

Family Hub and Children's Centre Offer

January – March 2026



SCAN ME!



Follow us on social media!

 [sth_family hubs](#)

 [STHFamilyHubs](#)

 [@STHCCentres](#)

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 (6-36 months)

Community Hub North 9.30am - 10.30am

Development Clinic (by Invitation)

Central Link Family Hub 9.30am - 10.30am

Chatterbox (by Invitation)

Central Link Family Hub 10.00am - 10.45am

Breakfast Club (0-36 months)

Newton Family Hub 10.00am - 11.00am

Playground Toddler Sports and Crafts

Central Link Family Hub 10.00am - 11.15am

Healthy Child Clinic

Newton Family Hub 10.00am - 12.00pm

Sleep advice drop-in

Newton Family Hub 10.00am - 12.00pm

Sleep Group

Parr Children's Centre 10.00am - 12.00pm

Read & Rhyme

Newton-le-Willows Library 10.30am

Read & Rhyme on Tour

10.30am - 11.30am

Baby Rhyme Time (Please book)

Eccleston Library 11.00am

Read & Rhyme

Community Hub South 11.00am

Baby Massage

Central Link Family Hub 1.00pm - 2.00pm

IASS Parent Coffee Afternoon

Sutton Family Hub 1.00pm - 3.00pm

Sensory Baby Group (0-12 months)

Thatto Heath Library 1.30pm - 2.30pm

Little Wizz Kids (6-36 months)

Sutton Family Hub 1.30pm - 2.30pm

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

Sleep advice drop-in

Sutton Family Hub 9.30am - 11.30am

Family Library Time

Sutton Family Hub 9.30am - 11.30am

PGL Training (by invitation, starting on 20th January)

Parr Children's Centre 9.00am - 3.00pm

Sensory Baby Group (0-12 months)

Sutton Family Hub 10.00am - 11.00am

Sensory Baby Group

Grange Valley Primary School 10.00am - 11.00am

Invest in Play

Newton Family Hub 10.00am - 12.00pm

Mill Green Hangout Cafe

10.00am - 2.00pm (term time only)

Read & Rhyme

Eccleston Library 10.30am

St Helens Mobile Food Pantry

Sutton Family Hub 10.00am - 12.00pm

Breastfeeding Support drop-in

Sutton Family Hub 10.30am - 11.30am

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

Central Link Family Hub 11.00am - 12.30pm

Baby Massage

Sutton Family Hub 1.00pm - 2.00pm
(Please call to book)

Sensory Baby Group (0-12 months)

Community Hub North 1.30pm - 2.30pm

Tot's Talking on-line

(18 - 36 months please call to book)
1.00pm - 2.30pm

Sensory Baby Group (0-12 months)

Community Hub North 1.30pm - 2.30pm

Chatterbox

Parr Children's Centre 2.00pm - 2.45pm

Read & Rhyme

Thatto Heath Library 2.15pm

Chill Out Lounge (11-14 years)

YMCA Youth Hub 4.30pm - 6.00pm



Wednesday

IASS SEND Parent Coffee morning

Queens Park Primary School, Term time only
9.00am – 11.00am

Speech & Language Therapy (by Invitation)

Sutton Family Hub 9.00am – 5.00pm

Childminders Group (please book via Gemmaoakes@sthelens.gov.uk)

Central Link Family Hub 9.30am – 11.30am

Coffee/Tea Tot's

Sutton Family Hub 9.30am - 11.30am

Specialist Infant Feeding Clinic (please book)

Sutton Family Hub 9.30am – 11.30am

Healthy Child Clinic (by Invitation)

Community Hub North 9.30am – 11.30am

Sleep Advice drop-in

Community Hub North 9.30am – 11.30am

Tot's Talking on-line

(18 – 36 months please call to book)

10.00am – 11.00am

Baby Massage (please call to book)

Newton Family Hub 10.00am – 11.00am

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

Newton Family Hub 10.00am - 11.30am

PAACES (Parents/carers, by Invitation)

Sutton Family Hub 10.00am – 12.00pm

IASS Parent Coffee morning

Central Link Family Hub, Term time only

10.00am – 2.00pm

Read & Rhyme

St Helens Library 10.15am

Little Wizz Kids (6-36 months)

Parr Children's Centre 11.00am - 12.00pm

Baby Massage

Grange Valley Primary School 1.30pm - 2.30pm
(Please call to book)

Sensory Baby Group (0-12 months)

Central Link Family Hub 1.30pm – 2.30pm

Chatterbox (by Invitation)

Central Link Family Hub 1.30pm – 2.15pm

Playground Family Sports and Crafts (4-10 years)

Newton Family Hub 3.15pm - 4.30pm

Triple P baby (by Invitation)

Central Link Family Hub 3.30pm – 4.30pm

Family Matters (5-11 years)

Sutton Family Hub 3.30pm – 5.00pm

Triple P Teen (by Invitation)

Central Link Family Hub 5.30pm – 7.30pm

Thursday

IASS Parent Coffee Morning (Term time only)

Wargrave Primary School 9.00am – 11.00am

Development Checks (by Invitation)

Sutton Family Hub 9.00am – 12.30pm

Little Wizz Kids (6-36 months)

Sutton Family Hub 9.30am - 10.30am

Baby Massage (please call to book)

Parr Children's Centre 9.30am – 10.30am

Breastfeeding Support Group drop-in

Central Link Family Hub 9.30am – 11.00am

Grand tots Group

Central Link Family Hub 9.30am - 11.30am

Healthy Child Clinic

Lowe House Clinic 9.30am – 11.30am

Sleep Advice drop-in

Lowe House Clinic 9.30am – 11.30am

Being A Parent

Parr Children's Centre 9.30am – 11.30am

Little Movers & Mini Groovers

Newton Family Hub 10.00am – 11.00am

Baby Massage

Parr Children's Centre 10.00am – 11.00am

Healthy Child Clinic

Community Hub South 10.00am – 12.00pm

Sleep Advice drop-in

Community Hub South 10.00am – 12.00pm

Read & Rhyme

St Helens Library 10.15am

Tot's Talking on-line

(18 – 36 months please call to book)

1.00pm – 2.00pm

Little Movers & Mini Groovers

Parr Children's Centre 1.30pm – 2.30pm

Chatterbox (by Invitation)

Parr Children's Centre 1.30pm – 2.30pm

Sensory Baby Group

Community Hub South 1.30pm – 2.30pm

Sensory Baby Group (0-12 months)

Chester Lane Library 1.30pm – 2.30pm

YMCA Listening Service (by Invitation)

Sutton Family Hub 2.00pm – 6.00pm

Family Matters (5-11 years)

Newton Family Hub 3.30pm – 5.00pm



Friday

Healthy Child Clinic

Parr Children's Centre 9.30am – 11.30am

Sleep advice drop-in

Parr Children's Centre 9.30am – 11.30am

Sensory Baby Group (0-12 months)

Parr Children's Centre 9.30am - 11.00am

Family Library Time

Parr Children's Centre 9.30am - 11.00am

Sensory Baby Group (0-12 months)

Parr Children's Centre 10.00am - 11.00am

Baby Triple P (by Invitation)

Parr Children's Centre 10.00am – 12.00pm

Baby Rhyme Time (please book)

St Helens Library 10.15am

Read & Rhyme

Community Hub North 10.30am

Read & Rhyme

Eccleston Library 10.30am

Read & Rhyme

Newton-le-Willows Library 10.30am

Read & Rhyme

Thatto Heath Library 11.00am

Little Wizz Kids (6-36mths)

Newton Family Hub 11.00am - 12.30pm

Young Parents Group (under 25's)

Central Link Family Hub 11.00am – 1.00pm

Chatterbox (by Invitation)

Newton Family Hub 1.00pm – 2.00pm

YMCA Listening Service (by Invitation)

Parr Children's Centre 2.00pm – 4.30pm

YMCA Listening Service (by Invitation)

Central Link Family Hub 2.00pm – 6.00pm

Sensory Baby Group (0-12 months)

Sutton Family Hub 2.15pm - 3.15pm

Little Wizz Kids (6-36 months)

Central Link Family Hub 3.30pm - 4.30pm

Ready & Rhyme on Tour

Central Link Family Hub 3.30pm – 4.30pm

Saturday

VIBE Saturday Club 8-18 years (by Invitation)

Sutton Family Hub 9.00am – 5.00pm

M.A.T.CH Men and Their Children

Newton Family Hub (Monthly)
10.00am - 12.00pm

Parents in Mind (1st Saturday of the month)

Sutton Family Hub 10.00am – 12.00pm

M.A.T.CH Men and Their Children

Sutton Family Hub (Monthly)
10.00am - 12.00pm



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



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

Community Hub North
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

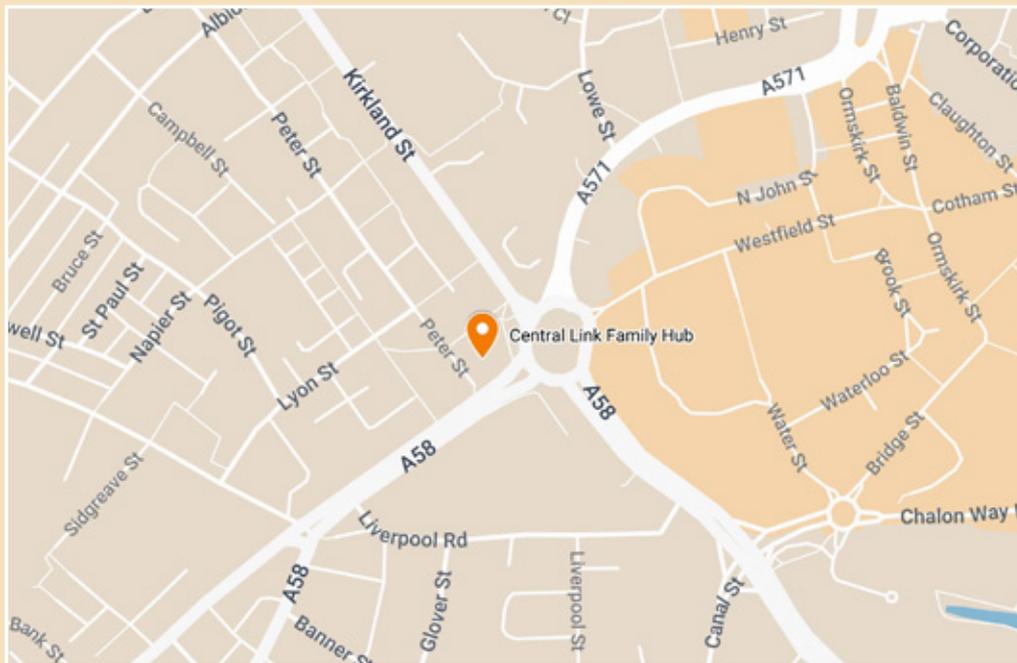
Bus routes from St Helens Town Centre: **31**
Nearest bus stop: Ashtons Green Drive.
Duration from bus stop to centre: 7 minutes

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 - 12.00pm **Development Clinic (by invitation)**
10.00am - 10.45am **Chatterbox (by invitation)**
Playground Toddler Sports and Crafts (0-4 years)
10.00am - 11.15am **Baby Rhyme Time @ Eccleston Library (please book)**
1.00pm - 2.00pm **Baby Massage (please call to book)**

Tuesday

- 10.30am **Read & Rhyme @ Eccleston Library**
11.00am - 12.30pm **Mini Chefs: Cook and Play (0-5 years)**
4.30pm - 6.00pm **Youth Group @ YMCA Youth Hub (10- 14 years)**

Wednesday

- 9.00am - 11.00am **IASS (Information Advice Support Service) SEND Parent Coffee (Queens Park Primary School, Term time only)**
9.30am - 11.30am **Childminders Group (Please book via Gemmaoakes@sthelens.gov.uk)**
9.30am - 11.30am **Tots Talking online (18-36 months, please call to book)**
10.00am - 11.00am **IASS (Information Advice Support Service) Parent Coffee Morning (Term time only)**
10.15am **Read & Rhyme @ St Helens Library**
1.30pm - 2.15pm **Chatterbox (by Invitation)**
1.30pm - 2.30pm **Sensory Baby Group (0-12 months)**
3.30pm - 4.30pm **Triple P Baby (by invitation)**
5.30pm - 7.30pm **Triple P Teen (by Invitation)**

Thursday

- 9.30am - 11.00am **Breastfeeding Support Group drop-in**
9.30am - 11.30am **Grandtots Group**
9.30am - 11.30am **Healthy Child Clinic (Lowe House Clinic)**
9.30am - 11.30am **Sleep Advice drop-in (Lowe House Clinic)**
10.15am **Read & Rhyme @ St Helens Library**

Friday

- 10.15am **Baby Rhyme Time @ St Helens Library (please book)**
10.30am **Read & Rhyme @ Eccleston Library**
11.00am - 1.00pm **Young Parents Group (under 25's)**
2.00pm - 6.00pm **YMCA Listening Service (by invitation)**
3.30pm - 4.30pm **Little Wizz Kids (6-36 months)**
3.30pm - 4.30pm **Read & Rhyme on Tour**



Sutton Family Hub Offer

Monday

- 1.00pm - 3.00pm **IASS (Information Advice Support Service) Parent Coffee Afternoon (Term time only)**
- 1.30pm - 2.30pm **Little Wizz Kids (6-36 months)**

Tuesday

- 9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**
- 9.30am - 11.30am **Sleep advice drop-in**
- 9.30am - 11.30am **Family Library Time**
- 10.00am - 11.00am **Sensory Baby group (0-12 months)**
- 10.00am - 12.00pm **St Helens Mobile Food Pantry**
- 10.00am - 2.00pm **Mill Green Hangout Cafe (term time only)**
- 10.30am - 11.30am **Breastfeeding Support Group drop-in**
- 1.00pm - 2.00pm **Baby Massage (Please call to book)**

Wednesday

- 9.00am - 5.00pm **Speech and Language Therapy (by Invitation)**
- 9.30am - 11.30am **Coffee/Tea Tots**
- 9.30am - 11.30am **Specialist Infant Feeding Clinic (please book)**
- 10.00am - 12.00pm **PAACES (Adults)**
- 2.00pm - 4.00pm **PAACES (Children/Young People)**
- 3.30pm - 5.00pm **Family Matters group (5-11 years)**

Thursday

- 9.00am - 12.30pm **Developmental Checks for 0-5 years (by Invitation)**
- 9.30am - 10.30am **Little Wizz Kids (6-36 months)**
- 2.00pm - 6.00pm **YMCA Listening Service (by invitation)**

Friday

- 2.15pm - 3.15pm **Sensory Baby Group (0-12 months)**

Saturday

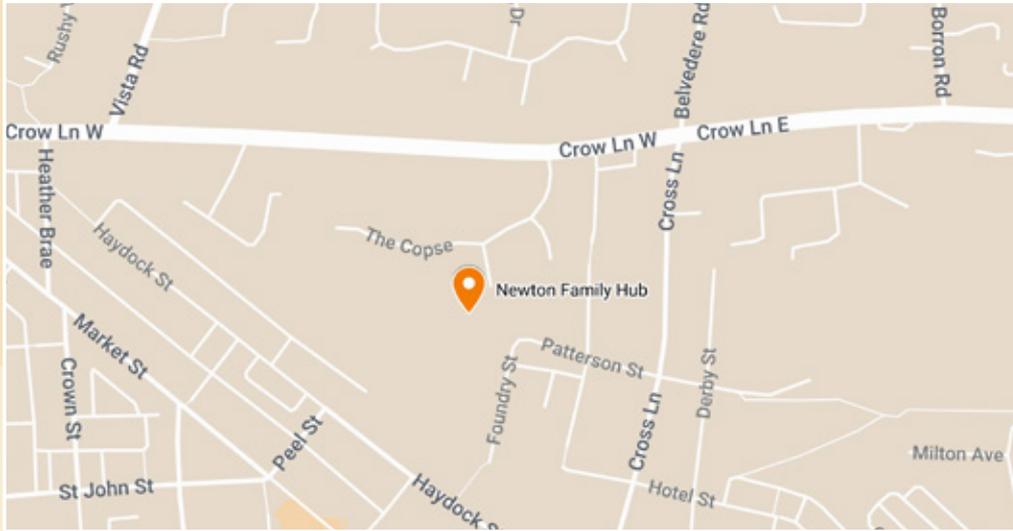
- 9.00am - 5.00pm **VIBE Saturday Club 8-18 years (by invitation)**
- 10.00am - 12.00pm **Parents in Mind (1st Saturday of the month)**
- 10.00am - 12.00pm **M.A.T.CH (Men And Their Children) Monthly starting 18th January**



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-le-Willows Library**
- 10.30am - 11.30pm **Read & Rhyme on Tour**

Tuesday

- 10.00am - 12.00pm **Invest in Play (Creche available - by invitation)**

Wednesday

- 10.00am - 11.00am **Baby Massage (please call to book)**
- 10.00am - 11.30am **Mini Chefs: Cook and Play (0-5 years)**
- 3.15pm - 4.30pm **Playground Family Sports and Crafts (4-10 years)**

Thursday

- 9.00am - 11.00am **IASS (Information Advice Support Service) Parent Coffee Morning (Wargrave Primary School, Term time only)**
- 10.00am - 11.00am **Little Movers and Mini Groovers**
- 1.00pm - 2.00pm **Tots Talking Online (18-36 months) (please call to book)**
- 3.30pm - 5.00pm **Family Matters (5-11 years)**

Friday

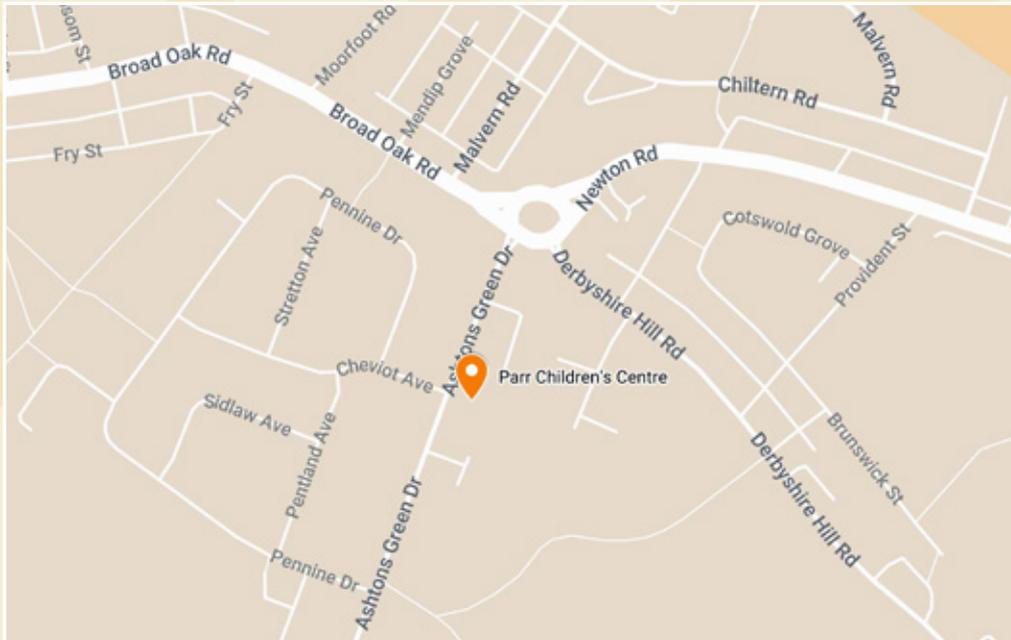
- 10.30am **Read and Rhyme @ Newton-le-Willows Library**
- 11.00am - 12.30pm **Little Wizz Kids (6-36 months)**
- 1.00pm - 2.00pm **Chatterbox (by invitation)**

Saturday

- 10.00am - 12.00pm **M.A.T.CH (Men And Their Children) monthly starting 4th January**

Parr Children's Centre

Ashtons Green Drive WA9 2AP 01744 671788



Monday

10.00am - 12.00pm **Sleep Group**
3.30pm - 4:30pm **Mini Chefs: Cook & Play (0-11 years)**

Tuesday

9.30am - 3.00pm **PGL Training (by invitation, starting on 20th January)**
1.00pm - 2.30pm **Tots Talking Online (18-36 months) (Please call to book)**
2.00pm - 2.45pm **Chatterbox (by invitation)**

Wednesday

11.00am - 12.00pm **Little Wizz Kids (6-36 months)**
12.00pm - 2.00pm **HENRY 0-5's (starts 14th January)**

Thursday

9.30am - 10.30am **Baby Massage (Please call to book)**
9.30am - 11.30am **Be A Parent : 2-11 years**
1.30pm - 2.30pm **Little Movers and Mini Groovers**
1.30pm - 2.30pm **Chatterbox (by invitation)**

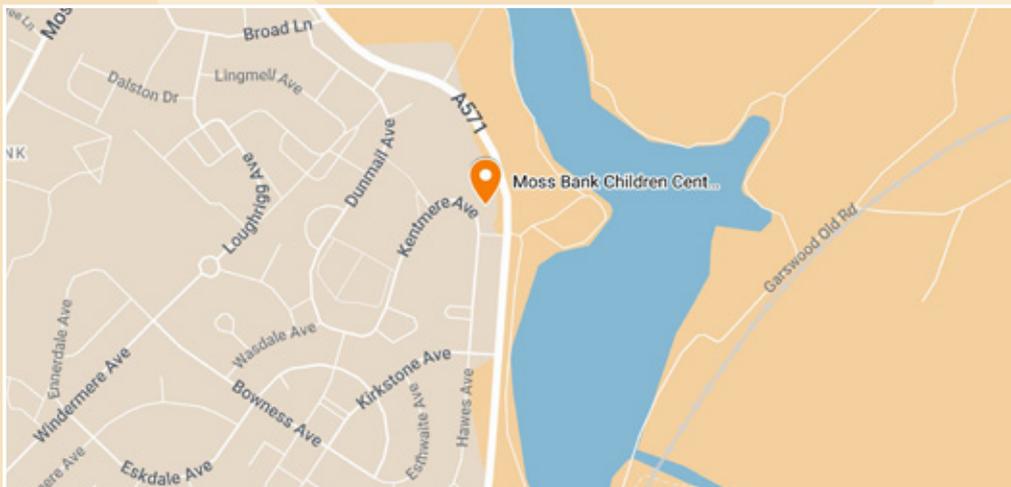
Friday

9.30am - 11.30am **Healthy Child Clinic (0-19+ Service)**
9.30am - 11.30am **Sleep Advice drop-in**
9.30am - 11.00am **Breastfeeding Support Group drop-in**
9.30am - 11.30am **Family Library Time**
10.00am - 11.00am **Sensory Baby Group (0-12 months)**
10.00am - 12.00pm **Baby Triple P (invitation only)**
2.00pm - 4.30pm **YMCA Listening Service (by invitation)**



Community Hub North

Kentmere Avenue WA11 7PQ 01744 673445



Monday

9.30am - 10.30am **Little Wizz Kids (6-36 months)**

Tuesday

1.30pm - 2.30pm **Sensory Baby Group (0-12 months)**

Wednesday

9.30am - 11.30am **Healthy Child Clinic (0-19+ Service) (by invitation)**
9.30am - 11.30am **Sleep Advice drop-in**

Thursday

1.30pm - 2.30pm **Sensory Baby Group (0-12 months)**

Friday

10.30am **Read & Rhyme @ Community Hub North**





Having a baby? We are here to help!



Try out to our Pregnancy and beyond antenatal programme to learn more about

- your choices during labour and birth
- emotional well being
- infant feeding
- talking to and understanding your baby plus much more

Programmes in Central Link Family Hub, Sutton Family Hub, Newton Family Hub and Parr Children's Centre. Ring or text us on **07761045427** for more information

For parents/carers accessing the maternity services at Whiston Hospital, advice and support is available from your Community Midwifery Team. For more information contact **0151 430 2325**, please listen to all 9 options before selecting.



Come to our Baby Showers to find out about bathing and feeding your baby, ask questions with the midwives and health visitors, speak to our teams about support for when you may feel overwhelmed

Central Link Family Hub - Monday 2nd March 10.00am - 12.00pm

We are open all year! (Excluding Christmas Day and New Years Day)
Monday to Friday 8am - 8pm Saturday, Sunday and Bank Holidays 10am - 4pm

Get in touch with us today to book an appointment by:

Telephone **07919 305 174** Email **chcp.ift@nhs.net**



St Helens Infant Feeding Team

For Support and advice on feeding your baby contact St Helens Infant Feeding Service We are open all year! (Excluding Christmas Day and New Years Day) Monday to Friday 8am - 8pm Saturday, Sunday and Bank Holidays 10am - 4pm Get in touch with us today to book an appointment by: Telephone **07919 305 174** Email **chcp.ift@nhs.net**

To check if you're eligible for Healthy Start, visit:
www.healthystart.nhs.uk

What's on for families with special educational needs and disabilities?



Paediatric Physiotherapy and Occupational Therapy drop in sessions.

Drop in at Sutton Family Hub from 1.00pm – 4.00pm on Thursday 15th January, Thursday 19th February and Thursday 19th March. No need to book. For more information, telephone **0151 351 8800**.



Listen 4 Change Parent Carer Forum

A local Forum run by Parent Carers for Parent Carers. If you're a parent/carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0-25 in St Helens, then join us now.



Advanced Solutions Community Network

is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Contact the team on **01744 582172**



IASS Information, Advice and Support Service

is a statutory service providing information, advice and support on matters relating to children and young people with special educational needs and disabilities. You can drop in at Sutton Family Hub on Monday 1-3pm or contact IASS@sthelens.gov.uk for more information.



The Bridge Centre

offers a specialist service to children from birth up to the age of 5 years old, with:

- A recognised disability/diagnosis where significant development delay is likely to feature
- Complex health needs and neuro-developmental conditions
- A significant delay in 2 or more areas of development

A parent/carer or a professional involved with a child can ask us to see the child, please contact **01744 673131/3132** for more information. The 0-19 team in St Helens have a Special Educational Needs and Disabilities (SEND) team to support you and your family which includes, Health Visitors and specialist nurses. For more information contact **01744 411277**

For more information and help, check out the new SEND Information Hub is a user-friendly website designed to help families, young people, and professionals easily find the support, services, and resources they need in one accessible place.



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 Massage Group

Our Free Baby Massage courses offer a wonderful opportunity for you to learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.

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.

Little Wizz Kids (6-36 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.

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.

Families with Voices Forum

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.

Read & Rhyme on Tour

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.



Playground Family Sports and Crafts

An informal and relaxed group for families to try, play and enjoy traditional sports, take part in a range of crafts and outdoor games and family games. Refreshments included.

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.

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.

Little Movers and Mini Groovers

For Parents/Carers with children aged 0-4 years to come along and join in with a range of activities, indoor and outdoor games, arts and crafts, activities for the whole family.

Playground Toddler Sports and Crafts

An informal and relaxed group for families to try, play and enjoy traditional sports, take part in a range of crafts and fun family games. Refreshments included.

Youth Group

A safe space for young people to be Themselves, make new friends and Much more. For more information Email youthwork@ymcasthelens.org.uk Or call 01744 415260.

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

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.

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.

The Childminder Group

The childminder networking group is held every two weeks where childminders can connect, share experiences, and support each other. It includes:

- **Networking:** Meet other childminders.
- **Resource Sharing:** Exchange ideas and materials.
- **Support:** Discuss challenges and successes. and crafts, activities for the whole family.

Family Matters

For Parents/Carers with children aged 5-11 years to come along and join in with a range of activities, indoor and outdoor games, arts and crafts, activities for the whole family.



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**

0-19+
St Helens

Pre Book

Parents in Mind Reflective Parenting Course

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



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

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

Tot's Talking

For parents and carer of children aged 18 - 36 months 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.

For more information please email: childrenscentres@sthelens.gov.uk

Being a Parent programme

8-week programme for parents/carers of children aged 2 to 11.

Unlike other programmes **Being a Parent** is run by parent volunteers (Parent Group Leaders) who have first-hand experience of the joys and challenges of being a parent. It is all about parents helping parents - offering guidance, support, and tips to make family life a little easier.

The 8-week programme is packed with practical tools to help parents/carers:

- Manage children's behaviour in a positive way
- Handle stress
- Understand and manage emotions
- Improve communication, listening and play skills
- Build stronger parent-child relationships
- Explore parenting roles and expectations



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, 10.00am - 12.00pm

Cross Lane United Church

Earlestown, Newton-le-Willows, WA12 9PT
Opening times: Monday, 10.00am - 12.00pm

Park Farm Community Centre

54 Kentmere Avenue, Carr Mill, St Helens WA11 7PG
Opening times: Thursday 10.00am - 12.00pm

Peasley Cross URC

Beaufort Street, St Helens WA9 3BQ
Opening times: Friday 8.45am - 10.15am

FAMILIES WITH VOICES FORUM



WE WANT TO HEAR FROM YOU

Have **your say** and **share your ideas** on Family Hub's and Children's Centres and work together to design services for families in St Helens Borough.
All parents and carers are welcome.

To find out more please contact:
Email: fhccvolunteering@sthelens.gov.uk
Telephone: **01744 673420**
BSL Interpreters are available to prebook.



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.

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

An 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.





What's on in the community?



Chester Lane Library

Four Acre Lane, Clock Face, WA9 4DE

Monday	11.00am	Read and Rhyme
Thursday	10.00am - 12.00pm	Healthy Child Clinic (0-19+ Service) (Clinic does not run on the 2nd Thursday of the month)
	10.00am - 12.00pm	Sleep advice drop-in
	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
Friday	11.00am	Read and Rhyme

Grange Valley Primary School

1 Heyes Avenue, St Helens WA11 0XQ

Tuesday	10.00am - 11.00am	Sensory Baby Group (0-12 months)
Wednesday	1.30pm - 2.30pm	Baby Massage (please call to book)

Coming soon!

Baby Showers

Central Link – Monday 2nd March 10.00am – 12.00pm

Sutton Family Hub – Friday 5th June 1.00pm – 3.00pm

Parr Children's Centre – Tuesday 8th September 10.30am – 12.30pm

Newton Family Hub – Wednesday 4th November 10.30am – 12.30pm

Pregnancy & Beyond

Central Link starting – Thursday 12th March 4.30pm – 6.00pm

Sutton Family Hub – Thursday 11th June 4.30pm – 6.00pm

Parr Children's Centre – Thursday 17th September 4.30pm – 6.00pm

Newton Family Hub – Thursday 12th November 4.30pm – 6.00pm

Look out for more updates on our social media.



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.

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.

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!

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



Want to make a difference for families in your local community?

Are you a parent or carer who:

- Lives in St Helens
- Is looking for a flexible role that fits around your family and commitments
- Wants to help and support their local community



BECOME A PARENT CHAMPION

Interested?

Scan the QR code to fill in a contact form for more information.



SCAN ME!





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



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