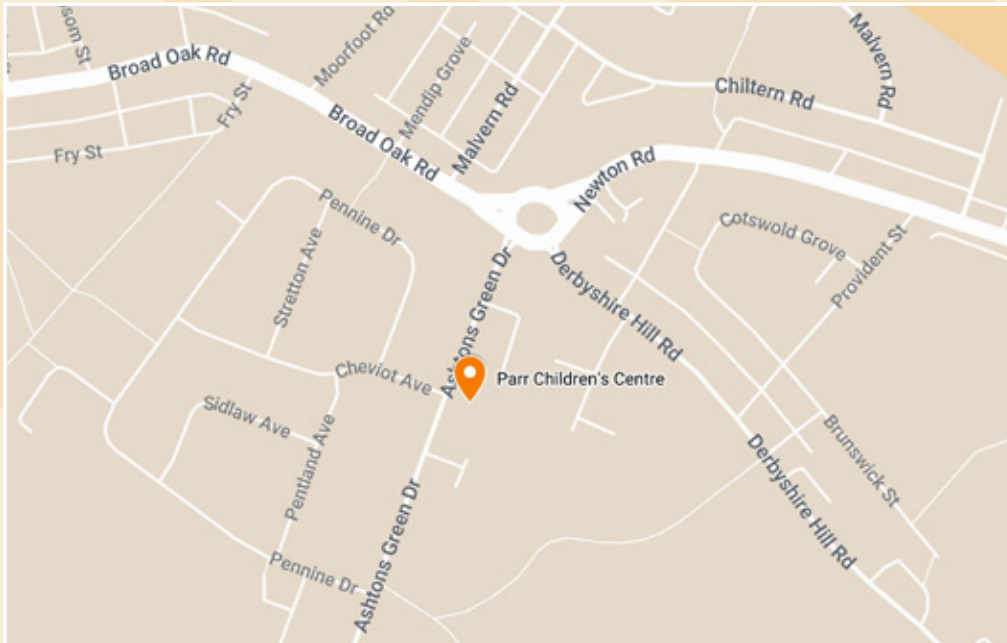
- 10.00am - 12.30pm **M.A.T.CH (Men And Their Children) Monthly W.C 21st September**





# Parr Children's Centre

Ashtons Green Drive WA9 2AP 01744 671788



## Monday

12.00pm - 2.00pm **Parent and Carer Panel (Online 6pm via Teams) 9th September**  
3.15pm - 4.45pm **Mini Chefs: Cook & Play (0-11 years)**

## Tuesday

9.30am - 11.00am **Breastfeeding Support drop-in**  
10.00am - 11.00am **Tots Talking Online (Please book)**  
2.15pm - 3.15pm **Chatterbox (Invite only)**

## Wednesday

11.00am - 12.00pm **Little Wizz Kids (0-36 months)**  
12.30pm - 2.30pm **ACEs Programme (Creche available - Invite only)**  
1.00pm - 3.00pm **U25 Young Parent and Carer Group (0-5 years)**

## Thursday

9.30am - 10.30am **Baby Massage (Please book) W.C 23.09.24**  
9.30am - 11.30am **Triple P Stepping Stones (Please book)**

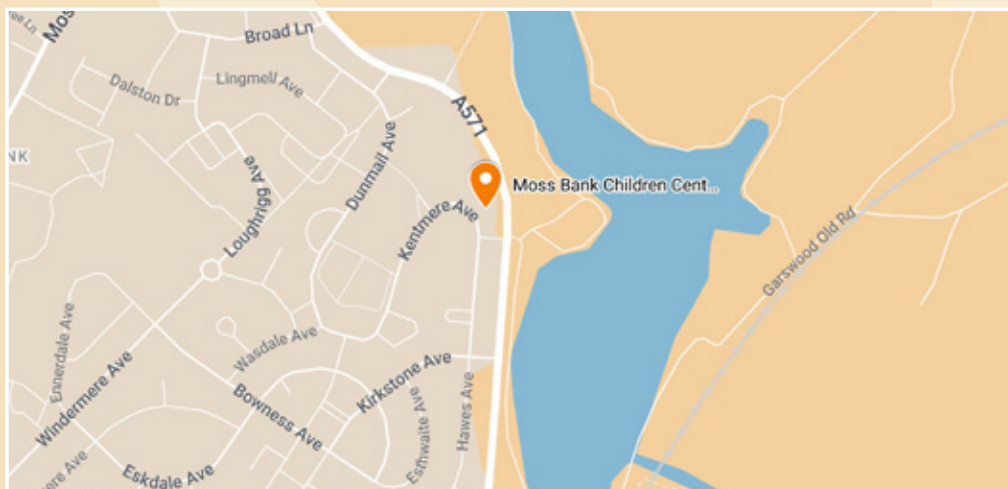
## Friday

9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**  
9.30am - 11.30am **Sleep Advice drop-in**  
10.00am - 11.00am **Sensory Baby Group (0-12 months)**  
2.00pm - 4.30pm **YMCA Listening Service (Invite only)**



# Moss Bank Children's Centre

Kentmere Avenue WA11 7PQ 01744 673445



## Monday

- 9.30am - 10.30am **Little Wizz Kids (0-36 months)**
- 12.45pm - 2.15pm **Starbuds Group (Invite only) \*\***
- 2.00pm **Baby Rhyme Time @ Moss Bank Library (Please book)**
- 2.30pm - 4.00pm **Ladybirds Group (Invite only) \*\***

## Tuesday

- 10.00am - 11.00am **Portage Group (Invite only) \*\***
- 11.00am **Read & Rhyme @ Moss Bank Library**
- 1.30pm - 2.30pm **Sensory Baby Group (0-12 months)**

## Wednesday

- 9.00am - 10.30am **Butterflies Group (Invite only) \*\***
- 9.30am - 11.30am **Healthy Child Clinic (Appointment only)**
- 9.30am - 11.30am **Sleep Advice drop-in**
- 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) \*\***
- 3.30pm - 4.30pm **Crafty Cooks (5-11 years)**

## Friday

- 11.00am - 11.30am **Ladybirds Group (Invite only) \*\***
- 10.30am **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.



# NHS Healthy Start can help you have a healthy, balanced diet while you're pregnant.

You could get help towards the cost of fruit, vegetables, milk and pulses.

You could also get free Healthy Start vitamins containing vitamin C, vitamin D and folic acid.



Find out if you're eligible and apply now

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

  @NHSHealthyStart



SCAN ME



# St Helens Library Service Read and Rhyme Time



Let your  
child's  
imagination  
take flight!

**Chester Lane Library**  
Mondays & Fridays, 11am

**Moss Bank Library**  
Tuesdays, 11am  
Fridays, 10.30am

**Thatto Heath Library**  
Tuesdays, 2.15pm  
Fridays, 11am

**Eccleston Library**  
Tuesdays & Fridays, 10.30am

**Newton-le-Willows Library**  
Mondays, 10.30am  
Fridays, 2.15pm

**Haydock Library**  
Mondays, 10.30am  
Thursdays, 2.15pm

**St Helens Library**  
Wednesdays and  
Thursdays, 10.15am

Join us in the library with your child.  
We'll introduce them to books, rhymes, music  
and other fun activities.



STHLibraries



STHLibraries



sthlibrariesandarts



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# Baby Rhyme Time

incorporating  
**look say  
sing play**



Turn everyday moments into brain building ones.

Sessions for babies 0-12 months using rhymes, instruments and toys

The next 6-week block of sessions will start week beginning Monday 9th September 2024

## **Chester Lane Library:**

Thursdays: 11.30am

to book call 01744 677081 or  
email: [chesterlanelibrary@sthelens.gov.uk](mailto:chesterlanelibrary@sthelens.gov.uk)

## **Newton-le-Willows Library:**

Tuesdays: 11am

to book call 01744 677885 or email:  
[newtonlewillowslibrary@sthelens.gov.uk](mailto:newtonlewillowslibrary@sthelens.gov.uk)

## **Eccleston Library:**

Mondays: 11am

to book call 01744 677575 or  
email [ecclestonlibrary@sthelens.gov.uk](mailto:ecclestonlibrary@sthelens.gov.uk)

## **St Helens Library:**

Fridays: 10:15am

to book call 01744 676954 or  
or email: [sthelenslibrary@sthelens.gov.uk](mailto:sthelenslibrary@sthelens.gov.uk)

## **Haydock Library:**

Tuesdays: 2.30pm

to book call 01744 677801 or  
or email: [haydocklibrary@sthelens.gov.uk](mailto:haydocklibrary@sthelens.gov.uk)

## **Thatto Heath Library:**

Thursdays: 11am

to book call 01744 677842  
or email: [thattoheathlibrary@sthelens.gov.uk](mailto:thattoheathlibrary@sthelens.gov.uk)

## **Moss Bank Library:**

Mondays: 2pm

to book call 01744 677988 or  
or email: [mossbanklibrary@sthelens.gov.uk](mailto:mossbanklibrary@sthelens.gov.uk)



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# 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

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

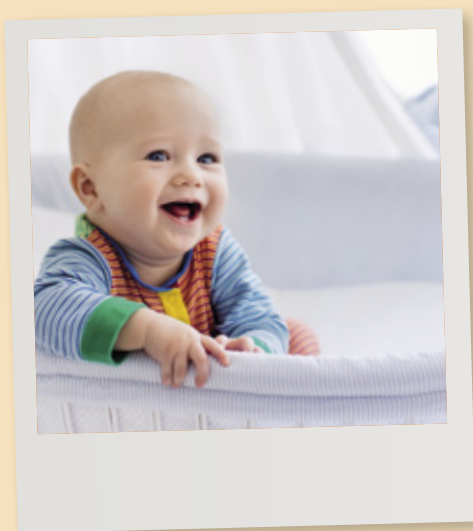
Supports bonding, attachment, and the development of early skills for you and your child. The sessions will be fun and interactive with the children having the opportunity to learn through play.

### Nurture Group (0-36 months)

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

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

A fun, stimulating and interactive play, learning and development session. 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. Story Makers will support your child's communication, language, and literacy development and will be an opportunity for you to build on the fun in reading and how you can replicate this at home.

### Mini Chefs: Cook and Play (0-5 years)

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

### Crafty Cooks (5-11 years)

A fun and interactive cookery session is a fun way to develop your child's fine and gross motor skills, increase their muscle strength, confidence and extend their vocabulary.

### M.A.T.CH (Men And Their Children)

A bespoke group for dads/granddads, uncles, male carers and their children to communicate and enjoy quality time together to strengthen their bond. Various indoor and outdoor activities are organised with free food and refreshments provided.

### 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.

### 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.

### Baby Breakfast Club (0-36 months)

Come along and enjoy a fun and interactive stay and play session with free breakfast and refreshments provided.



### Mill Green Hangout 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.

### 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.



### Information Advice Support Service

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

### Parents in Mind

First Saturday of the month: for fathers and none birthing partners to talk to our dad volunteer on the first Saturday of every month. Dads and male carers are welcome to join to find out more about what support we offer or to signpost to other local services. Connect, chat and hear more about the peer support spaces our volunteers run.

### Breastfeeding Support Drop-in

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.

### Baby Showers

Meet the Team An informal session for new and expectant parents/carers to come along and meet the different services who will be involved in supporting you with your baby. Free refreshments

### Sleep Advice Drop-in

#### Under 25 Young Parent and Carer Group

For parents and carers with children (0-5 years) to come along and join in with a range of activities, with food and refreshments available for the whole family. There will also be a Health Visitor available to weigh your child and answer any questions.

### Sleep Advice drop-in

Is your child having difficulty getting enough sleep, waking in the night or having bad dreams? Drop in and gain some practical support and advice from one of our trained sleep practitioners.

### Baby Massage

Baby Massage can help babies relax, improve circulation, and strengthen their immune systems. It can also help with digestion, gas, colic, constipation, and teething.

## 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



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

Newton-le-Willows Family Hub, Patterson Street, WA12 2PZ  
1st and 3rd Monday of every month  
(Starts 16th September 2024)

Sutton Family Hub, Ellamsbridge, Sutton, WA9 3PY  
2nd and 4th Tuesday of every month  
(Starts 10th September 2024)

For more information call 01744 737400

Join us  
11:15am -  
12:15pm

Follow our  
Facebook  
page for  
updates!



Newton &  
Sutton  
Walks

## Pre Book

### **Cook and Taste with TORUS Foundation**

A 4-week adult cooking course designed to increase knowledge, skills, and confidence in cooking. Parents/carers do not need to bring anything as everything will be provided at each session.

### **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



### **Invest In Play**

An evidenced based 12-week parenting programme for parents and carers of children aged 2-12 years within the St Helens area. The goal is to prevent and treat behavioural problems and promote emotional and competence through use of techniques and strategies that have been proven to work. Each 2-hour session is delivered in a local Family Hub or school.



### **Triple P Parenting Courses**

For parents and carers of children aged 0-12yrs, Teens and Stepping Stones for children with a disability, development delay and conduct disorder.

For more information or to book a place, please email: [ParentingTeam@sthelens.gov.uk](mailto:ParentingTeam@sthelens.gov.uk)

### **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.

For more information please email: [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)

### **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.

### **Mellow Growing Together**

Supports parents/carers to strengthen their relationship with their child, learn about their child's development and build a support network with other new parents.

For more information please email: [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.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 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 worker/practitioner, health visitor, school or lead professional.**

## **Development Checks**

Health and development reviews delivered by Health Visitors that support you and your baby, and make sure their development is on track. These sessions will support you and your child's learning and development in the early years.

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

## **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).



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

A 10-week NSPCC programme for mothers and children who have experienced domestic abuse that live in St Helens. 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 recovery. The abuser must have left the family home but can still have contact with the children for the mother to attend this group.

## **Gateway Programme**

An 8-week accredited programme 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.

## **ACEs Programme**

A 10-week programme for individuals who have experienced or live with adverse childhood experiences. This will help to build your resilience, manage your emotions, help you to develop better coping strategies, support a healthy lifestyle and strengthen positive relationships. Please speak to your lead professional to be referred.

## **PAACES for Young People**

An 8-week programme for young people (12-15 years) who have experienced Adverse Childhood Experiences e.g., neglect, domestic abuse, parental mental health, homelessness, bullying. It will use a combination of creative activities and group work to develop young people's resilience and give them an opportunity to experience the healing of relational support.

## **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.

## **YMCA Listening Service**

Supports young people aged between 11-18 and 19-25 with their mental health. YMCA offer young people 1:1 sessions with a qualified/trained 'Listener' which can be completed face to face, by telephone or online.

## **Speech and Language Therapy**

Appointments 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.

## **The Bridge Centre**

Provide specialist assessments for children with SEND and groups are referral only. Based at Moss Bank Children's Centre.

# 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 (0-36 months)**  
Moss Bank Children's Centre 9.30am - 10.30am
- Breakfast Club (0-36 months)**  
Newton Family Hub 10.00am - 11.00am
- Healthy Child Clinic**  
Newton Family Hub 10.00am - 12.00pm
- Sensory Baby Group (0-12 months)**  
Thatto Heath Library 1.30pm - 2.30pm
- Little Wizz Kids (0-36 months)**  
Sutton Family Hub 1.30pm - 2.30pm
- IASS Parent Coffee Afternoon (SEND friendly)**  
Sutton Family Hub 1.00pm - 3.00pm
- Mini Chefs: Cook and Play (0-11 years)**  
Parr Children's Centre 3.30pm - 4.30pm

## Tuesday

- Healthy Child Clinic**  
Sutton Family Hub 9.30am - 11.30am
- Breastfeeding Support drop-in**  
Parr Children's Centre 9.30am - 11.00am
- Sensory Baby Group (0-12 months)**  
Sutton Family Hub 10.00am - 11.00am
- Story Makers (0-36 months)**  
Haydock Library 10.00am - 11.00am
- Mini Chefs: Cook and Play (0-5 years)**  
Central Link Family Hub 11.00am - 12.30pm
- Sensory Baby Group (0-12 months)**  
Moss Bank Children's Centre 1.30pm - 2.30pm

## Wednesday

- Coffee/Tea Tot's**  
Sutton Family Hub 9.30am - 11.30am
- Mini Chefs: Cook and Play (0-5 years)**  
Newton Family Hub 10.00am - 11.30am
- Little Wizz Kids (0-36 months)**  
Parr Children's Centre 11.00am - 12.00pm
- Nurture Group (0-36 months)**  
Newton Family Hub 1.00pm - 2.15pm
- U25 Young Parent and Carer Group (0-5 years)**  
Parr Children's Centre 1.00pm - 3.00pm

## Thursday

- Grandtots Group**  
Central Link Family Hub 9.30am - 11.30am
- Breastfeeding Support drop-in**  
Central Link Family Hub 10.00am - 11.30am
- Little Wizz Kids (0-36 months)**  
Sutton Family Hub 9.30am - 10.30am
- Sensory Baby Group (0-12 months)**  
Chester Lane Library 1.30pm - 2.30pm
- Crafty Cooks (5-11 years)**  
Moss Bank Children's Centre 3.30pm - 4.30pm

## Friday

- Healthy Child Clinic**  
Parr Children's Centre 9.30am - 11.30am
- Sensory Baby Group (0-12 months)**  
Parr Children's Centre 10.00am - 11.00am
- Sensory Baby Group (0-12 months)**  
Haydock Library 10.00am - 11.00am
- Breastfeeding Support drop-in**  
Sutton Family Hub 10.00am - 11.30am
- Little Wizz Kids (0-36mths)**  
Newton Family Hub 11.00am - 12.30pm
- Sensory Baby Group (0-12 months)**  
Sutton Family Hub 2.15pm - 3.15pm
- Little Wizz Kids (0-36 months)**  
Central Link Family Hub 3.30pm - 4.30pm

## Saturday

- M.A.T.CH Men  
And Their Children (0-11yrs)**  
Sutton Family Hub (Fortnightly)  
10.00am - 12.30pm



# What's on in the community?

## Haydock Library

Church Road, Haydock WA11 0LY

Monday	10.30am	Read and Rhyme
Tuesday	10.00am - 11.00am	Story Makers (0-36 months)
Tuesday	2.30pm	Baby Rhyme Time
Thursday	2.15pm	Read and Rhyme
Friday	10.00am - 11.00am	Sensory Baby Group (0-12 months)

## Chester Lane Library

Four Acre Lane, Clock Face, WA9 4DE

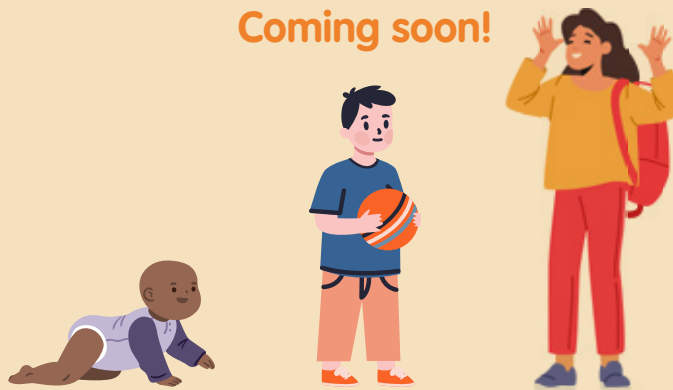
Monday	11.00am	Read and Rhyme
Thursday	11.30am	Baby Rhyme Time
Thursday	1.30pm - 2.30pm	Sensory Baby Group (0-12 months)
Friday	11.00am	Read and Rhyme

## Thatto Heath Library

Thatto Heath Road, St Helens WA10 3QX

Monday	1.30pm - 2.30pm	Sensory Baby Group (0-12 months)
Tuesday	2.15pm	Read and Rhyme
Thursday	11.00am	Baby Rhyme Time
Friday	11.00am	Read and Rhyme

Coming soon!



Youth sessions with YMCA

Paediatric First Aid

Look out for more updates on our social media.





# 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)



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