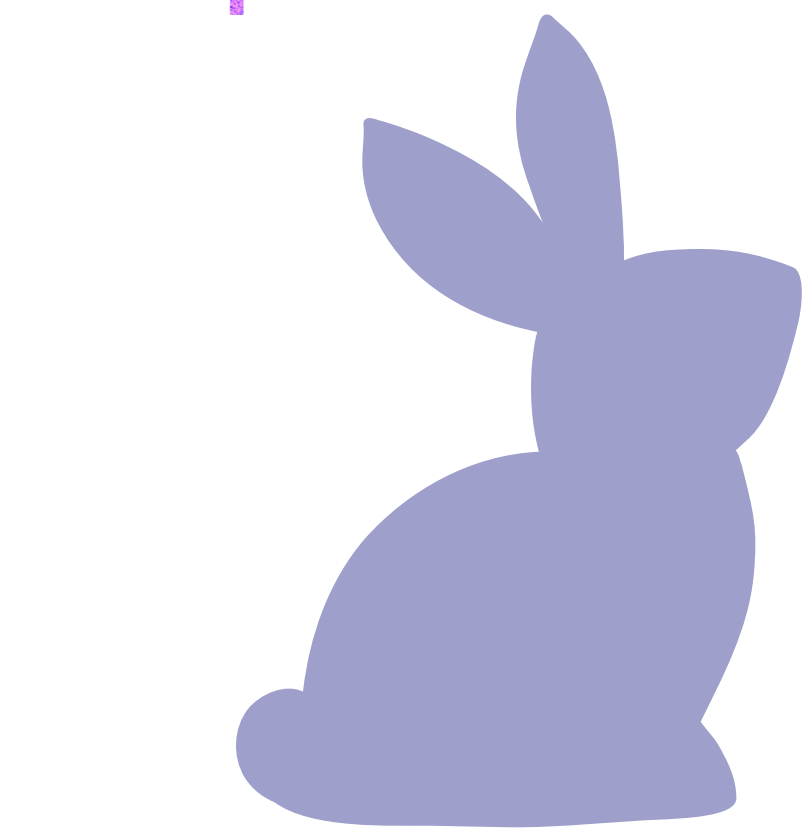




FAMILY HUB AND CHILDREN'S CENTRE April Offer 2026



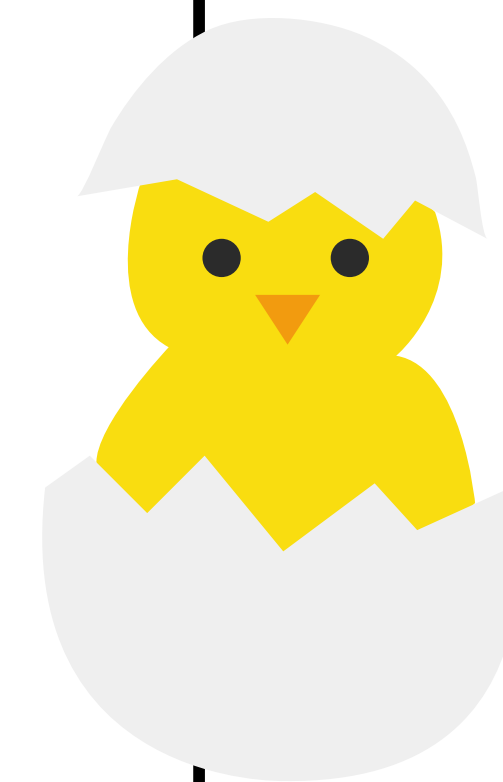
**FAMILY
HUBS**

ST HELENS
BOROUGH COUNCIL

Spring

MORNING OFFER

Monday 30 th March	Tuesday 31 st March	Wednesday 1 st April	Thursday 2 nd April	Friday 3 rd April	Saturday 4 th April
<p>Healthy Child Clinic Drop-in 10.00am – 12.00pm Newton Family Hub</p> <p>Sleep Advice Drop-in 10.00am – 12.00pm Newton Family Hub</p> <p>Egg-cellent Easter Imagination Station & refreshments 10.30am – 11.30am Sutton Family Hub</p>	<p>Healthy Child Clinic Drop-in 9.30am – 11.30am Sutton Family Hub</p> <p>Sleep advice Drop-in 9.30am – 11.30am Sutton Family Hub</p> <p>Mobile Food Pantry 10.00am – 12.00pm Sutton Family Hub</p> <p>Creative Construction Crew 11.00am – 12.30pm Parr Children’s Centre</p>	<p>Coffee/Tea Tots 9.30am – 11.30am Sutton Family Hub</p> <p>Healthy Child Clinic (Invite only) 9.30am – 11.30am Community Hub North</p> <p>Sleep Advice Drop-in 9.30am – 11.30am Community Hub North</p>	<p>Healthy Child Clinic and Sleep Advice Drop-in 9.30am – 11.30am Low House Clinic</p> <p>Healthy Child Clinic and Sleep advice Drop-in 10.00am – 12.00pm Community Hub South</p> <p>Safe Space SEND session (Please book) 9.30am – 11.00am Sutton Family Hub</p> <p>Egg-cellent Easter Imagination Station & refreshments 10.00am – 11.30am Newton Family Hub</p>	<p>BANK HOLIDAY</p>	<p>M.A.T.CH (0-11) 10.00am – 12.30pm Sutton Family Hub</p> 






AFTERNOON OFFER

Monday 30th March	Tuesday 31st March	Wednesday 1st April	Thursday 2nd April	Friday 3rd April
<p>Easter Family Adventure Day & lunch (Please book) 1.00pm – 2.30pm Parr Children’s Centre</p>	<p>Egg-cellent Easter Imagination Station & refreshments 1.00pm – 2.30pm Central Link Family Hub</p>	<p>Easter Family Adventure Day & lunch (Please book) 1.00pm – 2.30pm Sutton Family Hub</p>	<p>Creative Construction Crew 1.00pm – 2.30pm Sutton Family Hub</p> <p>Safe Space SEND session 2.30pm – 4.00pm (Please book) Sutton Family Hub</p>	<p>BANK HOLIDAY</p>

SPRING

MORNING OFFER

Monday 6 th April	Tuesday 7 th April	Wednesday 8 th April	Thursday 9 th April	Friday 10 th April	Saturday 11 th April
<p>BANK HOLIDAY</p>	<p>Healthy Child Clinic Drop-in 9.30am – 11.30am Sutton Family Hub</p> <p>Sleep advice Drop-in 9.30am – 11.30am Sutton Family Hub</p> <p>Mobile Food Pantry 10.00am – 12.00pm Sutton Family Hub</p>	<p>Coffee/Tea Tots 9.30am – 11.30am Sutton Family Hub</p> <p>Healthy Child Clinic (Invite only) 9.30am – 11.30am Community Hub North</p> <p>Sleep Advice Drop-in 9.30am – 11.30am Community Hub North</p>	<p>Healthy Child Clinic Drop-in 9.30am – 11.30am Lowe House Clinic</p> <p>Sleep advice Drop-in 9.30am – 11.30am Lowe House Clinic</p> <p>Easter Family Adventure Day & lunch (Please book) 10.00am – 12.00pm Newton Family Hub</p>	<p>Healthy Child Clinic 9.30am – 11.30am Parr Children's Centre</p> <p>Sleep Advice 9.30am – 10.30am Parr Children's Centre</p>	<p>VIBE Saturday Club (Invite only) (8-18 years) 9.00am – 5.00pm Sutton Family Hub</p> 



AFTERNOON OFFER

Monday 6 th April	Tuesday 7 th April	Wednesday 8 th April	Thursday 9 th April	Friday 10 th April
BANK HOLIDAY	Easter Family Adventure Day & lunch (Please book) 1.00pm – 3.00pm Central Link Family Hub		Creative Construction Crew 1.00pm – 2.30pm Central Link Family Hub	Creative Construction Crew 1.00pm – 2.30pm Newton Family Hub Egg-cellent Easter Imagination Station & refreshments 2.30pm – 4.00pm Parr Children's Centre

Group Descriptions

Coffee/Tea Tots – facilitated within Sutton Family Hub, where you can relax and enjoy healthy food and drinks, crafts, toys and books are available.

Construction Club – join us for a family session of Lego builds and construction fun and become a family of Master Builders!

Easter Family Adventure Day – enjoy free family fun and interactive time with your children, activities and refreshments included. Book via Eventbrite: <https://tinyurl.com/363h564s>

Egg-cellent Easter Imagination Station – an interactive arts & craft session with an Easter theme for all ages (refreshments included).

Food Pantry – Pantries operate as a member-led neighbourhood and are just like a shop, in that you 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.

Healthy Child Clinic – for parents/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 and Healthy Start vouchers.

M.A.T.CH (Men and their Children) – a bespoke group for dads/grandads, 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.

Sleep Advice – our free Sleep advice drop-ins aim to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep. For children 1 years and above.

Safe Space SEND session – a calm-friendly session for children with Special Educational Needs and Disabilities to play, explore and relax in a supportive environment.

VIBE Saturday Club – an activity and friendship session for young people aged between 8-18 years who have Special Educational Needs and/or disabilities (SEND) and live within the St Helens Borough.



Thank you for your continued engagement with our Family Hub and Children's Centre sessions.

If you need further information or to book activities please call:

Central Link Family Hub: 01744 673445

Parr Children's Centre: 01744 671788

Alternatively message us via our Facebook page: www.facebook.com/STHCCentres

