

St Helens Support Directory



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Food Support Services in St Helens



Food Banks

The Mount

Parr Mount, Traverse Street, Fingerpost
St Helens, WA9 1BW
Monday 12.30 pm to 2.30 pm
01744 611771

St Helens Christian Life Centre

Atherton Street, St Helens, WA10 2DT
Tuesday and Friday 11 am to 2.30 pm
01744 26414

St John The Baptist Church

St John Street, Earlestown, WA12 9DG
Wednesday 11.30 am to 1.30 pm
07519 357098

St Helens Parish Church Hall

Church Street, St Helens, WA10 1AF
Thursday 11 am to 2 pm
07599 582848

Newton Community Centre

Park Road South, Newton-le-Willows, WA12 8EX
Friday 11 am to 2.30
01925 224731

Sexton Avenue Community Allotments

110 McMinnis Avenue, Parr, WA9 2PW
Monday, Tuesday, Thursday, Friday and
Saturday, 11 am to 2 pm
01744 607907

Derbyshire Hill Family & Community Centre

Derbyshire Hill Road, Parr, WA9 2PW
Wednesday 11 am to 1 pm
01744 607907

Community food pantries

HOPE Pantry

Wesley Methodist Church, Corporation Street,
WA10 1LF
Weekly Fee - £4
Tuesday 11 am to 1 pm

St Matthew's Centre Pantry

St Matthews Grove, Thatto Heath, WA10 3SE
Weekly Fee - £4
Wednesday 9 am to 11.30 pm

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

Park Street, Haydock, St Helens, WA11 0BH
Weekly Fee - £4
Thursday 8.50 am to 11 am

St Luke's Pantry

Knowsley Road, St Helens, WA10 4PU
Weekly Fee - £4
Wednesday 3.30 pm to 5.30 pm

Sutton Pantry

St Michael & All Angels Church, Gartons Lane,
WA9 2RA
Weekly Fee - £4
Sunday 1.30 pm to 3.30 pm

Food Support Services in St Helens



St Helens Borough Mobile Pantry

Wargrave Big Local Community Hub

143 Alder Street, Newton-le-Willows WA12
8HR

Monday 10.30 am to 12.30 pm

Sutton Family Centre

Ellamsbridge Rd, Saint Helens WA9 3PX

Tuesday 10.30 am to 12.30 pm

Park Farm Community Centre 54

Kentmere Avenue Carr Mill, WA11 7PG

Thursday 10.30 am to 12.30 pm

Peasley Cross URC

Beaufort Street, St Helens, WA9 3BQ

Friday 08.45 am to 10.15 am

Community Shops

St Helens Community Shop

Lancots Lane, Sutton Fold, St. Helens,
WA9 3EX

Monday to Friday 8 am to 8 pm, Saturday 8 am
to 6 pm and Sunday 10 am to 4 pm

01744 751 007

National Organisations

Too good to go - The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.
<https://www.toogoodtogo.com/en-gb>

OLIO - Olio is a mobile app for food-sharing, aiming to reduce food waste. It does this by connecting those with surplus food to those in need. <https://olioapp.com/en/>

Trussell Trust Helpline - 0800 915 4604

Open Monday to Friday, 9am – 5pm

Salvation Army

Run food banks year-round from many of their churches and community centres.

OddBox - Fighting food waste
<https://www.oddbox.co.uk/>

The Trussell Trust

Search the Trussell trust website to find your local centre.

<https://www.trusselltrust.org/>

Furniture Support in St Helens



Charities

Bulky Bobs Furniture World

129-139 London Road, Liverpool, L3 8 JA
0151 305 5200

Big Help Project

Offers a wide range of support
212 Boaler Street Liverpool L6 6AE
Free Phone 0808 275 9925
Hello@bighelpproject.com

Recipro (UK) Ltd

Work with suppliers and contractors, who donate unwanted, surplus building materials to which they can sell on at hugely discounted rates
Unit 2 Britannia House, Dock Road, CH41 1DF
0151 639 0651

Furniture Charity Shops

Willowbrook

Sutton Shop & Donation Warehouse
Sutton Road, St Helens WA9 3DZ
Monday to Saturday 9.30 am to 3.30 pm
01744 413112

Willowbrook Prescott Superstore

Prescot Shopping Central, Eccleston Street,
Prescot L34 5GA
Monday to Saturday 10 am to 4 pm.
0151 541 7806

Willowbrook The Living Well

Borough Road, St Helens, WA10 3RN
Monday to Saturday 10 am to 4 pm
01744 646830

Willowbrook Rainhill

Dane Court, Weaver Avenue, Prescot, L35 4LU
Monday to Saturday 9 am to 4 pm
0151 426 9940

Willowbrook Rainford

16a Church Road, Rainford, St. Helens WA11 8HE
Monday to Saturday 10 am to 4 pm
01744 886829

Willowbrook Four Acre

Unit 8, Four Acre Lane Shopping Centre, St Helens
WA9 4BZ
Monday to Saturday 9.30 am to 4 pm
01744 814121

Honey Rose Foundation

2-4 Cotham St, Saint Helens WA10 1SA
Monday to Friday 9 am to 4 pm
01744 451919

Extra Care Trust 54 Church Street,

St Helens WA10 1AD
01744 757138

The Big Help Project

Prescot Shopping Centre, Eccleston St, L34 5GA
0151 482 6089

Barnardo's

Unit 1 Chain Lane Shopping Precinct Chain Lane,
St Helens WA11 9HB
01744 737628

Claire House

7 Bridge Street Church Square Shopping Centre,
WA10 1AR
01744 730 261

British Heart Foundation

Unit 6 23 Ormskirk Street, St Helens, WA10 1BQ
01744 736990

Salvation Army

21a Ormskirk Street, St Helens WA10 1BQ
01744 27311

Furniture Support in St Helens



Sue Ryder

1 Brownlow Arcade, St Helens WA10 1AE
01744 753215

Age UK

17 Ormskirk Street St Helens WA10 1BQ
01744 45319

Facebook Groups

There are several groups on Facebook that offer free or low cost furniture.

These include:

People Help The People (Liverpool)

Liverpool FREEcycle

Everything's free Liverpool

Second Hand Furniture Websites

Facebook Market Place and Groups

Gumtree

FreeCycle

Pre-Loved

Freeads

VivaStreet

Freegal

Resources

Reuse Network

Reuse Network supports reuse charities across the UK to help them alleviate poverty, reduce waste and tackle climate change.

<https://reuse-network.org.uk/>

Council Support

If you find yourself in crisis you can apply for support to get food and necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

Liverpool Citizen Support Scheme

Revenues and Benefits Service, Cunard Building, Water Street, L3 1AH

0800 456 1523 or 0151 233 3053

Charities

Glasspool Trust

UK-wide charity that provides grants support for people experiencing financial hardship, with no restrictions on who they can help.

<https://www.glasspool.org.uk/>

Buttle UK

Support children and their families, including the provision of beds, and offer more comprehensive packages of support.

<https://buttleuk.org/apply-for-a-grant/>

Family Fund

Helping vulnerable children and young people up to the age of 18 who are experiencing a crisis or emergency. They provide essential furniture items and they accept direct applications.

<https://www.familyfund.org.uk/>

Cost of Living Support in St Helens



Council Support

Household Support Fund

The Household Support Fund will provide help to residents who are struggling to afford energy, food, water and other essential bills.

It will provide an application process for low-income households who:

- require urgent help with fuel or food expense
- need help towards the cost of buying or replacing furniture or white goods
- have not receive additional government help, e.g. missing out on a government Cost of Living payments due to being ineligible at the qualification date
- are ineligible to receive Universal Credit or other mean-tested benefits including households with children and disabilities

For more information please call 01744 676666

Help with Council Tax debt and managing money.

Citizens Advice St Helens

Helping people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers.

Please see below for details on how to contact for advice Monday to Friday 9 am to 4 pm

General Enquiries Line: 01744 737866

(To arrange to speak to a Welfare Benefits or Debt advisor)

All other enquiries: 0808 278 7985

Universal Credit Help To Claim: 0800 1448 444

Money Advice Service - 0300 500 5000

National Debt Line - or call 0808 808 4000

Christians Against Poverty

National debt counselling charity with a network of 160 centres based in local churches, offering hope and a solution to anyone in debt (not just Christians).

Christian Life Centre

Atherton Street, St Helens, WA10 2DT

Appointments Line: 0800 328 0006

Money Advice service free, impartial advice, to help improve your finances, set up by government to help keep track and plan ahead **0800138 7777**

Employment Support

Households into work

Households into Work is aimed at individuals who may have multiple or significant barriers to moving into work, or even to considering work.

Households into Work, St. Helens Council, Town Hall, Victoria Square, St. Helens, WA10 1HP

01744 676126 hiw@sthelens.gov.uk

Starting Point

Starting Point offer free, impartial employment advice and skills-boosting courses.

Starting Point, St Helens Chamber, Salisbury Street, St Helens, WA10 1FY

01744 698 800 info@thestartingpoint.org

Households into Work

Help into employment

hiw@liverpoolcityregion-ca.gov.uk

Supported Employment Team

Supported Employment Team, Stephenson Resource Centre, Warrington Road, Rainhill, Merseyside, L35 8LB
01744 677 828

Talent Match

Talent Match is an exciting employability programme that supports young people aged 15-29 in St Helens
01513571971 TalentMatch@youthfed.org

Credit Unions

Central Liverpool Credit Union

141 Park Street, Liverpool, L8 6QF
centralcu.co.uk
0151 708 5515 enquiries@clcu.co.uk

Enterprise Credit Union

5-7 Page Moss Lane, Liverpool, L14 0JJ
enterprisecreditunion.org
0151 482 0177
contact@enterprisecreditunion.org

Lodge Lane and District Credit Union

81 Lodge Lane Liverpool Liverpool L8 0QE
0151 734 2561
lodgelane.creditunion@phonecoop.coop

Partners Credit Union

2nd Floor, LCVS, 151 Dale Street, L2 2AH
partnerscreditunion.co.uk
0151 258 1014
enquiries@partnerscreditunion.co.uk

Riverside Credit Union

Garston Business Centre, 2 – 4 St Mary's Road
Garston, Liverpool, L19 2RY
riversidecreditunion.co.uk
0151 448 0565
info@riversidecreditunion.co.uk

Fuel and Energy Support

Energy Projects Plus

Free and impartial advice to help you save money on your energy bills.
0800 043 0151
<https://www.epplus.org.uk/>

British Gas Energy Trust

<https://britishgasenergytrust.org.uk/>

Scottish Power Hardship Fund

<https://www.scottishpower.co.uk/support-centre/help-paying-your-bill/hardship-fund>

E.On Energy Fund

<https://www.eonenergyfund.com/>

Support from Banks

Most banks offer help for those struggling during the current cost of living surge, with most stating that they plan to ramp up their guidance and support services.

National Debt services

Turn2us

Turn2us is a national charity providing practical help to people who are struggling financially.
0808 802 2000 www.turn2us.org.uk

National Debtline

National Debtline is a debt advice charity run by the Money Advice Trust. We are a free and confidential debt advice service for people in England, Wales and Scotland.
0808 808 4000 www.nationaldebtline.org

Welcoming Spaces in St Helens



Welcoming Spaces

Libraries in St Helens are Welcoming Spaces where people can meet up, socialise, access support on issues such as money, welfare and mental wellbeing, access computers, free wi-fi and charging points, and heated spaces.

Chester Lane Library

Four Acre Lane, St Helens, WA9 4DE

01744 677081

chesterlanelibrary@sthelens.gov.uk

Eccleston Library

Broadway, Eccleston, St Helens, WA10 5PJ

01744 677575

ecclestonlibrary@sthelens.gov.uk

Garswood Library

School Lane, Garswood, WN4 0TT

01744 677797

garswoodlibrary@sthelens.gov.uk

Haydock Library

Church Road, Haydock, St Helens, WA11 0LY

01744 677801

haydocklibrary@sthelens.gov.uk

Moss Bank Library

Bowness Avenue, St Helens, WA11 7EQ

01744 677988

mossbanklibrary@sthelens.gov.uk

Newton-le-Willows Library

Crow Lane East, Newton-le-Willows, WA12 9TU

01744 677885

newtonlewillowslibrary@sthelens.gov.uk

Parr Library

Fleet Lane, Parr, St Helens, WA9 1SY

01744 677580 parrlibrary@sthelens.gov.uk

Rainford Library

Church Road, Rainford, WA11 8HA

01744 677820

rainfordlibrary@sthelens.gov.uk

St Helens Library

The World of Glass, Chalon Way East, WA10 1BX

01744 676954

sthelenslibrary@sthelens.gov.uk

Thatto Heath Library

Thatto Heath Road, St Helens, WA10 3QX

01744 677842

thattoheathlibrary@sthelens.gov.uk

Central Link Children's Centre

Westfield Street, St Helens, WA10 1QF

01744 673445

Chester Lane Library

Four Acre Lane, Clock Face, WA9 4DE

01744 677081

Cross Lane United Church

11 Cross Lane, St Helens, WA12 9SP

01925 222109

Derbyshire Hill Family Centre

228 Derbyshire Hill Road, St Helens, WA9 2LU

01744 611373

Newton Community Centre

Park Rd South, Newton le Willows, WA12 8EX

01925224731

Newton-le-Willows Health & Fitness

Ashton Road, Newton le Willows, WA12 0AG

01744 677970

Welcoming Spaces in St Helens



Park Farm Community Centre

54 Kentmere Avenue, Carr Mill, WA11 7PG
01744 754367

Parr Children's Centre

Ashtons Green Drive, Parr, St Helens, WA9 2AP
Contact number:01744 673445

Queens Park Health and Fitness

Boundary Road, St Helens, WA10 2LT
01744 671717

St Anne & Blessed Dominic Parish Centre

40 Monastery Road, Sutton, St Helens, WA10 4HW
01515221020

St Helens Chamber

4-6 Hardshaw Street, St Helens, WA10 1RE
01744698800

St Helens Parish Church

Church Square, St Helens, WA10 1AF
01744 22909

St John the Baptist's Church

Saint John Street, Newton le Willows, WA12 9NW

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

St Mark's Centre, Park Street, Haydock,
01744 607388

St Patrick's Parish Centre

111 Common Road, Newton le Willows
0151 522 1020

St Paul's Church, Blackbrook

St Paul's Church, Chain Lane, Blackbrook WA11 9QF
United Kingdom

St Peter's Church, Parr

St Peter's Church, Broad Oak Road, Parr, WA92DZ
01744 734335

St Philip's Church, Derbyshire Hill

St Philip's Church, Fleet Lane, Derbyshire Hill
01744 734335

St Teresa's Parish Centre

Devon Street, Windsor Road, St Helens, WA10 4HW
0151 522 1020

Standing Tall Foundation

Well Being Building, Borough Rd, WA10 3RN
07788 240184

Sutton Children's Centre

Ellamsbridge Road, Sutton, St Helens, WA9 3PY
01744 673445

Sutton Leisure Centre

Elton Head Road, Sutton, St Helens, WA9 5AU
01744 677375

T.A.N.G.O. Community Project at St Marks Centre,

Park Street, Haydock, WA11 0BG
01744 607388

Thatto Heath Crusaders ARLFC

Close Street, Thatto Heath, St Helens, WA9 5JA
01744 416393

Thatto Heath Library

Thatto Heath Road, St Helens, WA10 3QS
01744 677842

Wonderland Community Centre C.I.C

Unit 4, Reflection Court, Canal Street, WA10 3JQ
01744 613574

Riverside

Digital Inclusion

Support in

St Helens



National Organisations

Job Centre Support

Connectivity provider TalkTalk is rolling out a new voucher scheme that gives jobseekers across the UK free access to high-quality broadband. The programme, offered in partnership with the Department for Work and Pensions (DWP), aims to tackle digital exclusion and remove barriers to employment across the UK.

Your work coach will be able to help support you to access further information

Social Tariffs

Internet access at home can be expensive, some broadband providers offer social tariffs – broadband and phone packages at a reduced price for people claiming Universal Credit, Pension Credit as well as some other benefits. Some providers call them ‘essential’ or ‘basic’ broadband.

Visit www.ofcom.org.uk and search social tariffs to find out more.

The Department for Education

The Department For Education offers free qualifications and provides access to free, high-quality provision to equip them with the essential digital skills they need for life and work. To be eligible for full funding under the entitlement:

- Be a UK resident
- Aged 19 and over
- Do not have the essential digital skills required to operate effectively in work and day to day life

www.gov.uk/guidance/free-qualifications-for-adults-with-low-digital-skills

Get Online @ Home

Get Online @ Home sells heavily discounted, refurbished computers and tablets.

<https://www.getonlineathome.org>

Family Fund

Devices, such as computers and tablets, can have a huge impact on disabled children and their families. Family Fund can help support families.

www.familyfund.org.uk

The Charity Excellence

The Charity Excellence Framework provides a resource for a wide range of free laptops, computers, software, IT support and grants for UK charities and social enterprises.

www.charityexcellence.co.uk

The National Data Bank

The National Databank is a national foodbank for connectivity data. Run by Good Things Foundation, data to help almost 500,000 people will be donated by Virgin Media O2, Vodafone, and Three Mobile from September 2022.

www.goodthingsfoundation.org

National Device Bank

Good Things Foundation is building the UK's first ever National Device Bank. Devices will be provided to people in need by thousands of community organisations in Good Things Foundation's network.

<https://www.onlinecentresnetwork.org>

Digital Inclusion Support in St Helens



Learning

Learn My Way

Learn My Way is a website of free online courses for beginners to develop digital skills to make the most of the online world.

www.learnmyway.com

Barclays Digital Wings

Barclays Digital Wings platform offers free online digital skills courses from how to stay safe online, use social media, make your business digital and much more. Available to everyone, no eligibility criteria.

<https://digital.wings.uk.barclays/>

FutureLearn

FutureLearn provide a suite of free digital skills courses from digital skills for work and life to advanced skills like web analytics, social media, AI and much more.

www.futurelearn.com

Libraries

Local libraries offer digital skills learning, you can book time on a PC and use their learning resources.

Rainhill Community Library

View Road, Rainhill, St. Helens, L35 0LE

01744 677 822 rainhilllibrary@sthelens.gov.uk

St Helens Library Service

Chester Lane Library, Four Acre Lane, WA9 4DE

01744 677 081

St Helens Library Service

Thatto Heath Library, Thatto Heath Road, WA103QX

01744 677842

Chester Lane Community Library

Four Acre Lane, Sutton, St. Helens, WA9 4DE

01744 677 081

chesterlanelibrary@sthelens.gov.uk

Eccleston Community Library

Broadway, Eccleston, St. Helens, WA10 5PJ

01744 677575 ecclestonlibrary@sthelens.gov.uk

Parr Library

Fleet Lane, Parr, St. Helens, WA9 1SY

01744 677 580 parrlibrary@sthelens.gov.uk

St Helens Library Service

The World of Glass, Chalon Way East, WA10 1BX

01744 676 954

St Helens Central Library

The Gamble Institute, Victoria Sq, WA10 1DY

01744 676 989 centrallibrary@sthelens.gov.uk

Groups and organisations

St Helens College

Range of IT & Computing Courses

St Helens College Water St, Saint Helens WA10 1PP

0800 996699

www.sthelens.ac.uk/courses/computing

St Helens Adult and Community Learning

Basic introductory IT training for 19+

King Street, WA102JZ

01744 677 596

St Helens Community and Adult Learning

Basic introductory IT Training

United Reformed Church, Ormskirk Street, WA102JZ

01744 676671/ 01744 677328

Riverside

Digital Inclusion Support in St Helens



The Hope Centre

Atherton Street, St Helens, WA10 2DT

01744 26414 angela@hopecentre.org.uk

St Helens Jobcentre

Gregson House, 2 Central Street, WA10 1UF

01744 698279

sthelens.customercontact@dwp.gsi.gov.uk

St Helen's Integrated Recovery

80 Corporation Street, Lincoln House, WA10 1UQ

01744 410752 sthelens.info@cgl.org.uk

Riverside

Youth Provision in St Helens



Children's Centres

Everyone is welcome at St Helens' Children's Centres - we provide a range of services to ensure that children have the best start in life.

We offer:

- Early education integrated with daycare
- Family friendly support and advice on pregnancy, child development and family health
- A seasonal timetable of activities for babies and toddlers aged 0-5 years
- Parenting programmes
- Speech and language support
- Volunteering Opportunities
- Help with access to employment - support with work or training
- Half term holiday activities and food programme

childrenscentres@sthelens.gov.uk

Central Link Children's centre

Westfield Street (off Peter Street), WA10 1QF
01744 673445

Fourways Children's Centre

Burnage Avenue, St Helens, WA9 4QB
01744 673445

Haydock Children's Centre

Legh Road, Haydock, St Helens, WA11 0ER
01744 671788

Moss Bank Children's Centre

Kentmere Avenue, Moss Bank, WA11 7PQ
01744 673445

Newton Children's Centre

Patterson Street, Newton-le-Willows, WA12 9PZ
01744 671788

Parr Childrens Centre

Ashton's Green Drive, Parr, St Helens, WA9 2AP
01744 671788

Sutton Children's Centre

Ellamsbridge Road, Sutton, St Helens, WA9 3PY
01744 671788

Thatto Heath Children's Centre

Brisbane Street, St Helens, WA9 5QT
01744 673445

Youth Support Services

Park Farm Community Centre

54 Kentmere Ave, Saint Helens WA11 7PG
01744 754367

contact@parkfarmcommunitycentre.co.uk

Tuesday 6 pm to 8 pm

Weekly projects-based activities to engage young people Aged 11-15

Tuesdays & Thursdays (during school holidays)

9 am to 12 pm

Playscheme during school holidays for fun, engaging, creative and educational activities. Aimed at children in school years 2-6.

Wednesdays & Fridays (Term time only)

4.30 pm to 6 pm

Activities for children aged 6-11

Activities for children include fun educational activity, arts & crafts, sports & games

Blank Canvas Creative Sessions

Free inclusive creative sessions for ages 10+

The Citadel Theatre, Waterloo Street, St Helens

01744 362 986 info@mdcreatives.co.uk

SEND Youth Provision in St Helens



Momo's Monday Club

For Children with additional needs and/or social anxiety to make new friends, play and eat together.

Westfield St, St. Helens, WA10 1QJ

Monday 5 pm to 7 pm

momoscoffeeshop@gmail.com

ADDvanced Solutions Community Network Group

Providing an opportunity for parents/carers of children with Neurodevelopmental conditions pre, during & post diagnosis, to share learning and experiences, to gain tools, confidence & knowledge to better meet the needs of the family.

Tuesday 12.45 pm to 2.45 pm

01744 582172 info@advancedsolutions.co.uk

Listen 4 Change Coffee Evening

For all parents/carers. Meets every other month, term-time only, at The Carer Clubhouse, Fishwick House, Cotham Street (opposite the Town Hall).

For more info Saradolan@sthelenscarers.org.uk

CAMHS – Child and Adolescent Mental Health Services

01925 579405

5bp-tr.CAMHS-referrals@nhs.net

Clairs parents meeting parents ADHD Support Group

07480 824 868 chair.cpmpadhd@gmail.com

Thoughtscape

Collaborative service offer for emotional wellbeing, resilience and mental health support for children and young people in St Helens.

Access to support is available through Resilience Teams, MHSTs or Kooth.

St Helens Youth Council

St Helens Youth Council and UK Youth Parliament (UKYP) members are young people aged 11-18 years, elected to represent the views of young people across St Helens, locally, regionally and nationally such as, British Council Youth Convention. They meet on the 1st and 3rd Thursday of each Month in St Helens Town Hall.

07920227607

St Helens Family Hub Parent/Carer Forum

This forum is for parent/carers in St Helens who are passionate about making positive change and want to support the development of the Family Hub Programme. They meet on a Monday afternoon, 12.30 pm to 1.30 pm at Sutton Family Hub, St Helens.

07920227607

Big Chat

Big Chat is a youth voice group for young people aged 11-25 with Special Educational Needs or Disabilities (SEND). They discuss issues that are important to young people and campaign for positive change in our area.

07920227607

YPAS Young People Advisory Service

YPAS offers a wide range of support, wellbeing and therapeutic services for children, young people and families in Merseyside.

YPAS North Hub, Croxdale Road West, L14 8YA

0151 305 2040 support@ypas.org.uk

Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Virtual KEEN

Inclusive online activities for young people

<https://www.keenuk.org/virtualkeen>

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Youth Provision in St Helens



Autism in Motion

St Georges hub, Waresley crescent L9 6BW
aimautism@hotmail.com

Al-Ghazali Centre: 'Youth Mental Health Support Programme'

Mental health workshops and activities for young people aged 12 to 18 years.
Addressing mental health promotion in youth outside of educational settings
35 Earle Road Liverpool L7 6HA
0151 734 3843 info@alghazalicentre.co.uk

Autism Adventures Training CIC: 'My Mental Health- What's OK?'

Project aimed at people with autism to improve understanding of and break down barriers to mental health, as well as providing tools and strategies to manage emotions and feelings
Addressing mental health promotion in youth outside of educational setting, financial insecurity, debt and loneliness
info@liverpoolautismadventures.co.uk

Imagine If Trust: 'The Zone Youth Hub'

Fun, safe and active sessions for primary school aged children, providing a stimulating environment where children can thrive and grow in confidence.

147 Lawrence Road, Liverpool, L15 3HA
info@imagineiftrust.org

Priority Youth Project: 'Priority Youth Counselling Support Programme'

A 1-1 counselling service for children and young people aged 8-19 years.
St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA
07523 650 956 hello@priorityyouth.co.uk

Career Connect

Career Connect is an independent information, advice, guidance and support service for young people aged 16 to 19 who are St Helens residents
Career Connect, Ways to Work, Church Square Shopping Centre, 3 Bridge St, St Helens, WA10 1BD
0151 600 7700
stephen.bedson@careerconnect.org.uk

Kooth – Online Counselling and Support (11-25)

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.
Access through www.Kooth.com
0203 984 9337 contact@kooth.com

Listening Ear

Children and young people specific bereavement and domestic violence support.
cypreferrals@listening-ear.co.uk

TAZ Teenage Advice Zone

TAZ, The Millennium Centre (First Floor), Corporation Street, St Helens, WA10 1HJ
01744 627 465 yaz.sthelens.gov.uk

National Services

National Citizenship Service

Delivers a range of experiences for young people across the UK. <https://wearencs.com/>
0800 197 8010

Duke of Edinburgh

Delivers a range of experiences for young people across the UK.
<https://www.dofe.org/>

Riverside

Family Support in St Helens



Connect Coffee Morning

For parents/carers of children or young people with Special Educational Needs and/or Disability aged 0-25 years.

Meets once a month at Momo's Café, 64-68 Westfield Street, WA10 1QJ

01744 345003 TL00113@icloud.com

Connect Junior Group

The group runs fortnightly on Wednesdays and is open to children aged 7-12 with social communication difficulties.

The Thompson Centre, Allanson Street Primary School, Gaskell Street, WA9 1PL

01744 345003 TL00113@icloud.com

Connect Youth Group

The group runs fortnightly on Wednesdays and is open to young people aged 11-25 with social communication difficulties. The

Thompson Centre, Allanson Street Primary School, Gaskell Street, WA9 1PL

aspergersthelens@hotmail.co.uk

Connect Coffee Morning

For parents/carers of children or young people with Special Educational Needs and/or Disability aged 0-25 years. Meets once a

month on Thursday 10.30 am to 12.30 pm Derbyshire Hill Family centre 228 Derbyshire Hill Road, Parr, WA9 2LU

01744 345003 or TL00113@icloud.com

Listen 4 Change Coffee Morning

For all parents/carers. Generally meets the first Friday of each month, term-time only, at The Carer Clubhouse, Fishwick House, Cotham Street (opposite the Town Hall).

Saradolan@sthelenscarers.org.uk

Home-Start St Helens

Home-Start St Helens, Peter Street, WA10 2EQ

01744 737 400

homestartsthelen@btconnect.com

St Helens Information Advice and Support Service

(IASS) is a statutory service that was formally known as the Parent Partnership Service.

01744 673428 IASS@sthelens.gov.uk

Triple P – Positive Parenting Programme

Atlas House, Corporation Street, St Helens, Merseyside, WA9 1LD

01744 676543

Period and Hygiene Product Support

Many food banks, pantries and community centres will have access to free sanitary products.

Bloody Good Period - We give period products to those who can't afford them and provide reproductive health education to those less likely to access it.

hello@bloodygoodperiod.com

Morrisons - Package for Sandy

Customers in need can now go to any Morrisons customer service desk nationwide and ask for a package for 'Sandy' or a 'period product pack'. The customers will then be given a free discreet envelope with sanitary products and no questions asked.

Freedom4Girls - provides period products to those in Leeds, Sheffield, West Yorkshire, and select other regions of the UK
<https://www.freedom4girls.co.uk/request-products/>

Older People Support in St Helens



Age UK Advice Line - 0800 678 1602

Tax Help for Older People

01308 488066 taxvol@taxvol.org.uk

Dementia UK - 0800 888 6678

Re-engage

Group and one-to-one social activities will help older people connect with others.

0800 716543

The Silver Line - 0800 4 70 80 90

Friends of the Elderly

Grants to older people living on low incomes.

0330 332 1110 hello@fote.org.uk

Omega (befriending service for caregivers / carers)

Chatterbox Action Against Loneliness telephone chat

01743 245088 chatterbox@omega.uk.net

A Letter from Louise pen pal befriending

01743 245 088

aletterfromlouise@omega.uk.net

Merseyside Fire & Rescue Services: Home Fire Safety Checks

If you live in Merseyside, you can phone **0800 731 5958** for **free** fire safety advice or to request a Home Fire Safety Check visit

Merseyside Dementia Friendly Radio

Independent, online radio station that is run in collaboration with and for the benefit of those who live in the Merseyside area whose lives are affected by dementia. vianat@mdfr.co.uk

07768 139708 nat@mdfr.co.uk

City Wide Support

Liverpool Cares

Liverpool Cares is a community network of younger and older neighbours hanging out and helping one another in our rapidly changing city.

Liverpool Cares,

Studio D, Baltic Creative, 49 Jamaica Street, Liverpool, L1 0AH

0151 659 1789 liverpoolcares.org.uk

The Brain Charity

Helping people with all forms of neurological conditions to lead longer, healthier, happier lives
Norton Street, Liverpool, L3 8LR

0151 298 2999

Bradbury Fields

services for Blind and Partially Sighted People
The Bradbury Centre, Youens Way, Liverpool, L14 2EP.

0151 221 0888 ext 214

jabdullah@bradburyfields.org.uk

Local Solutions

Liverpool Carers Centre delivers a city wide community based programme of activities and training that ensures a range of support is available to unpaid carers in Liverpool

0151 705 2307

healthandwellbeing@localsolutions.org.uk

AbilityNet

Free computer support to disabled people and older people, provided by volunteers.

0800 048 7462 enquiries@abilitynet.org.uk



Riverside Older People Support in St Helens



Smile TLC LTD (supports those affected by dementia)

Organises social events and support to people living with dementia and their family members.
0151 374 0112 support@smile-tlc.co.uk

University of the Third Age

University of the Third Age groups are self-help, self-managed lifelong learning co-operatives for older people who are no longer in full-time employment.
07415478777

Crownway Community Centre

Crown Street, Earlestown, Newton-le-Willows, WA12 9DA
Deliver a variety of activities for different ages and interests. For detailed information, you can contact the office on
01925 222907
office@crownwaycommunitycentre.co.uk

Age Concern Luncheon & Social Club

Thursday 12 pm to 3.30 pm
01925 222907 to book

Adult Line Dancing

Thursday 6.30 pm to 8.30 pm

Coffee and a Chat

Billinge Hall 216 Main Street St Helens WN5 7PE
Wednesdays 12.30 pm to 2.30 pm
0300 003 1992 enquiries@aukmm.org.uk

E Town Walk and Talk

Earlestown Cricket Club, WA12 9DT
Sunday from 10 am
07434 904904 earlestowncc@hotmail.co.uk

Art and crafts for wellbeing

130 Napier Street, St. Helens, WA102EW
Wednesdays 11 am to 1 pm
07590333813 positivelifeworkshops@gmail.com

Bereavement Cafe

Eccleston Library Community Room, Broadway, Eccleston, Saint Helens WA10 5PJ
2nd Tuesday of the month, 1.30 pm to 3 pm
01744 677575

Brew And Chat

Nutgrove Allotments, Maine Ave, WA10 3NZ
Wednesday 10 am to 12 pm
01744 371 111 chcp.sthelens@nhs.net

Carers Prize Bingo

Every 3rd Tuesday and 4th Monday of the month
Carer Clubhouse, Fishwick House, 18 Cotham Street, St Helens WA10 1S
Contact to book 01744 675 615
info@sthelenscarers.org.uk

Carr Mill Connects with Art

Park Farm ACYP Community Centre, 54 Kentmere Avenue, Carr Mill, WA11 7PG
Wednesday 12 pm to 2 pm
01744 754367
Contact@parkfarmcommunitycentre.co.uk

Chain Lane Over 50's Social Group

Chain Lane Community Centre, Hinckley Road St Helens, WA11 9HT
1st Wednesday of every month 12.30 pm to 2.30 pm
07984 695365 christinesefton@blueyonder.co.uk

Mental Health and Wellbeing Support in St Helens



National Support - Anxiety and Depression Support

Calm

CALM's helpline and live chat are open from 5pm to midnight everyday. 365 days a year
0800 58 58 58

Samaritans

Contact us if you're having a difficult time or if you're worried about someone else.
jo@samaritans.org or call 116 123

Shout free 24-hour text help

Text SHOUT to 85258 Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.
It's a place to go if you're struggling to cope and you need immediate help.

Mental Health Matters - National Support **0191 516 3500 info@mhm.org.uk**

Depression UK

<https://www.depressionuk.org/>

Hub of Hope

<https://hubofhope.co.uk/>

Addiction

Gambling Support

GamCare - 0808 8020 133

Alcoholic's Anonymous

Further information about the local meetings or A.A. group can be obtained by contacting the local branch by phone, 0151 709 2900.
National Helpline **0800 9177 650**
help@aamail.org

Narcotics Anonymous

Further information about the St Helens support group can be found by calling Helpline and general enquiries:
0300 999 1212

Counselling and Support

Beacon Counselling Trust

Together, The Beacon Counselling Trust and Gamcare offer face to face problem gambling treatment, including free one to one counselling, couples counselling and group counselling. Townsend Lane, off Queens Drive, Liverpool,
0151 321 1099
gamcare@beaconcounsellingtrust.co.uk

LIFE

The LIFE charity supports vulnerable pregnant mothers and families (both women and men) through difficult times
07860 077 332 help@lifecharity.org.uk

Mind

St Helens Mind offer the following services: Befriending Service, Social Groups and Activities, Volunteer Opportunities and Signposting. St. Helens Mind, 1st Floor, Millennium House St Helens, WA10 1DH
07912 059881 admin@sthelensmind.org.uk

The Barbara Bettle Foundation

Fully-funded bereavement through suicide counselling
Unit 15 Ashcroft Centre, Ashcroft Road, Kirkby Industrial Estate, L33 7TW
0151 289 2761
admin@caringconnections.org.uk

Mental Health and Wellbeing Support in St Helens



CHANGE, GROW, LIVE

Change, Grow, Live is a social care and health charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.
Lincoln House, 80 Corporation Street WA10 1UQ
01744 410752 sthelens.info@cgl.org.uk

Community Mental Health Floating Support Service

Support is geared towards promoting independence and assisting individuals to achieve their goals and aspirations at their pace via Person Centred approaches.
37A Halefield Street, St Helens, WA10 2DE
01744 605043

Creative Alternatives

Arts and wellbeing programme for people living in St. Helens experiencing mild to moderate stress, anxiety and/or depression.
Chester Lane Library, C/O Owen Hutchings, Four Acre Lane, St. Helens, WA9 4DE
07745 590 698
helen@creativealternatives.org.uk

Footsteps

Footsteps is a charity working in Warrington and St Helens, we offer listening, information and support to anyone affected by someone else's drug or alcohol use.
Footsteps, 89 Sankey Street, WA1 1SR
01744 808 212
info@footstepsforfamilies.org.uk

Think Wellbeing St Helens

Peasley Cross Hospital, Marshalls Cross Road St Helens, WA9 3DE
01744 415650
<http://www.mersecare.nhs.uk/st-helens-think-wellbeing>

The Vibe Liverpool: 'We're Listening'

A 1-1 listening service and group sessions with a focus on bereavement support.
Vagabonds Tennis Club, 433 Queens Drive Liverpool, L13 0AG
thevibeliverpool@gmail.com

Liverpool Bereavement Service Service

1st Floor, Granite Buildings, 6 Stanley Street, Liverpool, L1 6AF
0151 236 3932 (9am to 5pm)
enquiries@liverpoolbereavement.co.uk

Priority Youth Project: 'Priority Youth Counselling Support Programme'

A 1-1 counselling service for children and young people aged 8-19 years.
St Mary's Millennium Centre, Meadow Lane, West Derby, Liverpool, L12 5EA
07523 650 956 hello@priorityyouth.co.uk

The Comedy Trust: 'Laughter After Loss'

Workshops, drop-ins and discussion groups to for adults following a bereavement, supporting their journey through the power of laughter.
Royal Court Theatre, 1 Roe Street, L1 1HL
0151 702 5893 info@thecomedytrust.com

About You - Counselling Service

63 Park Road, St Helens, Merseyside, WA9 1DS
01744 679001 sthelens@aboutyouuk.com

Photographic Minds

Photographic Minds was established as a social group for adult mental health service users, aiming to improve their wellbeing and empowerment by focusing on the activity of photography.
Millennium Centre, Corporation Street, St Helens, Merseyside, WA10 1HJ
07812772483

Domestic Abuse Services in St Helens



National Support - Domestic Abuse

The Police on 101 or in an emergency call 999

The National Domestic Abuse Helpline – 0808 2000 247

Choices – 0800 917 9948

The Mankind

male victims of domestic violence

01823 334244 or <https://mankind.org.uk/>

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Refuge Helpline - 0808 808 9999

Rise

Freedom from Abuse and Violence

<https://www.riseuk.org.uk/>

Ask for ANI

If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately.

Safe Spaces

Safe Spaces are available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Refuge The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

Bright Sky If you are concerned about domestic abuse, we know it can be hard to find support.

<https://uk.bright-sky.org/>

Charities and Grants

Heinz, Anna and Carol Kroch Foundation

Search by visiting

<https://grants-search.turn2us.org.uk/>

Smallwood Trust - www.smallwoodtrust.org.uk

Skinner's Benevolent Trust -

www.skinner.org.uk/sbt

Family Support

NSPCC Helpline - 0808 800 5000

Childline - 0800 1111

Family Action

Provides grants to families in crisis, including those who have recently experienced domestic abuse.

<https://www.family-action.org.uk/what-we-do/grants/welfare-grants/>

Dogs Trust Freedom Project

Refuges for women leaving domestic abuse are often unable to take pets, including dogs. Dogs Trust offers free and confidential foster care while their owner is in a refuge.

www.dogstrust.org.uk/help-advice/hope-project-freedom-project/freedom-project

Cats Protection Paws Protect

Cats Protection has a network of fosterers that provides a retreat for cats of people going into a refuge until the owner has a safe place to live and they can be reunited.

www.cats.org.uk/what-we-do/paws-protect

Hourglass

Support and information for older people and those concerned about an older person facing abuse or exploitation.

Domestic Abuse Services in St Helens



National Support - Domestic Abuse

Government Support -

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Support from a Job Centre

Jobcentres are a safe space and the DWP supports victims of domestic abuse. This includes helping you access temporary accommodation and supporting you to make new applications for Universal Credit and putting you in touch with local experts and support networks.

Citizen's Advice

Ask your local Citizens Advice if your local council operates a welfare assistance scheme or hardship fund and how you can apply.

Victim Support

Victim Support run these services for victims and survivors of any abuse or crime, regardless of when it occurred or if the crime was reported to the police:

free, independent and confidential 24/7

Support line 08 08 16 89 111

IKWRO Women's Rights Organisation

Support for Middle Eastern, North African and Afghan survivors.

0208906460

07846275246 Kurdish/Arabic and English Speakers

07846310157 Farsi/Dari and English Speakers

Jewish Women's Aid - 0808 801 0500

Muslim Women's Network

0800 999 5786 or 0303 999 5786

info@mwnhelpline.co.uk

SignHealth

Support for Deaf and hard of hearing
020 39472601 or text 07970 350 366

da@signhealth.org.uk

ManKind Initiative helpline for male victims of domestic abuse - 01823 334244

Liverpool Support

Merseyside Domestic Violence Services (MDVS)

PO Box 200, Liverpool, L14 9WU

07802 722703 info@mdvs.org

Local Solutions - Independent Domestic Violence Advisory Service (IDVA)

0151 709 0990 info@localsolutions.org.uk

PSS: Domestic abuse support

0151 702 5500 ruby@pss.org.uk

Liverpool Domestic Abuse Service (LDAS)

07923 232327/0800 084 2744 / 0151 263 7474

The Crossing Point - Domestic Abuse Service

Free Confidential Domestic Abuse Service working with women, men, and young people.

07731 878076 info@thecrossingpoint.co.uk

YMCA Liverpool - Domestic Abuse Rapid Accommodation Project

YMCA Liverpool, Hope House, 15 Leeds Street, Liverpool, L3 6HU

0151 600 3530/0151 734 1074

4Wings - Support for women

Church House, 1 Hanover Street, Liverpool, L1 3DN

0151 558 1442 info@4wings.co.uk

Safe2Speak Domestic Abuse Services

01744 743200 www.safe2speak.co.uk/

Disability Support in St Helens



Employment Support

Government Support

Access to Work

Access to Work can help you get or stay in work if you have a physical or mental health condition or disability.

<https://www.gov.uk/access-to-work>

Citywide Support

The Brain Charity

Norton Street, Liverpool, L3 8LR
0151 298 2999

<https://www.thebraincharity.org.uk/>

Mencap

Mencap Cottage House 6-8 Mariners Road L23 6SX
<https://yournetwork.mencap.org.uk/group/512>
0151 707 8582

Strawberry Field

Beaconsfield Road, Liverpool L25 6EJ
0151 252 6130

Community Integrated Care

Information@c-i-c.co.uk
Phone: 0800 2218 522

Activities and support

Daisy Inclusive UK

2 Barnes Street, Everton L6 5LB
0151 261 0309 info@daisyuk.com

Greenbank Sports Academy

Greenbank Lane, Liverpool L17 1AG England
0151 280 7757

DaDa - Disability and Deaf Arts

The Bluecoat, School Lane, Liverpool, L1 3BX
07436 536 200 0151 707 1733

The Lime Hub

The Lime, Upper Baker Street, Liverpool, L6 1NB
0151 233 5085 / 0151 263 8338

The New Derry Club P.A.C

The New Derry Social Club, Mere Lane, L5 0QW
0151 263 1758 pacdisco@hotmail.com

Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP
0151 221 0888 info@bradburyfields.org.uk

Physical and Sensory Impairment Partnership Board

The Old School House, St Johns Road, L36 0UX
07701 366227
Jen.Casey@healthwatchknowsley.co.uk

Buzz Hub St Helens CDP

St Helens CDP provides personalised care and support, in the form of daytime sessions, evening sessions, holidays and short breaks.
Nuttall House, Clifton Street, WA10 1EX
01744 453 343 info@sthelenscdp.co.uk

L'Arche Liverpool

L'Arche Liverpool, The Ark Workshops, Lockerby Road, Liverpool, L7 0HG
0151 260 0422

RAWD

Unity Theatre, 1 Hope Place, Liverpool, L1 9BG
07588 754 325 outreach@rawdproject.co.uk

Disability Support in St Helens



Deafness Resource Centre

Deafness Resource Centre, 32-40 Dentons Green Lane, St Helens, Merseyside, WA10 2QB

01744 23887

www.deafnessresourcecentre.org

enquiries@deafnessresourcecentre.org

Dyslexia Association

The Millennium Centre, Corporation Street, St Helens, Merseyside, WA10 1HJ

0844 884 9725 welcome@shadda.org.uk

HoneyRose Foundation

The HoneyRose Foundation is a registered charity dedicated to raising money and organising special days for terminally ill people aged over the age of 40

2-4 Cotham Street, WA10 1SA

01744 451 919

lynn@honeyrosefoundation.org.uk

St Helens Advocacy Hub

Provide advocacy support to local people accessing health and social care services.

0300 3030 202

referral@sthelensadvocacyhub.net

Rehabilitation Service & Resource Centre - Sight Loss

The support team which includes qualified Rehabilitation Officers for Visually Impaired People (ROVIs) will assist you to achieve a range of outcomes based on your interests and needs.

01744 675 129

michelleatherton@sthelens.gov.uk

RNIB

RNIB is an expert national organisation, ensuring blind and partially sighted people get practical support in all aspects of their lives.

0303 123 9999 Liverpool@rnib.org.uk

St Helens & District Group of Diabetes UK (DUK)

Meet 8 times per year at St Helens United Reformed Church, King St, WA10 2JZ

www.st-helens-and-district.diabetesukgroup.org

St Helens Carers Centre

Independent charity which is governed by Carers and works to improve the Quality of life for Carers in the borough of St Helens

01744 675615 Adult Carers Centre

01744 677279 Young Carers Centre

www.sthelenscarers.org.uk

info@sthelenscarers.org.uk

Stroke Association

For Support contact

Vicky Thomson **07939128997/ 01744415000**

Anne Doyle **07717275722/ 01744415783**

Vicky.Thomson@stroke.org.uk

Supported Employment Team

Supported Employment is a service that enables people with disabilities who want to take the next step towards the world of work and training – they offer a tailor-made service to help people be as independent as possible.

Supported Employment Team, Stephenson Resource Centre, Warrington Road, Rainhill, L35 8LB

01744 677 828

Visually Impaired Social Group

Anyone is welcome to attend the group. Please contact **Christine Dixon 01925 229 932** for further information about the group.



Migrant and Multi-Cultural Support in St Helens



Liverpool Muslim Society and Al Rahma Mosque

29-31 Hatherley St, Liverpool L8 2TJ
0151 709 2560
info@liverpoolmuslimsociety.org.uk

Christ Church Norris Green - Triple C

The Church of the Good Shepherd, Lower House Lane L11 2SF
07871 914364 0151 226 2992
info@triplecliverpool.org

Pagoda Chinese Community Centre

Pagoda Arts Henry Street, Liverpool, L1 5BU
Email: info@pagodaarts.org.uk
Tel: 07542339019

4Wings - Support for women

Church House, 1 Hanover Street, L1 3DN
0151 558 1442 info@4wings.co.uk

Amadudu Women's Refuge

0151 734 0083 info@amadudu.org

Muslim Community Helpline

0208 904 8193 or 0208 908 6715
ess4m@btinternet.com

Savera UK

151 Dale Street, Liverpool, L2 2AH
0800 107 0726 info@saverauk.co.uk

Liverpool Malayalee Association

07736 352874 limaliverpool@gmail.com

Kadampa Meditation Centre (KMC) Liverpool

0151 726 8900
info@meditationinliverpool.org.uk

Osun Arts Foundation: African arts and culture

Osun Foundation, The Old Saint Lawrence School Building, Westminster Road, Liverpool, L4 3TQ
0151 922 2911 sunartsfoundation@gmail.com

Liverpool Irish Centre - Sláinte Le Chéile Health Together

Liverpool Irish Centre, 6 Boundary Lane, Liverpool, L6 5JG
0151 263 1808 info@liverpoolirishcentre.org

Merseyside Jewish Community Care (MJCC) - Key services

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL
0151 733 2292 info@mjccshifrin.co.uk

Al-Ghazali Multicultural Centre

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD
0151 734 3843 info@alghazalicentre.co.uk

Liverpool Arabic Centre (LAC)

Tiber Enterprise Facilities, Tiber Street, Lodge Lane, Liverpool, L8 0TP
0151 727 2855
info@liverpoolarabiccentre.org.uk

Merseyside Polonia

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP
0151 237 2674 info@merseysidepolonia.com

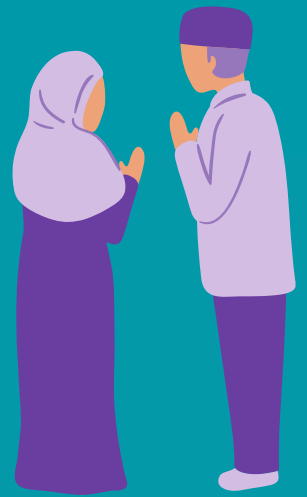
Muslim Youth Helpline (MYH)

0808 808 2008 help@myh.org.uk

Mary Seacole House

91 Upper Parliament Street, Liverpool, L8 7LB
0151 707 0319 info@maryseacolehouse.com

Migrant and Multi-Cultural Support in St Helens



Pal Multicultural Centre

68A Mulgrave St, Liverpool L8 2TF
0151 708 9669

The Kuumba Imani Mellinum Centre

4 Princes R, Liverpool, L8 1TH
0151 708 5278 0741 477 51 51
Info@Moulana.co.uk

Florrie

377 Mill St, Liverpool, L8 4RF
0151 728 2323 info@theflorrie.org

Liverpool Arabic Centre: 'Your Safe Space'

A culturally sensitive mental health support service, which combines Western and Arab/Muslim traditional therapies to provide support for people experiencing poor emotional and mental well-being due to financial hardship. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 OTP
0151 727 2855

Mary Seacole House

A mental health charity and resource service set up to offer support and advice in emotional and practical matters, primarily Black, Asian, Minority, Ethnic and Refugee communities. Mary Seacole House, 91 Upper Parliament Street, Liverpool, L8 7LB
info@maryseacolehouse.com

Everton in the Community: Welcome Through Football Refugee And Asylum Seeker Football Project

The People's Hub Cruyff Court, 46 Spellow Lane, Liverpool, L4 4DF
jonathan.garside@evertonfc.com

Merseyside Refugee Support Network (MRSN)

1st Floor, St Anne's Centre, 7 Overbury Street, Liverpool, L7 3HJ
0151 709 7557 info@mrsnliverpool.org.uk

Family Refugee Support Project (FRSP)

Provides practical help to refugees "moving-on" from the asylum system and support to onward social and economic integration into life in Liverpool and beyond. Toxteth Town Hall, 15 High Park Street, L8 8DX
0151 728 9340 info@frsp.org.uk

Our Warm Welcome

Supporting Asylum seekers and refugees
kevin@ourwarmwelcome.co.uk

Useful Links

British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -

rachelsutton.parnurse@mail.com

Refugee Women Connect

info@refugeewomenconnect.org.uk

Migrant Help

IAAdminliverpool@migranthelpuk.org

Cafe Laziz - cafelaziz@hotmail.com

Women's Groups in St Helens



Women's Health Information and Support Centre (WHISC):

Our Listening Ear service is available for women, telephone 0151 707 1826 to make an appointment or drop in to WHISC Centre. Open Monday, Tuesday and Thursday 10 am to 4pm
Daily activities available
120 Bold Street, Liverpool, L1 4JA
0152 707 1826 women@whisc.org.uk

Granby Somali Women's Group: 'GSWG Befriend Me'

A social network where elderly Muslim and minority ethnic women will come together, exchange ideas, have interesting discussions and participate in a number of activities, which will alleviate their loneliness.
12 Beaconsfield Street, Liverpool, L8 2UU
contact@granbysomaliwomensgroup.org

The Women's Organisation: Enterprise Hub

54 St James Street, Liverpool, L1 0AB
0151 706 8113 enterprisehub@thewo.org.uk

Chrysalis

1st Floor, Beacon Building, 25 College Street
WA10 1TF
0300 102 0044

Apex Charitable Trust

Women's HUB activities for women including arts and crafts, wellbeing, yoga
Wednesday, between 10 am to 3 pm
13-15 North Road, St Helens, WA10 2TW
01744 612898 K.hughes3@apextrust.com

Chrysalis Centre for Change

CCC offers emotional support to women experiencing mild to moderate mental health problems, and women who have experienced domestic abuse, current or historic
First Floor, The Beacon Building, 25 College Street, St Helens. WA10 1TF
01744 451 309
chrysaliscentreforchange@gmail.com

Ladies Friendship Group

Crown Street, Earlestown, Newton-le-Willows, WA12 9DA
Last Tuesday of month 2 pm to 3.30 pm
01925 222907
office@crowwaycommunitycentre.co.uk

The Women's Initiative

Friendship and meetings for Women
MD Creatives, 25 Claughton St, WA10 1GP
Wednesday 11 am to 12 pm
07888 007229 matty@cometogetherhub.com



Riverside

Men's Groups in St Helens



JourneyMEN

Offer practical activities designed to tap that potential, address the causes of mental ill-health and aid recovery.

<http://journeymencic.com>

56 Chester Street, Birkenhead, CH41 5EA

0151 792 9159 enquiries@journeymencic.com

Peloton Liverpool Ltd: 'Joy Ride'

A cycling club to support men in recovery, whilst providing an opportunity to socialise, exercise and build skills. L13 9AF

danny@peloton.coop

Reach Mens Centre

The Reach Mens Centre, 6-7 The Palatine, Strand Shopping Centre, Bootle, L20 4SN

07504565764 or **0151 245 6925**

Andys Man Club Liverpool

info@andysmanclub.co.uk

James' Place Liverpool

Offer free, life-saving treatment to suicidal men

0151 303 5757 liverpool@jamesplace.org.uk

St Helens Mind Men Supporting Men

United Reformed Church Ormskirk Street WA10 2JZ

01744 28314 ormskirkstreet@outlook.com

HIMvisible

St Helens based mental health awareness group, making the invisible struggles of men in this world visible.

info@himvisible.co.uk

Men's Wellbeing Project - Delivered at different sites

Men's Mixed Activities

(Light exercise, Games & Sport)

St Philips Church Hall Fleet Lane, WA9 2NQ

Tuesday 11 am to 1 pm

01744 751553

Brew & Chat

Nutgrove Allotments, Main Ave, WA10 3NZ

Wednesday 10 am to 12 pm

Men's Mixed Activities

(Light exercise, Games & Sport)

Peter Street Community Centre, Peter Street, WA10 2EQ

Thursday 11.30 am to 1 pm

01744 677555 info@peterstreet.co.uk

Men's Mixed Activities

(Light exercise, Games & Sport)

Park Farm Community Centre, 54 Kentmere Ave, WA11 7PG

Friday 10 am to 11 am

01744 754367

LGBTQ+ Support in St Helens



LGBTQ+

Trans Support Service (TSS)

The Beat Hanover Street/David Lewis Street
Liverpool L1 4AF

0151 317 8581 Tss.merseycare@nhs.net

Spirit Level Transgender Support Group

<https://spiritlevel.org.uk/>

spirit.level@yahoo.com

Sahir

Sahir House, 4th Floor, 151 Dale Street L2 2AH

0151 673 1972 info@sahir.uk.com

THE Action Youth (Trans Health Education) (YPAS)

36 Bolton Street, L3 5LX www.ypas.org.uk

0151 702 6087 gyro@ypas.org.uk

Citizens Advice Liverpool - LGBTQ+ Hate Crime Support Service

Practical & emotional support for people who
have been affected by LGBTQ+ hate incidents,
and their families, across Merseyside.

0151 522 1400 ext 5006

LGBTHateCrime@caliverpool.org.uk

Switchboard LGBTQ+ Helpline

0800 0119 100 hello@switchboard.lgbt

Over the rainbow support group

01744 457243

shealth.improvement@sthk.nhs.uk

Merseyside LGBT Creative Writing Group and Book Groups (18+)

[https://www.meetup.com/LGBT-Creative-](https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/)

[Writing-And-Book-Group-MeetUp-Merseyside/](https://www.meetup.com/LGBT-Creative-Writing-And-Book-Group-MeetUp-Merseyside/)

Galop

Supports all LGBT+ people who've experienced
hate crime, domestic abuse or sexual violence.

0800 9995428 help@galop.org.uk

Sahir House - HIV Support, Information and Training Centre

Sahir House, 4th Floor, 151 Dale Street, L2 2AH

0151 673 1972 info@sahir.uk.com

LIV.FAST Network

Provides peer support and advice for those who
identify somewhere within the FTM (Female-to-
Male) spectrum.

The Beat, Hanover Street/David Lewis Street,
Liverpool, L1 4AF

liverpool.ftm@gmail.com

National Resources

Stonewall <https://www.stonewall.org.uk/>

LGBT Foundation <https://lgbt.foundation/>
0345 3 30 30 30 helpline@lgbt.foundation

Mermaids <https://mermaidsuk.org.uk/>

Mind - Mindline Trans+ - helpline for LGBT / non-
binary people - **0300 330 5468**

Mindout - Lesbian, Gay, Bisexual, Trans & Queer
Mental Health Service Online Chat
01273 234839 info@mindout.org.uk

Families and Friends of Lesbians and Gays (FFLAG)

0300 688 0368 info@fflag.org.uk

Additional Support in St Helens



Sexual Violence Support

Rape and Sexual Abuse Centre (RASA)

RASA Merseyside provides support to anyone in Merseyside impacted by sexual violence.

0151 666 1392 helpline@rasamerseyside.org

RASASC- Rape & Sexual Abuse Support Centre

RASASC, P O Box 35, Warrington, WA1 1DW.

01744 877987

www.rapecentre.org.uk

support@rapecentre.org.uk

Rape Crisis

A service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence – at any point in their life.

0808 500 2222

SAFE Place Merseyside: Sexual Assault Referral Centre (SARC)

24 hour telephone support service

0151 295 3550

Silent Solution

Helps people who are unable to speak, but who genuinely need police assistance. After calling 999, dial 55 to be put through to your local police station. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed.

Hate Crime

General victims of hate crime can call their Local Neighbourhood Police Team on telephone number **101** or Liverpool Direct on **0151 233 3001** to report

Stop Hate UK

Stop Hate UK is available 24 hours a day. The helpline is confidential and independent.

You can report a hate crime by:

0800 138 1625 Text: **07717 989 025**

Text relay: 18001 0113 293 5100

Webchat at <https://www.stophateuk.org/talk-to-us>

Anthony Walker

Racial or religious hate crime - this support service is delivered by the Anthony Walker Foundation (AWF). AWF delivers specialist counselling and support for victims.

LCVS Building 3rd Floor, 151 Dale Street, L2 2AH

0151 237 3974

info@anthonywalkerfoundation.com

Daisy Inclusive UK

Disability hate crime - provided by charity Daisy Inclusive UK. Daisy UK have a dedicated hate crime officer who supports victims from the point of contact through to support and guidance through the judicial system, if required.

0151 261 0309

disabilityhatecrime@daisyuk.com

Citizens Advice Liverpool

LGBTQ+ hate crime - this support service is delivered by Citizens Advice Liverpool. They can help you to make a report to the police if you wish, understand your rights, liaise with organisations and help you to access specialist support services such as counselling.

0800 144 8848

Additional Support in St Helens



Community Centres

Chain Lane Community Centre

Hinckley Road, St Helens, WA11 9HT
07584 138 997/ 01744 632377
ccchainlane@gmail.com

Crownway Community Centre

Crown Street, Earlestown, Newton-le-Willows
WA12 9DA
01925 222907
office@crowwaycommunitycentre.co.uk

Deafness Resource Centre

32-40 Dentons Green Lane, St Helens, WA10 2QB
01744 23887
Email: enquiries@deafnessresourcecentre.org

Derbyshire Hill Family & Community Centre

Derbyshire Hill Rd, Parr, St Helens, WA9 2LU

Newton Community Centre

Park Road South, Newton-le-Willows, WA12 8EX
01925 22473
contact@newtoncommunitycentre.co.uk

Park Farm ACYP Community Centre

54 Kentmere Avenue, Carr Mill, WA11 7PG
01744 754367
contact@parkfarmcommunitycentre.co.uk

PERTH Community Centre

2 Dunedin Street Thatto Heath WA9 5QX
01744 621905/ 07859 761605
info@perthcommunitycentre.co.uk

No Duff Group of serving and former members of HM Forces, Police, EMS, HMP, NHS and Animal Rescue Services. Offering Support with Mental Health.

07944440356 www.no-duff.com

Ramblers Association The St Helens group was formed in 1992 and has over 200 registered members.

020 3961 3300 www.ramblers.org.uk

Rotary Club of St Helens

Rotary clubs are based in local communities across the world with its members meeting on a regular basis for friendship, fun and to plan projects that benefits the lives of others.

Rotary Club of St Helens, Griffin Inn, Church Ln, Eccleston, Saint Helens WA10 5AD

01744 733344 simon@sociobsc.co.uk

SHAP SHAP's mission is to promote social justice and combat poverty and homelessness
SHAP Ltd, Lakeside Building (Second Floor), Alexandra Business Park, Prescott Road, St Helens, Merseyside, WA10 3TP

01744 454 056 cbu@shap.org.uk

T.A.N.G.O Community Project, St. Mark's Church

Sell furnishings, clothing and bric-a-brac items to people in the local community at affordable prices.
T.A.N.G.O. Community Project, St Mark's Centre, Park Street, Haydock, Merseyside, WA11 0BG

01744 628957 info@tangohaydock.org

Volunteer Centre- St Helens

The Volunteer Centre can assist people in finding volunteering opportunities that can help people gain work experience, make new friends, receive training/qualifications, develop new skills and improve confidence and self-esteem.

01744 751 759