

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

Riverside

National Food Support Services



Council Support

You may be able to get help with essential costs from your local council. This is sometimes known as ‘the Household Support Fund’. This could help if you’re struggling to afford things like:

- **energy and water bills**
- **food**
- **essential items**

Your council may also offer food vouchers to families during the school holidays.

Who the Household Support Fund is for

Funding is aimed at anyone who’s vulnerable or cannot pay for essentials. You do not have to be getting benefits to get help from your local council.

If you get benefits, they will not be affected if you get a payment from a Household Support Fund scheme.

Find out about schemes in your area

Councils decide how to run their schemes. There may be differences in:

- **If you can apply**
- **if or how you need to apply**
- **who money is given to**

For example, some councils share out money through local charities and community groups and some limit household applications to one per year.

Check with your local council to find out what support is available.

<https://www.gov.uk/find-local-council>

Trussel Trust

Food banks in the Trussel Trust network welcome and support everyone who is referred to them,. Volunteers will give a minimum of three days’ emergency food.

How to get a food voucher

In order to get help from a food bank you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs and advice agencies). Your local food bank can advise which agencies can help.

You can search food banks local to you by visiting: <https://www.trusseltrust.org/get-help/find-a-foodbank/>

If you live in England or Wales please call Help through Hardship for free to talk confidentially to a trained Citizens Advice adviser on: **0808 208 2138** **Monday to Friday, 9 am to 5 pm. Closed on public holidays.)**

They can help address your crisis and provide support to maximise your income, help you navigate the benefits system, and identify any additional grants you could be entitled to. If needed, they’ll issue you with a voucher so you can get an emergency food parcel from your local food bank.

Trussell Trust Helpline - 0800 915 4604
Open Monday to Friday 9 am to 5 pm

National Food Support Services



Feeding Britain

Feeding Britain supports a national network of 80 organisations – ranging from community centres and schools, to local authorities and social enterprises.

To find your local centre please visit

<https://feedingbritain.org/about-us/where-we-work/>

Your Local Pantry

Pantries stock a wide range food including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food. To find your local pantry visit

<https://www.yourlocalpantry.co.uk/pantry-listings/>

Independent Food Aid Network

Across the UK there is a growing network of food banks, food distribution charities and local support hubs. To find one nearest to where you live, search the Independent Food Aid Network's interactive map.

<https://www.google.com/maps/d/u/0/viewer?mid=15mnlXFpd8-x0j406Ck6U90chPn4bkbWz&ll=54.09489700993946%2C-2.757892499999981&z=6>

Community Shops

Community Shop membership is free and open to those who live locally to a Community Shop store and receive a means-tested benefit. If you think you may be eligible, find your nearest Community Shop and contact them directly about membership.

<https://www.companyshopgroup.co.uk/company-shop/store-locations/>
<https://communitygrocery.org.uk/our-locations/>

National Organisations

Too good to go

On the Too Good To Go app, restaurants, cafes and bakeries list leftover food that would otherwise be thrown away. Users can then browse the map for food near them and pick up a 'magic bag' for a fraction of the original retail cost. Registration to the app is free and users can specify their dietary requirements.

<https://www.toogoodtogo.com/en-gb>

Olio

Olio provides a platform for neighbours to share unwanted food and other items, all for free. People are free to share or pick up anything from an unwanted gift, produce that's on its date from a local store, leftover event catering supplies or excess food that won't get eaten.

<https://olioapp.com/en/>

Karma

The Karma app enables users to rescue fresh food from restaurants, bakeries, cafes and even wholesalers that would have otherwise been thrown away.

<https://save.karma.life/>

NoWaste

NoWaste users can scan receipts and barcodes, log each weekly shop, make lists of what's in, plan meals more effectively and receive automatic expiration reminders.

NOSH

Nosh is an app offering another option to track the food you have in your home. With nosh, users can view categorised expiry and use by dates all on one screen, so they can easily prioritise which foods to use up first.

National Food Support Services



KITCHE

The free app has thousands of recipe suggestions that users can filter by the ingredients in their kitchen that need to be used up.

OddBox

Oddbox is a subscription service that delivers straight to your door, fruit & veg that is considered either too large or too small to be sold in supermarkets. When you sign up to Oddbox, you'll need to decide what you would like to be sent and how often. You can choose fruit, vegetables or a selection of both and have them delivered each week or fortnightly.

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

Kids Eat Free Deals

Many restaurants, Supermarkets, Cafes and pubs will have Kids Eat Free Deals. You can find a list at Money Saving Expert.

<https://www.moneysavingexpert.com/deals/cheap-restaurant-deals/#kids>

ASDA

If you dine in at any Asda Café (there are 205 of them) you can get a free bowl of porridge and a hot drink from 8am to midday every day of the week until Wednesday 20 March. There's no minimum spend, so just order at the counter.

Salvation Army

Run food banks year-round from many of their churches and community centres. To find the closest centre to you visit.

<https://www.salvationarmy.org.uk/map-page>

Bread and Butter Thing

Their mobile food clubs give access to nutritious and affordable food taken into the heart of communities. This low cost weekly shop provides essential produce for family eating – fresh fruit and veg, fridge favourites and cupboard staples.

Find your nearest hub by visiting

<https://www.breadandbutterthing.org/become-a-member>

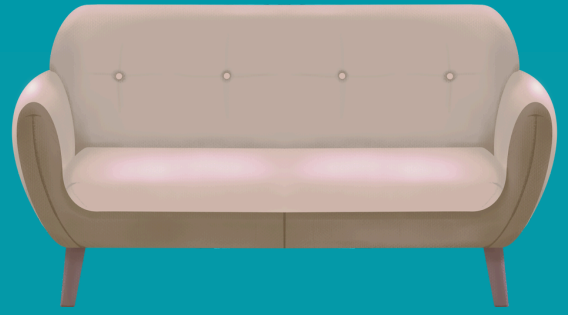
Once you have found the nearest hub Text **07860 063 304** with your full name, postcode, and the name of the hub you will be collecting from.

HAF Programmes

The HAF programme provides free holiday provision, including healthy food and enriching activities, for children in receipt of benefits-related free school meals in England.

To find a programme near you, visit your local council website.

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 Prescot 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/>

National Furniture Support



Local Council Support

Your local council may be able to help you get hold of items of furniture – as well as helping with other issues, such as debt advice, food and fuel poverty. They do this through what are known as their local welfare assistance schemes (LWASs), also known as local welfare provision (LWP) or crisis support.

Not all councils have these schemes, and some do not provide help with furniture and white goods. If they do help with furniture, most provide it for free, while others will only offer you a loan to get the items yourself. You can usually only apply a limited number of times within a given period.

Most local authorities with a scheme only help with the most essential items such as a cooker, fridge/freezer, and bed. Some will also provide a washing machine, sofa and wardrobe. Many schemes also provide other support beyond furniture, such as help with utility bills and food.

If your council doesn't have a scheme, they will be offering some sort of support through their allocation of the Household Support Fund so we have now included links to every local authority scheme. Authorities are using this funding in different ways, a few are using it for furniture and appliances so do have a look at the link. Local authorities also provide other support such as advice on any additional benefits that you may be entitled to so it is worth getting in touch with them.

To find the details of your local council visit
<https://www.gov.uk/find-local-council>

End Furniture Poverty

End Furniture Poverty have a list of resources and advice on their website on how to access new and preloved furniture.

<https://endfurniturepoverty.org/>

Reuse Network

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

You can search charity shops, projects and groups near you who offer affordable household items including furniture, electrical appliances, IT equipment and more.

Search by visiting

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

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/>

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

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

Family Fund

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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

National Cost of Living Support - Benefits



GOV.UK

The GOV.UK website has a list of resources to help support those who are struggling due to the cost-of-living crisis.

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

Benefits and Financial Support

There are several benefits that you may be eligible for including:

Universal Credit - If you're on a low income, you're out of work or you cannot work

Carer's Allowance - If you care for someone who gets certain benefits at least 35 hours a week

New Style Employment and Support Allowance (ESA) - If you have a disability or health condition that affects how much you can work or if you need support to get back into work.

New Style Jobseeker's Allowance (JSA) - If you need help when you're looking for work

Access to Work - If you have a physical or mental health condition or disability you may be able to receive support to help you stay in work.

To find out what benefits and support you may be eligible for visit

<https://www.gov.uk/cost-of-living/benefits-tax-work>

Help for Households

See what support is available to help with the cost of living and save money with our energy saving tips.

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

Personal Independence Payment

Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

To find out more visit - <https://www.gov.uk/pip>

Citizens Advice

The national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.

You can contact an adviser through the national phone service: Adviceline (England): **0800 144 8848**

Relay UK - if you can't hear or speak on the phone, you can type what you want to say: **18001** then the Adviceline or Advicelink number

You can use Relay UK with an app or a textphone. There's no extra charge to use it.

Adviceline's available 9am to 5pm, Monday to Friday. It's usually busiest at the beginning and end of the day. It's not available on public holidays.

To find your nearest Citizens Advice visit <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/>

National Cost of Living Support Debt Help



Citizens Advice

Full debt and consumer advice service in England and Wales. Many have specialist case workers to deal with any type of debt, including repossessions and negotiation with creditors. If you live in England or Wales, get in touch by:

Web chat: The web chat service is open Monday to Friday, 8am - 7pm and Saturday 9.30am - 1pm (except bank holidays).

0800 240 4420 (debt helpline) The debt helpline is available 9am to 5pm, Monday to Friday (excluding bank holidays).

Step Change Debt Charity

Online support is available via the debt advice tool where you can create a budget and get a personal action plan with practical next steps. .

0800 138 1111 Opening times: Monday to Friday, 8am to 8pm, Saturday, 8am to 2pm (closed on Sundays and bank holidays).

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

National Debtline

National Debtline provides free advice and resources to help people deal with their debts. Advice is available over the phone, online and via webchat.

0808 808 4000 Opening times: Monday to Friday, 9am to 8pm, Saturday, 9.30am to 1pm.

<https://www.nationaldebtline.org/about-us/>

Debt Advice Foundation

Debt Advice Foundation is a debt advice and education charity offering free, confidential support and advice to anyone worried about loans, credit and debt.

0800 043 40 50 Monday to Friday 8am to 6pm

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).

<https://capuk.org/>

PayPlan

PayPlan offer free, simple debt advice to anyone who needs it. When you go to them for debt advice, they will show you all the different debt solutions that are out there so you've got a clear idea of what your options are, and how each one could help you. They can also advise you on what the best solution is for your circumstances, plus any other options that might work for you.

0800 316 1833 Available between 8am to 8pm Monday to Friday and 9am to 3pm on Saturday.

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

Community Monday Advice

Community Money Advice (CMA) is a charity dedicated to supporting and helping community groups, churches and groups of churches set up free, face to face debt & money advice centres in their neighbourhood.

<https://www.communitymoneyadvice.com/freedom-from-debt/get-help>

Turn2Us

Turn2us is a national charity providing practical help to people who are struggling financially. You can use their free Benefits Calculator and Grants Search to find out what help you can get.

<https://www.turn2us.org.uk/>

National Cost of Living Support Employment



Government Support

Find a Job in England, Scotland or Wales through the government's official job vacancy service that offers a simple way for people to search for the latest jobs.

Find additional job opportunities through the Job Help website.

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

Apprenticeship's

An apprenticeship combines practical training in a job with study.

You can start an apprenticeship if you're:

- 16 or over - there's no upper age limit
- not in education (full or part-time)

You can have a previous qualification, like a degree, and still start an apprenticeship.

<https://www.gov.uk/apply-apprenticeship>

Learn online for free

Learn online for free with The Skills Toolkit, where you can access more than 70 courses in digital, numeracy and employability skills.

<https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit>

Get a free Level 3 qualification

If you are 19 or over and don't yet have A levels or equivalent you can now take your first Level 3 qualification for free. There are hundreds of free

courses available linking to jobs in sectors such as building and construction, health and social care, accounting, engineering, environmental conservation and more.

To find out more visit

<https://www.gov.uk/guidance/free-courses-for-jobs>

The Job Entry Targeted Support Scheme

The Job Entry Targeted Support scheme is providing six months of personalised support for people who have been unable to find work within the first 3 months of unemployment.

To find out more visit <https://www.gov.uk/>

Get support from a work coach

Work coaches use their experience of the jobs market to help you find opportunities that match your skills, which could include types of work you've never considered before. Get support from your work coach by asking at your nominated Job Centre.

National Careers Service

Provide careers information, advice and guidance. We can help you make decisions at all stages in your career.

Call 0800 100 900 to speak to an adviser.

8am to 8pm Monday to Friday, 10am to 5pm Saturday and bank holidays.

<https://nationalcareers.service.gov.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

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

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

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www.charityexcellence.co.uk

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www.goodthingsfoundation.org

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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>

Riverside

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/>

Youth Provision in St Helens



Support for different identities and communities

Bayo - An online search tool to find mental health and wellbeing support or services, run by and for the Black community.

bayo.uk

Being Gay is OK - Provides advice and information for LGBTQIA+ people under 25.

bgiok.org.uk

Kids of Colour - Online platform for young people to learn about race, identity and culture, and to challenge racism. Offers a YouTube channel, summer school and workshops.

kidsofcolour.com

Mermaids UK - Support for transgender, nonbinary and gender-diverse people up to 18. Runs events, local groups, online courses and a webchat.

0808 801 0400

mermaidsuk.org.uk

The Proud Trust - Support for LGBTQIA+ young people through youth groups, peer support, mentoring schemes and a webchat.

0161 660 3347

theproudtrust.org

Stonewall - Information and advice for LGBTQIA+ people on a range of issues, like coming out and hate crimes. Provides an information phoneline for people and their families.

0800 050 2020

stonewall.org.uk

Support for grief, trauma and abuse

Help 2 Make Sense - Advice and resources for coping with grief, plus an email helpline and webchat. **help2makesense.org**

Child Bereavement UK - Help for children, young people, parents and families after the death of someone close. Offers support through local services, groups for young people, plus films and blogs.

0800 028 8840

childbereavementuk.org

Hope Again - Information, resources and support for young people coping after the death of someone close.

0808 808 1677

hopeagain@cruse.org.uk

hopeagain.org.uk

Kidscape - Information and advice for young people, parents and carers with concerns about school bullying and abuse.

kidscape.org.uk

Stop Hate UK - Offers a 24-hour phone and text service for people under 18 who have experienced or seen a hate crime. Provides an online service for reporting hate crimes.

0808 801 0576

07717 989025 (textline)

stophateuk.org

Victim Support - Emotional and practical support for people affected by crime and traumatic events. Offers specific information for young people.

0808 168 9111

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/>

Family Support in St Helens



Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

<https://www.nhs.uk/start-for-life/>

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.family-action.org.uk/worried/in-your-area/>

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. You can find baby banks near you by visiting <https://littlevillagehq.org/uk-baby-banks/> <https://www.babybankalliance.org/baby-bank-map> <https://baby-basics.org.uk/>

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.merseyscare.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

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

National Mental Health and Wellbeing Support



Mind

Mind offers help and support to those who need it most. There's more than 100 local Minds across England and Wales, offering specialised support and care based on the needs of their communities.

Local Minds run mental health services in local communities. Anyone can get in touch – you don't need to have a GP referral. Each local Mind is different, but the services they offer might include:

- Talking therapy
- Crisis helplines
- Advocacy
- Employment and training schemes
- Counselling
- Befriending services

To find support near you visit

<https://www.mind.org.uk/information-support/local-minds/>

Samaritans - To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call **116 123** (free from any phone), email jo@samaritans.org or visit some branches in person. To find your local branch visit <https://www.samaritans.org/branches/>

SANEline - If you're experiencing a mental health problem or supporting someone else, you can call **SANEline** on **0300 304 7000 (4.30pm–10pm every day)**.

National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652 (6 pm to midnight every day)**.

Campaign Against Living Miserably (CALM).

You can call the CALM on **0800 58 58 58** (5pm–midnight every day) if you are struggling and need to talk. Or if you prefer not to speak on the phone, you could try the CALM webchat service. <https://www.thecalmzone.net/get-support>

Shout - If you would prefer not to talk but want some mental health support, you could text **SHOUT** to **85258**. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

Side by Side - Minds online support community. A place to be heard, listen and share. <https://sidebyside.mind.org.uk>

Togetherall - A safe community to support your mental health, 24/7. Get support. Take control. Feel better. <https://togetherall.com/en-gb>

Hub of Hope

The Hub of Hope is the UK's leading mental health support database of local, national, peer, community, charity, private and NHS mental health support and services together in one place. Support available online or through the Hub of Hope App. <https://hubofhope.co.uk/>

Mental Health Matters - National Support service providing help for those struggling with their mental health **0191 516 3500** info@mh.org.uk

Depression UK

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

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

Domestic Abuse Services in St Helens



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's.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.

08088088141

National Support - Domestic Abuse

Choices – 0800 917 9948

Broken Rainbow

Lesbian, Gay Bisexual and Transgender people suffering domestic violence

0300 999 5428

Mankind

A confidential helpline is available for male victims of domestic abuse and domestic violence across the UK as well as their friends, family, neighbours, work colleagues and employers.

Helpline 01823 334244 open Monday to Friday 10am to 4pm

The website also includes a directory of services called the Oak Book Directory. This can be found by visiting <https://mankind.org.uk/help-for-victims/directory/>

Galop

Galop exists to help those who are lesbian, gay, bisexual or trans-plus (LGBT+) suffering domestic abuse, or biphobia, homophobia, transphobia or sexual violence.

800 9995 428.

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

Hourglass

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

08088088141

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.

National Support for Disabilities



Government Support

There is a wide range of disability-related financial support, including benefits, tax credits, payments, grants and concessions.

Some benefits you might get are:

- Universal Credit
- Personal Independence Payment (PIP) or Disability Living Allowance (DLA)
- Attendance Allowance
- New Style Employment and Support Allowance (ESA)

Vehicles and transport

If you're disabled you can apply for the following:

- exemption from paying vehicle tax
- parking benefits - Blue Badge
- disabled persons bus pass or Disabled Persons Railcard
- help to buy or lease a car from The Motability Scheme

To find out more visit

<https://www.gov.uk/financial-help-disabled>

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. Access to work may pay for

- special equipment, adaptations or support worker services to help you do things like answer the phone or go to meetings
- help getting to and from work
- mental health support
- communication support at a job interview (for example, a British Sign Language interpreter or a lipspeaker)

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

Disability Rights UK

Disability Rights UK is the UK's leading organisation led by, run by, and working for disabled people. To find out more visit <https://www.disabilityrightsuk.org/>

Citizens Advice

Citizens Advice can offer advice, support and guidance in finding what support is available to you. To find out more visit

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/>

Scope

Scope provide practical information and emotional support when it's most needed.

Free disability helpline - **0808 800 3333**

Open Monday to Friday 9am to 6pm. Saturday to Sunday 10am to 6pm.

helpline@scope.org.uk

To access the support services and resources available visit

<https://www.scope.org.uk/advice-and-support/legal-information-and-your-rights/>

Money Helper

The Money Helper website provides resources and information to help those living with a disability to find the support that is available to them.

<https://www.moneyhelper.org.uk/en/benefits/benefits-if-youre-sick-disabled-or-a-carer/charitable-grants-for-ill-or-disabled-people>

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

National Support for Disabilities



Mencap

Mencap is a UK learning disability charity working with people with learning disabilities and their families and carers.

02074540454

information@mencap.org.uk

www.mencap.org.uk

National Autistic Society

The National Autistic Society is a charity which exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs.

02078332299 nas@nas.org.uk

www.autism.org.uk

British Institute of Learning Disabilities (BILD)

A charity that exists to improve the quality of life of all people with a learning disability.

01562723010 enquiries@bild.org.uk

www.bild.org.uk

Disability Law Service

Disability Law Service offers a National Advice Line that provides specialist legal advice and information for disabled people, their families and carers.

02077919800 advice@dls.org.uk

www.dls.org.uk

HFT - Family Carer Support Service

The HFT Family Carer Support Service offers a variety of information and support to family carers.

01179061751

familycarersupport@hft.org.uk or info@hft.org.uk

www.hft.org.uk

Respond

Services for people with learning disabilities or autism, who've experienced abuse or trauma.

0207 383 0700 respond.org.uk

United Response

Support in England and Wales for people with learning disabilities, autism and mental health needs. Services include help with housing, supported living, education and employment.

unitedresponse.org.uk

Turning Point

Health and social care services in England for people with a learning disability. Also supports people with mental health problems, drug and alcohol abuse or unemployment.

turning-point.co.uk

Equality Advisory & Support Service (EASS)

Advice on issues relating to equality and human rights, including guidance for disabled people.

0808 800 0082

equalityadvisoryservice.com

Livability

Christian organisation providing care services for disabled people in England and Wales

020 7452 2110

livability.org.uk

Foundation for People with Learning Disabilities (FPLD)

Promotes the rights of people with a learning disability, and their families. FPLD also offer an easy-read online resource to help people with a learning disability to take care of their mental health.

learningdisabilities.org.uk

CHANGE

Helps organisations to support the rights of people with a learning disability. Its services include producing Easy Read resources and providing accessibility training.

changepeople.co.uk

National Support for Disabilities



Support for Carers

Mind

Being a carer can often be stressful and can have an impact on your mental health. Mind offers support to anyone who may be struggling.

Mind's helplines provide information and support by phone and email.

0300 123 3393 info@mind.org.uk

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

<https://www.mind.org.uk/information-support/local-minds/>

Side by Side is Mind's supportive online community for anyone experiencing a mental health problem.

<https://www.mind.org.uk/information-support/local-minds/>

Benefits for carers

You might not think of yourself as a carer. But you probably are if you're looking after someone regularly, including your spouse or a family member, because they're ill or disabled.

As a carer, you may be entitled to one or more state benefits to help you with the costs.

To find out more visit

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/>

Carers UK

Carers UK is an online resource for those caring for someone. There is lots of helpful advice, guidance and resources available to support you.

0808 808 7777

advice@carersuk.org

To find out more visit

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

The Carers Trust Network

Carers Trust works with charities across the UK providing support for carers.

<https://carers.org/>



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.parishnurse@mail.com

Refugee Women Connect

info@refugeewomenconnect.org.uk

Migrant Help

IAadminliverpool@migranthelpuk.org

Cafe Laziz - cafelaziz@hotmail.com

National Migrant and Multi-Cultural Support



BME Youth

BME Youth is a national youth organisation of children and young people from Black, Asian and Minority Ethnic (BAME) communities in the UK.

<https://www.bmeyouth.org.uk/about/>

Muslim Women's Network UK

MWNUK is the only national Muslim women's organisation in Britain. They offer a helpline, counselling services, training and workshops.

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

Migrants Rights Network

The Migrants' Rights Network is a UK charity that stands in solidarity with all migrants in their fights for rights and justice.

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

The Muslim Community Helpline

The Muslim Community Helpline is a confidential, non-judgemental listening and emotional support service.

0208 908 6715 / 0208 904 8193

ess4m@btinternet.com

Boloh Helpline

Offers advice, signposting, emotional support and free therapy to adult asylum seekers UK Wide.

To find out more contact 0800 151 2605

Useful Links

British Red Cross - RAMP@redcross.org.uk

SHAP - cdw@shap.org.uk

Oneworld Parish Nurse -

rachelsutton.parnishnurse@mail.com

Refugee Women Connect

info@refugeewomenconnect.org.uk

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 Cloughton 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@crowndwaycommunitycentre.co.uk

Women's groups

Young Women's Trust

Young Women's Trust champions young women aged 18 to 30 on low or no pay. They offer young women free coaching, feedback on job applications and information to help them get where they want to be. To find out more visit <https://www.youngwomenstrust.org/get-support/>

The National Women's register

The website has a map of activities running across the UK, you can search groups by visiting <https://nwr.org.uk/network/groups/>

Ladies Circle

Ladies Circle provides the opportunity for women to connect across the UK.
<https://www.ladiescircle.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

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-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.

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

Galop

A UK LGBT+ anti-abuse charity, provides a dedicated sexual violence helpline for LGBT+ people who have experienced sexual assault, violence or abuse, however or whenever it happened.

Victims can contact the Helpline by phone 0800 999 5428 or via email help@galop.org.uk.

The 24/7 Rape and Sexual Abuse Support Line

247 offers Free, specialist and confidential support delivered by Rape Crisis England & **0808 500 2222**

To chat online or find out more visit

<https://247sexualabusesupport.org.uk>

National Online Helpline for Male Survivors

Operated by Survivors UK. Supports men and boys (trans or cisgender) and non-binary people who have ever experienced unwanted sexual activity. Live chat, SMS and email support.

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

Safeline

A dedicated service in England and Wales for adults and children affected by rape or sexual abuse who identify as male and for those that support them such as friends and family.

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

0808 800 5005 or visit

<https://www.safeline.org.uk/contact-us/>

Text support: **07860 065187** Open Monday to Friday 9 am to 8 pm, Saturday and Sunday 10 am to 2 pm.

The Survivors Trust

The Survivors Trust provides confidential information, advice and support for women, men and young people, their parents/carers or partners via a helpline or email. **08088 010818**

info@thesurvivorstrust.org

More information can be found at www.thesurvivorstrust.org

Additional Support in St Helens



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

Report a hate crime

You can report a hate crime online or call 101 to speak to the police.

Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger.

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. You don't have to report a crime to get help from 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