

# St Helens Support Directory



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# Riverside Support Services



## **ASB, hate crime and domestic abuse**

Our focus is to make sure all of our customers feel safe and have the support they need. We want our neighbourhoods to be safe places for everyone. We won't tolerate behaviour that prevents our customers feeling secure in their home and their neighbourhood.

To find out more about what support is available or to report incidents please visit <https://www.riverside.org.uk/you-your-home/asb-hate-crime-and-domestic-abuse/hate-crime/>

## **Money and benefit welfare advice**

Our Money Advice Team are specialists in assisting and advising with Welfare Benefits. They can help you to make a claim, submit an appeal if you have been refused, explain how the different types of Benefits work and ensure that you are receiving your full entitlement.

For benefit advice please visit

<https://www.riverside.org.uk/you-your-home/money-advice/benefit-advice/>

For support from our money advisors please visit

<https://www.riverside.org.uk/you-your-home/money-advice/debt-advice/>

## **Energy and heating**

Heating your home can be a real cost pressure. Here you can find guidance around keeping your costs down while keeping your home warm and free of damp.

For support from our Affordable warmth Team please visit

<https://www.riverside.org.uk/you-your-home/energy-and-heating/affordable-warmth-team/>

## **Employment and Training**

Our Employment and Training Team provides free support to anyone living in a Riverside home. The team offer a tailored service for each person we work with. So whether you're a young person looking for a first job, would like to gain a qualification or are planning for longer term – we are here to help! We can help support you in

- Getting back to work if you're unemployed, disabled or have a criminal record
- Help with searching for jobs, CV writing and interview techniques to help secure your next role
- Accessing funding to support apprenticeships, learning and qualifications
- Working with you to become self-employed or start your own business

To find out more visit

<https://www.riverside.org.uk/you-your-home/employment-training/>  
or email

## **Safety and Support**

We take our responsibility to make sure you are safe and comfortable in your home very seriously. Find out about asbestos, water and fire safety as well as advice on domestic abuse and report nuisances here.

<https://www.riverside.org.uk/you-your-home/safety-support/>

# Riverside Food Support Services in St Helens



## Food Banks

### **St Helens Emergency Food**

If you are struggling with food or fuel please follow the link below and complete the application form or contact 01744 676789  
<https://www.sthelens.gov.uk/article/4751/URGENT-help-with-fuel-or-food>

### **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 pm  
**01925 224731**

### **St Peter's Church**

St Peter's Church, Broad Oak Road, WA9 2DZ.  
Open Monday 12.30 pm to 2.30 pm  
**0775 4114711**

## Community food pantries

### **HOPE Pantry**

Wesley Methodist Church, Corporation Street,  
WA10 1LF  
0174426414  
Weekly Fee - £5  
**Tuesday 11 am to 1 pm and Thursday 5 pm to 7 pm**

### **St Matthew's Centre Pantry**

St Matthews Grove, Thatto Heath, WA10 3SE  
Weekly Fee - £5  
**Monday 6.30 pm to 8 pm and 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 - £5  
**Thursday 8.50 am to 11 am**

### **St Luke's Pantry**

Knowsley Road, St Helens, WA10 4PU  
Weekly Fee - £5  
**Wednesday 3.30 pm to 5.30 pm**

### **Sutton Pantry**

St Michael & All Angels Church, Gartons Lane,  
WA9 2RA  
Weekly Fee - £5  
**Sunday 1.30 pm to 3.30 pm**

### **Cornerstone Food Pantry**

Lester Drive Centre, Eccleston, WA10 5BF  
Weekly Fee - £5  
**Tuesday 10 am to 12 pm**

### **Domestic Abuse Surplus Foodshare Hub**

1a Haydock St, Newton le Willows, WA12 9AB  
Weekly Fee - £5  
**Monday to Saturday 10.30 am to 12.30 pm and 8.30 pm to 9.30 pm and Sunday 5 pm to 6 pm**

# Riverside Food Support Services in St Helens



## **St Michael and All Angels Church**

Gartons Lane, Clock Face, St Helens, WA9 4RB  
**Open Sunday 1.30 pm to 3.30 pm**

## **Wesley Methodist Church,**

Vincent Street, St Helens, WA10 1LF  
**Open Tuesday 11 am to 1 pm**

## **St Helens Mobile Food Pantry**

You can expect a warm welcome from staff and volunteers at the Mobile Pantry, with free refreshments and information about other services and organisations. To find out more please visit

<https://sthelensmobilepantry.org.uk>  
[info@sthelensmobilepantry.org.uk](mailto:info@sthelensmobilepantry.org.uk)

### **Monday**

Cross Lane Unite Church, Cross Lane, Newton-le-Willows WA12 9SP  
**10.30 am to 12 pm**

### **Tuesday**

Sutton Family Centre  
Ellamsbridge Rd, Saint Helens WA9 3PX  
**10.30 am to 12 pm**

### **Thursday**

Park Farm Community Centre  
54 Kentmere Avenue Carr Mill, WA11 7PG  
**10.30 am to 12 pm**

### **Friday**

Peasley Cross URC  
Beaufort Street, St Helens, WA9 3BQ  
**8.45 am to 10.15 am**

## **St Aidan's Food Pantry**

St Aidan's Church Main Road Billinge, WN5 7LA  
**Open Friday 11 am to 1 pm**

## **St Helens Community Shop**

Lancots Lane, Sutton Fold, WA9 3EX  
01744 751 007

**Monday to Friday 8 am to 8 pm, Saturday 8 am to 7 pm and Sunday 10 am to 4 pm**  
**01744 751 007**

## **Community Cafes**

### **Plan Bee Community Coffee Shop**

Plan Bee are offering a hot meal and a drink to anyone in financial hardship - just make sure you let them know you need to access their Pay it Forward Scheme.

13-15 North Road, Town Centre WA9 2TW  
01744 612989

**Open Monday to Friday 9 am to 3 pm**

### **WA12 Community Cafe**

WA12 operate a Pay It Forward Board so anyone who needs support can just take an 'offer' from the board and redeem it. They also operate a KIDS EAT FREE with a paying adult during the school holidays.

Cross Lane United Church Cross Lane, Earlestown, Newton le Willows - WA12 9PT

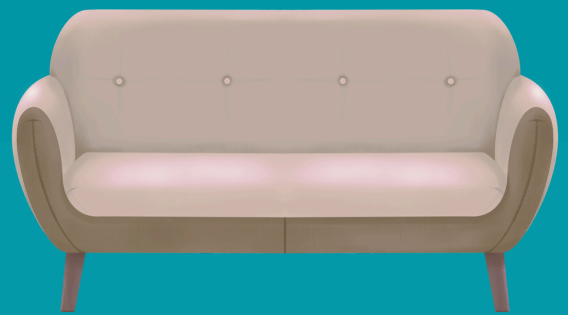
**Open Monday and Tuesday 8 am to 3 pm**

### **Newton FCC Community Cafe**

Newton FCC Community Cafe operate a Pay It Forward Board so anyone who needs support can just take an 'offer' from the board and redeem it at the cafe counter.

Park Road South Newton le Willows WA12 8EX  
**Open Monday to Wednesday 9 am to 5pm and Thursday and Friday 9 am to 3 pm**

# Riverside Furniture Support in St Helens



## Charities

### **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**

### **St Mary's Arcade**

Unit 19-20, Church Street, WA10 1AR  
Monday to Saturday 9 am to 4 pm  
**01744 417069**

### **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**

### **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.

**<https://www.sthelens.gov.uk/>**

# Riverside Cost of Living Support in St Helens



## Council Support

The government has announced new funding to support people who are in financial crisis. This funding replaces the Household Support Fund from 1 April 2026 and will run until 31 March 2029. The new fund, called the Crisis and Resilience Fund, is funded by the UK government and is intended to help people cope with a sudden and unexpected expense or loss of income, while also helping to build longer term financial resilience. It also includes support towards housing costs to replace Discretionary Housing Payment.

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

- require urgent help with fuel or food or other living expense, including utility arrears
- need help towards the cost of buying or replacing furniture or white goods
- need help towards housing costs

To apply you can find further information by visiting <https://sthelens.gov.uk/article/14868/Crisis-and-Resilience-Fund>

## 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**

### **Households into Work**

Help into employment

[hiw@liverpoolcityregion-ca.gov.uk](mailto:hiw@liverpoolcityregion-ca.gov.uk)

### **St Helens Hardship Hub**

You can use this website to find debt help, to find the location of a local foodbank to help feed your family or simply to find someone with a friendly ear that you can talk to. <https://www.hardshiphub.co.uk/>

**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](mailto: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](mailto:info@thestartingpoint.org)

### **Focus Employment Hub**

Offer tailored 1-2-1 and peer support for people living with disabilities or long term health conditions.

<https://www.focusemployment.co.uk/>

# Riverside Cost of Living Support in St Helens



## **Career Connect**

Helps to support people

- Aged 16-18 (up to 25 if you have an education, health and care plan)
- Not in education, employment or training (NEET)
- A St Helens resident

<https://careerconnect.org.uk/our-services/for-young-people/st-helens/>

## **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](mailto:TalentMatch@youthfed.org)

## **Credit Unions**

### **Central Liverpool Credit Union**

141 Park Street, Liverpool, L8 6QF  
[centralcu.co.uk](http://centralcu.co.uk)

**0151 708 5515** [enquiries@clcu.co.uk](mailto:enquiries@clcu.co.uk)

### **Enterprise Credit Union**

5-7 Page Moss Lane, Liverpool, L14 0JJ  
[enterprisecreditunion.org](http://enterprisecreditunion.org)

**0151 482 0177**

[contact@enterprisecreditunion.org](mailto:contact@enterprisecreditunion.org)

### **Lodge Lane and District Credit Union**

81 Lodge Lane Liverpool Liverpool L8 0QE

**0151 734 2561**

[lodgelane.creditunion@phoncoop.coop](mailto:lodgelane.creditunion@phoncoop.coop)

## **Partners Credit Union**

2nd Floor, LCVS, 151 Dale Street, L2 2AH  
[partnerscreditunion.co.uk](http://partnerscreditunion.co.uk)

**0151 258 1014**

[enquiries@partnerscreditunion.co.uk](mailto:enquiries@partnerscreditunion.co.uk)

## **Riverside Credit Union**

Garston Business Centre, 2 – 4 St Mary's Road  
Garston, Liverpool, L19 2RY

[riversidecreditunion.co.uk](http://riversidecreditunion.co.uk)

**0151 448 0565**

[info@riversidecreditunion.co.uk](mailto:info@riversidecreditunion.co.uk)

# 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](mailto:chesterlanelibrary@sthelens.gov.uk)**

### **Eccleston Library**

Broadway, Eccleston, St Helens, WA10 5PJ

**01744 677575**

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

### **Garswood Library**

School Lane, Garswood, WN4 0TT

**01744 677797**

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

### **Haydock Library**

Church Road, Haydock, St Helens, WA11 0LY

**01744 677801**

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

### **Moss Bank Library**

Bowness Avenue, St Helens, WA11 7EQ

**01744 677988**

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

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

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

**01744 677885**

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

### **Parr Library**

Fleet Lane, Parr, St Helens, WA9 1SY

**01744 677580** **[parrlibrary@sthelens.gov.uk](mailto:parrlibrary@sthelens.gov.uk)**

### **Rainford Library**

Church Road, Rainford, WA11 8HA

**01744 677820**

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

### **St Helens Library**

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

**01744 676954**

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

### **Thatto Heath Library**

Thatto Heath Road, St Helens, WA10 3QX

**01744 677842**

**[thattoheathlibrary@sthelens.gov.uk](mailto: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  
**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

**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



## 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](http://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](http://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](mailto: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](mailto:chesterlanelibrary@sthelens.gov.uk)

### **Eccleston Community Library**

Broadway, Eccleston, St. Helens, WA10 5PJ

**01744 677575**

[ecclestonlibrary@sthelens.gov.uk](mailto:ecclestonlibrary@sthelens.gov.uk)

### **Parr Library**

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

**01744 677 580** [parrlibrary@sthelens.gov.uk](mailto: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](mailto: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](http://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](mailto:angela@hopecentre.org.uk)

## **St Helens Jobcentre**

Gregson House, 2 Central Street, WA10 1UF  
**01744 698279**  
[sthelens.customercontact@dwp.gsi.gov.uk](mailto: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](mailto:sthelens.info@cgl.org.uk)

## **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](http://www.ofcom.org.uk) and search social tariffs to find out more.**

# Riverside Youth Provision in St Helens



## Children's Centres/Family Hubs

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](mailto:childrenscentres@sthelens.gov.uk)

### **Central Link Children's centre**

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

### **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**

## Youth Support Services

### **Park Farm Community Centre**

54 Kentmere Ave, Saint Helens WA11 7PG

**01744 754367**

[contact@parkfarmcommunitycentre.co.uk](mailto: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](mailto:info@mdcreatives.co.uk)

### **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**

**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**

# Riverside Youth Provision in St Helens



## **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**

## **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>**

## **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](http://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**

# Riverside Youth Provision in St Helens



## **Autism in Motion**

St Georges hub, Waresley crescent L9 6BW  
[aimautism@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto:hello@priorityyouth.co.uk)

## **Period and Hygiene Product Support**

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

### **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'.

### **Aldi**

Aldi provide free pads and tampons in stores. Customers are able to take what they need, when they need it—no questions asked.  
<https://www.aldi.co.uk/period-poverty>

### **The Hygiene Bank**

There are hygiene banks based across the UK where you can access free products.  
<https://thehygienebank.com/find-your-local>

### **Family Action**

Family Action supports families who are in financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems. You can search activities and support local to you by visiting:  
<https://www.familyaction.org.uk/worried/in-your-area>

### **The Hygiene Bank**

There are hygiene banks based across the UK where you can access free products.  
<https://thehygienebank.com/find-your-local-project>

# 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**

## **Baby Banks**

A baby bank works in a similar way to a food bank, but instead of giving out food, families can get free baby items. This can include nappies and toiletries, clothing, cots, prams, highchairs and toys. Baby banks don't only provide help for babies, however. With some you may be able to get clothing and items for children up to age sixteen.

Baby banks don't only provide help for babies, however. With some you may be able to get clothing and items for children up to age sixteen. You can find baby banks near you by visiting

**<https://littlevillagehq.org/uk-baby-banks/>**

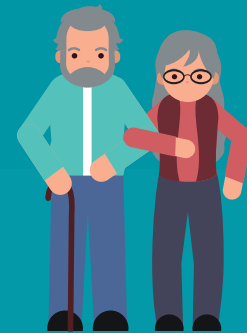
**<https://www.babybankalliance.org/baby-bank-map>**

## **Baby basics**

Baby basics provides clothing to those in need.

They have hubs across the UK. **<https://baby-basics.org.uk/>**

# Riverside Older People Support in St Helens



**Age UK Advice Line** - 0800 678 1602

## **Omega (befriending service for caregivers / carers)**

Chatterbox Action Against Loneliness telephone chat

**01743 245088**

A Letter from Louise pen pal befriending

**01743 245 088**

## **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](mailto:vianat@mdfr.co.uk)

**07768 139708** [nat@mdfr.co.uk](mailto:nat@mdfr.co.uk)

## **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](mailto: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**

## **E Town Walk and Talk**

Earlestown Cricket Club, WA12 9DT  
Sunday from 10 am

**07434 904904** [earlestowncc@hotmail.co.uk](mailto:earlestowncc@hotmail.co.uk)

## **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](http://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**

## **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](mailto:healthandwellbeing@localsolutions.org.uk)

## **Coffee and a Chat**

Billinge Hall 216 Main Street, WN5 7PE

Wednesdays 12.30 pm to 2.30 pm

**0300 003 1992** [enquiries@aukmm.org.uk](mailto:enquiries@aukmm.org.uk)

## **Art and crafts for wellbeing**

130 Napier Street, St. Helens, WA102EW

Wednesdays 11 am to 1 pm

**07590333813**

[positivelifeworkshops@gmail.com](mailto:positivelifeworkshops@gmail.com)

# Riverside Older People Support in St Helens



## **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@crowwaycommunitycentre.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

## **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**



## 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](mailto: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](mailto: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](mailto: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](mailto:admin@caringconnections.org.uk)

### **Liverpool Bereavement Service Service**

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

### **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](mailto: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](mailto: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](mailto:info@footstepsforfamilies.org.uk)

### **Think Wellbeing St Helens**

Peasley Cross Hospital, Marshalls Cross Road St Helens, WA9 3DE **01744 415650**

# Mental Health and Wellbeing Support in St Helens



## **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**

## **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**

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**

# Riverside

## National Domestic Abuse Services



### **If you are in immediate danger, call 999 and ask for the police.**

If prompted, press 55 to Make Yourself Heard and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

### **Call 999 from a landline**

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

### **If you are deaf or can't use a phone**

You can register with the emergencySMS. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

<https://www.emergencysms.net/>

### **Bright Sky app**

Bright Sky is a mobile app and website for anyone experiencing domestic abuse, or who is worried about someone else.

The app can be downloaded for free from the app stores. **Only download the app if it is safe for you to do so and if you are sure that your phone isn't being monitored.**

### **Safe Spaces**

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

### **Ask for ANI codeword**

If you are experiencing domestic abuse and need immediate help, ask for ANI (Action Needed Immediately) in participating pharmacies and Jobcentres

When you ask for ANI, you will be offered a private space, provided with a phone and asked if you need support from the police or other domestic abuse support services.

To find your nearest participating provider, search using the postcode checker on the Ask for Ani page on the Enough website.

<https://enough.campaign.gov.uk/get-support/ask-for-ani>

**Refuge** - Refuge offers a freephone, 24 hour National Domestic Abuse Helpline, Webchat, advice and guidance on what support is available to you.

**Helpline - 0808 2000 247**

**Webchat - <https://www.nationaldahelpline.org.uk/en/Chat-to-us-online>**

### **Women's Aid**

Women's Aid's directory contains details of local, regional and national services specialising in violence against women and girls including domestic abuse, sexual violence, forced marriage and stalking/harassment.

<https://www.womensaid.org.uk/womens-aid-directory/>

If you are experiencing domestic abuse or are worried about friends or family, you can access the Women's Aid live chat service 7 days a week, 10am to 6pm.

[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

# Riverside National Domestic Abuse Services



## Liverpool Support

### **Merseyside Domestic Violence Services (MDVS)**

PO Box 200, Liverpool, L14 9WU  
**07802 722703** [info@mdvs.org](mailto:info@mdvs.org)

### **Local Solutions - Independent Domestic Violence Advisory Service (IDVA)**

**0151 709 0990** [info@localsolutions.org.uk](mailto:info@localsolutions.org.uk)

### **PSS: Domestic abuse support**

**0151 702 5500** [ruby@pss.org.uk](mailto: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](mailto: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](mailto:info@4wings.co.uk)

### **Safe2Speak Domestic Abuse Services**

**01744 743200** [www.safe2speak.co.uk/](http://www.safe2speak.co.uk/)

# Riverside Disability Support in St Helens



## Disability 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>

### 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](mailto:info@daisyuk.com)

### Greenbank Sports Academy

Greenbank Lane, Liverpool L17 1AG England

0151 280 7757

### Visually Impaired Social Group

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

### 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](mailto:pacdisco@hotmail.com)

### Bradbury Fields - Information and Support Services

Bradbury Centre, Youens Way, Liverpool, L14 2EP

0151 221 0888 [info@bradburyfields.org.uk](mailto: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](mailto: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](mailto:info@sthelenscdp.co.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](mailto:Liverpool@rnib.org.uk)

### Dyslexia Association

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

0844 884 9725 [welcome@shadda.org.uk](mailto:welcome@shadda.org.uk)

# Riverside 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](http://www.deafnessresourcecentre.org)  
[enquiries@deafnessresourcecentre.org](mailto:enquiries@deafnessresourcecentre.org)

## **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](mailto: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](mailto: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](mailto:michelleatherton@sthelens.gov.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](http://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**  
[info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk)

## **Stroke Association**

For Support contact  
Vicky Thomson **07939128997/ 01744415000**  
Anne Doyle **07717275722/ 01744415783**  
[Vicky.Thomson@stroke.org.uk](mailto: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**

# Riverside 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](mailto: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](mailto:info@triplecliverpool.org)

## **Pagoda Chinese Community Centre**

Pagoda Arts Henry Street, Liverpool, L1 5BU  
**Email: [info@pagodaarts.org.uk](mailto:info@pagodaarts.org.uk)**  
**Tel: 07542339019**

## **4Wings - Support for women**

Church House, 1 Hanover Street, L1 3DN  
**0151 558 1442 [info@4wings.co.uk](mailto:info@4wings.co.uk)**

## **Amadudu Women's Refuge**

**0151 734 0083 [info@amadudu.org](mailto:info@amadudu.org)**

## **Muslim Community Helpline**

0208 904 8193 or 0208 908 6715  
[ess4m@btinternet.com](mailto:ess4m@btinternet.com)

## **Savera UK**

151 Dale Street, Liverpool, L2 2AH  
**0800 107 0726 [info@saverauk.co.uk](mailto:info@saverauk.co.uk)**

## **Liverpool Malayalee Association**

**07736 352874 [limaliverpool@gmail.com](mailto:limaliverpool@gmail.com)**

## **Kadampa Meditation Centre (KMC) Liverpool**

**0151 726 8900**  
[info@meditationinliverpool.org.uk](mailto: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](mailto: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](mailto:info@liverpoolirishcentre.org)**

## **Merseyside Jewish Community Care (MJCC) - Key services**

Shifrin House, 433 Smithdown Road, Liverpool, L15 3JL  
**0151 733 2292 [info@mjjccshifrin.co.uk](mailto:info@mjjccshifrin.co.uk)**

## **Al-Ghazali Multicultural Centre**

Al-Ghazali Multicultural Centre, 35 Earle Road, Liverpool, L7 6HD  
**0151 734 3843 [info@alghazalicentre.co.uk](mailto: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](mailto:info@liverpoolarabiccentre.org.uk)

## **Merseyside Polonia**

Kirkdale Neighbourhood Community Centre 238a Stanley Road Liverpool L5 7QP  
**0151 237 2674 [info@merseysidepolonia.com](mailto:info@merseysidepolonia.com)**

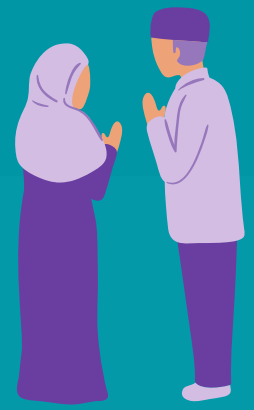
## **Muslim Youth Helpline (MYH)**

**0808 808 2008 [help@myh.org.uk](mailto:help@myh.org.uk)**

## **Mary Seacole House**

91 Upper Parliament Street, Liverpool, L8 7LB  
**0151 707 0319 [info@maryseacolehouse.com](mailto:info@maryseacolehouse.com)**

# Riverside 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. Tiber enterprise facilities, Tiber street site, Lodge Lane, Liverpool, L8 0TP  
**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](mailto:RAMP@redcross.org.uk)

**SHAP** - [cdw@shap.org.uk](mailto:cdw@shap.org.uk)

## **Oneworld Parish Nurse -**

[rachelsutton.parishnurse@mail.com](mailto:rachelsutton.parishnurse@mail.com)

## **Refugee Women Connect**

[info@refugeewomenconnect.org.uk](mailto:info@refugeewomenconnect.org.uk)

## **Migrant Help**

[IAadminliverpool@migranthelpuk.org](mailto:IAadminliverpool@migranthelpuk.org)

**Cafe Laziz** - [cafelaziz@hotmail.com](mailto:cafelaziz@hotmail.com)

**For additional migrant and multi-cultural support services please download our National Support Directory**

# 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**

## **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**

## **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@crownwaycommunitycentre.co.uk**

# 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](mailto: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](mailto: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](mailto:info@andysmanclub.co.uk)

## **James' Place Liverpool**

Offer free, life-saving treatment to suicidal men

**0151 303 5757** [liverpool@jamesplace.org.uk](mailto:liverpool@jamesplace.org.uk)

## **St Helens Mind Men Supporting Men**

United Reformed Church Ormskirk Street WA10 2JZ

**01744 28314** [ormskirkstreet@outlook.com](mailto: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](mailto: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](mailto: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](mailto:Tss.merseycare@nhs.net)

### **Spirit Level Transgender Support Group**

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

[spirit.level@yahoo.com](mailto:spirit.level@yahoo.com)

### **Sahir**

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

**0151 673 1972** [info@sahir.uk.com](mailto:info@sahir.uk.com)

### **THE Action Youth (Trans Health Education) (YPAS)**

36 Bolton Street, L3 5LX [www.ypas.org.uk](http://www.ypas.org.uk)

**0151 702 6087** [gyro@ypas.org.uk](mailto: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](mailto:LGBTHateCrime@caliverpool.org.uk)

### **Switchboard LGBT+ Helpline**

**0800 0119 100** [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

### **Over the rainbow support group**

**01744 457243**

[shealth.improvement@sthk.nhs.uk](mailto:shealth.improvement@sthk.nhs.uk)

### **Galop**

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

**0800 9995428** [help@galop.org.uk](mailto: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](mailto: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](mailto:liverpool.ftm@gmail.com)

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

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

# Riverside 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](mailto:helpline@rasamerseyside.org)

### **RASASC- Rape & Sexual Abuse Support Centre**

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

**01744 877987**

[www.rapecentre.org.uk](http://www.rapecentre.org.uk)

[support@rapecentre.org.uk](mailto: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**

## 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>

### **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](mailto: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**

### **Victim Support: (24/7 support)**

Victim Support operates a 24/7 Supportline and live chat service, every day of the year, offering specialist emotional and practical support to anyone who has been a victim or a witness. Victim Support. **0808 16 89 111**

Live chat available by visiting

<https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat>

### **Hate Crime Campaign**

The Hate Crime Campaign provides information and services to those who have been a victim of Hate Crime.

<https://hatecrime.campaign.gov.uk/>

# 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**