

## Group Descriptions

### Drop in Sessions

At all drop in groups siblings are welcome but please be aware that the activities will be aimed at Children in the age ranges shown.

**'ARK' Multiple Birth Group** A play group to support parents with twins, triplets or quadruplets

**Baby Clinic** Health Visitor led Baby Clinic, come along and check your child's development

**Baby Group** A group aimed at 0-1 to promote bonding and developing new skills. Meeting new mums/dads and learning through play

**Bumps, Babies and Beyond** 4 sessions to introduce you and your partner to the joys of parenthood (drop in-please ring Parr for dates 01744 671788)

**Book Start** A group to encourage reading with children

**Breast Buddies/Breast Friends/Breast Feeding Support** Drop in sessions for support with Breast Feeding

**Childminders** A stay and play group for Childminders

**Coffee Morning** A drop in Coffee Morning for the whole family

**Employment Advisors** Email: [tfea.referrals@dwp.gsi.gov.uk](mailto:tfea.referrals@dwp.gsi.gov.uk)

**Family Fun Time** A stay and play session filled with lots of exciting activities

**Grandtots Group** A stay and play group for Grandparents and their grandchildren

**Introducing Solid Foods** A fun way to learn how to introduce solids to your baby

**Little learners** A group for 1-4 year olds to stay and play with their parents and learn through play

**M.A.T.C.H.** Stay and Play group for Dads, male carers and their children

**Mill Green Cafe** A drop in Café session for the whole family

**Mini Melodies** A music and movement group for 0-1 year olds with singing, instruments and dancing

**Musical Mayhem** A music and movement group for 1-3 year olds with singing, instruments and dancing

**Nans, Pops & Tots** A stay and play group for Grandparents and their grandchildren

**Sensory Babies** A stay and play group investigating sensory play

**Step Outside** An outdoor play group to promote children's play and learning outside in all weathers

**Storymakers** A fun packed reading and play session for children 0-5

**Teen Group** A group aimed at 14-19 year olds who want to meet new people and develop their parenting skills as well as building up their confidence while making new friends

**Twinkle Tots** A volunteer led group promoting families play and learning together

### Referral Only

**Chatterboxes** A group aimed at children who need support with speech and language (referral from Health Visitor or family support)

**Lifestyle Referral Programme** of exercise and activity suitable for those with long term conditions or specific goals that may require support . To gain access a referral is required via G.P, Practise Nurse, Physio or any other registered clinician that a you may be following treatment from

**Ready for School** 7 weekly sessions to ensure you're ready for school (referral from Nursery, Pre School and Health Visitors)

**Speech Therapy** Referral Only (referral from Health Professionals, Early Years Professionals, Social Care or Self Referral)

**Triple P** Parenting courses for parents of children 0-12 yrs, Teens and Stepping Stones for parents of children with a disability, development delay and conduct disorder. By referral only - call 01744 676543

### Pre Book

**Baby Massage** To encourage relaxation for babies and to assist with wind, colic etc-ring Parr Children's Centre to book your place 01744 671788

**English & Maths Course** Contact Adult and Community Learning for more details- 01744 677314

**First Aid Course** Paediatric First Aid, Limited places-ring Parr Children's Centre to book your place 01744 671788

**Health Trainer Clinics** Offer 1-1 support to help people make lifestyle changes to become healthier. Contact 0300 300 0103 to make an appointment



# Children's Centre Activity Timetable

January - July 17  
(Term Time Only)

## For more information

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

**Visit:** [www.sthelens.gov.uk/childrenscentres](http://www.sthelens.gov.uk/childrenscentres)

**Central Link Hub: 01744 673444 for:**

Moss Bank Children's Centre  
Fourways Children's Centre  
Thatto Heath Children's Centre

**Parr Hub: 01744 671788 for:**

Sutton Children's Centre  
Newton Children's Centre  
Haydock Children's Centre

Our centres are open from 9.00am-5.30pm

You can also register your child for a place at one of our Children's Centres online.

If you would like to refer a family for support, help and training, please contact us on the numbers above.

Sensory Rooms  
available at  
Central Link,  
Fourways &  
Thatto Heath



St. Helens  
Council



# Central Link Hub



		Monday	Tuesday	Wednesday	Thursday	Friday
Central Link	AM	Teen Group 10.00am -12.00pm Employment Advisor 10.00am-12.00pm	Baby Group (0-1's) 9.30am-10.30am Employment Advisor 10.00am-12.00pm	Triple P 9.30am-12.00pm	Little Learners 10.00am-11.30am Breast Buddies 11.30am-12.30pm	Speech Therapy 9.00am-12.00pm Chatterboxes Group 9.15am-10.15am Triple P 9.30am-12.00am
	PM		Speech Therapy 1.00pm-5.00pm Triple P 5.30pm-8.00pm	Speech Therapy 1.00pm-5.00pm <b>Eccleston Library</b> Nan's, Pop's & Tot's Group 1.30pm-3.00pm	Step Outside Group (0-5's) 1.00pm-2.30pm Introducing Solid Foods 1.00pm-2.00pm (4th Thursday of each month)	Baby Massage 1.30pm-2.30pm

		Monday	Tuesday	Wednesday	Thursday	Friday
Moss Bank	AM	Speech Therapy 9.00am-12.00pm	Twinkle tots (0-5's) 9.30am-11.30am Introducing Solid Foods 10.30am-11.30am (3rd Tuesday of each Month)	Childminding Group 9.00am-12.00pm Breast Friends 11.00am-12.00pm	Coffee Morning 9.00am-11.30am	
	PM	First Aid Course 1.00pm-3.00pm	M.A.TCH (4-11 yrs) 5.45pm-7.30pm	Little Learners 1.00pm-2.30pm	Baby Clinic 12.30pm-2.30pm Baby Group (0-1's) 12.45pm-1.45pm	

		Monday	Tuesday	Wednesday	Thursday	Friday
Thatto Heath	AM	Little Learners 9.30am-11.00am	Triple P 9.30am-12.00pm	Childminding Group 9.30am-11.30am	Health Trainer Clinic 9.00am-5.00pm Grandtots Group 9.30am-11.30am	Storymakers 10.00am-11.00am
	PM	Speech Therapy 12.30-5.00pm Introducing Solid Foods 1.00pm-2.00pm (3rd Monday of each month)		Baby Group (0-1's) 1.30pm-2.30pm	Baby Clinic 1.30pm-3.00pm Employment Advisor 2.00pm-3.00pm Bumps, Babies and Beyond 6.00pm-8.00pm	Speech Therapy 12.30pm-5.00pm

		Monday	Tuesday	Wednesday	Thursday	Friday
Fourways	AM		Health Trainer Clinic 9.00am-12.30pm Introducing Solid Foods 10.30am-11.30am (2nd Tuesday of each month)	Lifestyle Referrals 1.00pm - 5.00pm		Speech Therapy 9.00am-12.00pm Triple P 9.30am-12.00pm
	PM		Baby Group (0-1's) 1.00pm-2.00pm			Family Fun time 1.00pm-3.00pm



# Parr Hub



		Monday	Tuesday	Wednesday	Thursday	Friday
Parr	AM	Coffee Morning 10.00am-12.00pm	Little Learners 10.00am-11.30am	Baby Clinic 9.30am-11.30am Baby Group (0-1's) 9.30am-10.30am Employment Advisor 10.00am-12.00pm	Health Trainer Clinic 9.00am-5.00pm Triple P 9.30am-12.00pm	Health Trainer Clinic 9.00am-12.00pm Chatterboxes 11.15am-12.00pm Triple P 9.30am-12.00pm
	PM		Bumps, Babies and Beyond 1.00pm-3.00pm	Introducing Solid Foods 1.00pm-2.00pm (4th Wednesday of each month)	Teen Group 1.00pm-2.30pm	

		Monday	Tuesday	Wednesday	Thursday	Friday
Sutton	AM	Childminding Group 10.00am-12.00pm	Baby Clinic 9.30am-11.30am Baby Group 10.00am-11.00am Mill Green Café 10.00am-2.00pm Breastfeeding Support 11.00am -12.00pm Employment Advisor 10.00am-12.00pm	Speech Therapy 9.00am-5.00pm	Speech Therapy 9.00am-5.00pm Health Trainer Clinic 9.00am-12.30pm Little Learners 9.30am-11.00am Mill Green Café 10.00am-2.00pm	
	PM	Chatterboxes 1.30pm-5.00pm	'ARK' Multiple Birth group 1.00pm-3.00pm	Mill Green Café 1.30pm-2.45pm		Introducing Solid Foods 1.00pm-2.00pm (1st Friday of each month)

		Monday	Tuesday	Wednesday	Thursday	Friday
Haydock	AM		Little Learners 10.00am-11.30am	Health Trainer Clinic 9.00am-12.00pm	Childminding Group 9.15am-11.15am	
	PM				M.A.TCH 6.00pm-8.00pm	

		Monday	Tuesday	Wednesday	Thursday	Friday
Newton	AM	Speech Therapy 9.00am-5.00pm Little Learners 10.00am-11.30am	Musical Mayhem 9.30am-10.30am Mini Melodies 11.00am-12.00pm	Family Fun Time 9.30am-11.00am Introducing Solid Foods 11.00am-12.00pm (1st Thursday of each month)	Baby Clinic 9.30am-11.00pm	Speech Therapy 9.00am-12.00pm Baby Group 10.30am-11.30am
	PM					Family Fun Time 2.00pm-3.00pm

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tesco Community Room, Prescot	AM				Sensory Babies 09.30am-10.30am 11.00am-2.00pm		M.A.T.C.H. (0-5 years) 10.00am-11.30am
	PM				Munch Bunch 1.30pm-2.30am		