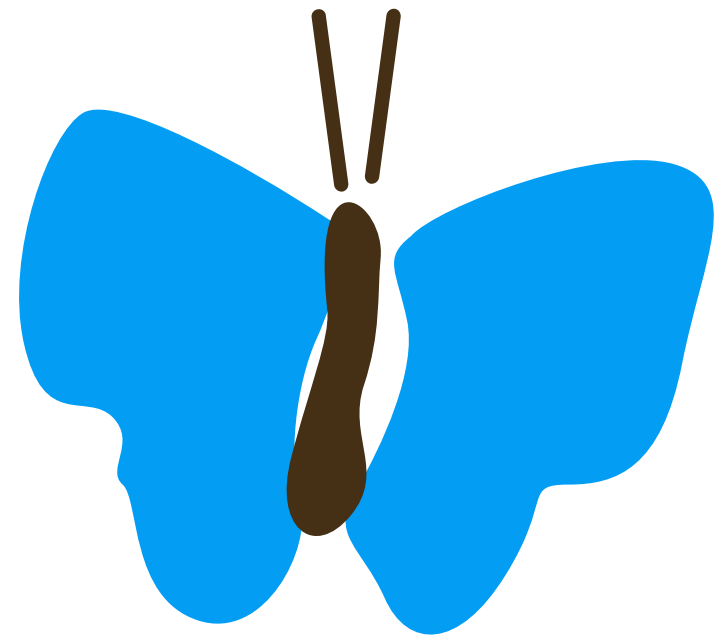




# FAMILY HUB AND CHILDREN'S CENTRE

## May Half Term 2026






# MORNING OFFER

Monday 25 <sup>th</sup> May	Tuesday 26 <sup>th</sup> May	Wednesday 27 <sup>th</sup> May	Thursday 28 <sup>th</sup> May	Friday 29 <sup>th</sup> May	Saturday 30 <sup>th</sup> May
<p><b>BANK HOLIDAY</b></p>	<p>9.30am – 11.30am <b>Healthy Child Clinic</b> Sutton Family Hub</p> <p>9.30am – 11.30am <b>Sleep Advice drop-in</b> Sutton Family Hub</p> <p>10.00am - 11.00am <b>Sensory Baby</b> Sutton Family Hub</p> <p>10.00am – 11.30am <b>Calm &amp; Connect (SEND)</b> (Please book) Parr Children’s Centre</p>	<p>9.30am – 11.30am <b>Coffee/Tea Tot’s</b> Sutton Family Hub</p> <p>9.30am – 11.30am <b>Healthy Child Clinic</b> (appointment only) Community Hub North</p> <p>9.30am – 11.30am <b>Sleep Advice drop-in</b> Community Hub North</p> <p>10.00am – 11.00am <b>Breathe Buddies</b> <b>Enchanted Creations – Unicorn Workshop</b> Sutton Family Hub</p>	<p>9.30am – 11.30am <b>Healthy Child Clinic</b> Lowe House Clinic</p> <p>9.30am – 11.30am <b>Sleep Advice drop-in</b> Lowe House Clinic</p> <p>10.00am – 11.00am <b>Breathe Buddies</b> <b>Enchanted Creations – Unicorn Workshop</b> Sutton Family Hub</p> <p>10.00am – 12.00pm <b>Healthy Child Clinic</b> Community Hub South</p> <p>10.00am – 12.00pm <b>Sleep Advice drop-in</b> Community Hub South</p>	<p>9.30am – 11.30am <b>Healthy Child Clinic</b> Parr Children’s Centre</p> <p>9.30am – 11.30am <b>Sleep Advice drop-in</b> Parr Children’s Centre</p> <p>10.00am – 11.00am <b>Sensory Baby Group</b> Parr Children’s Centre</p> <p>10.30am – 4.00pm <b>Construction day (Lego, K’nex, Duplo and den building)</b> St Helens Library</p>	<p>10.00am – 12.00pm <b>M.A.T.CH Group</b> Sutton Family Hub</p>





# MORNING OFFER

Monday 25 <sup>th</sup> May	Tuesday 26 <sup>th</sup> May	Wednesday 27 <sup>th</sup> May	Thursday 28 <sup>th</sup> May	Friday 29 <sup>th</sup> May	Saturday 30 <sup>th</sup> May
<p style="text-align: center;"><b>BANK HOLIDAY</b></p>	<p style="text-align: center;">10.00am – 12.00pm <b>Food Pantry</b> Sutton Family Hub</p>	<p style="text-align: center;">10.00am – 11.30am <b>Calm &amp; Connect (SEND)</b> (Please book) Newton Family Hub</p> <p style="text-align: center;">10.00am – 1.00pm <b>Family Fun with St Helens Library Service</b> Eco Garden, Rainhill</p> <p style="text-align: center;">10.30am – 12.00pm <b>Creative Construction Club</b> Parr Children’s Centre</p>	<p style="text-align: center;">10.30am – 11.30am <b>Start of summer crafts</b> Haydock Library</p> <p style="text-align: center;">11.00am – 1.00pm <b>Film &amp; Chill</b> Newton Family Hub</p> <p style="text-align: center;">11:00am - 2:00pm <b>Parr Cradle to Career Family Fun Day</b> Parr Children’s Centre</p>	<p style="text-align: center;">12.00pm – 1.30pm <b>Enchanted Creations</b> Sutton Family Hub</p>	



# AFTERNOON OFFER



Monday 25 <sup>th</sup> May	Tuesday 26 <sup>th</sup> May	Wednesday 27 <sup>th</sup> May	Thursday 28 <sup>th</sup> May	Friday 29 <sup>th</sup> May
<p><b>Bank Holiday</b></p>	<p>12.30pm – 2.00pm <b>Crafty Cooks</b> Sutton Family Hub</p> <p>1.00pm – 2.30pm <b>Calm &amp; Connect (SEND)</b> <b>(Please book)</b> Parr Children’s Centre</p> <p>2.30pm – 3.30pm <b>Bird Feeder crafts</b> Community Hub North</p>	<p>1.30pm – 3.00pm <b>Enchanted Creations</b> Newton Family Hub</p> <p>1.30pm - 3.00pm <b>Enchanted Creations</b> Community Hub North</p>	<p>1.30pm – 2.30pm <b>Breathe Buddies</b> <b>Enchanted Creations – Unicorn Workshop</b> Newton Family Hub</p> <p>1.30pm – 3.00pm <b>Creative Construction Club</b> Sutton Family Hub</p> <p>2.30pm – 3.30pm <b>Pirates and Princesses crafts</b> Community Hub South</p>	<p>1.00pm – 2.30pm <b>Crafty Cooks</b> Newton Family Hub</p> <p>1.00pm – 3.00pm <b>Calm &amp; Connect (SEND)</b> <b>(Please book)</b> Sutton Family Hub</p>



# Group Descriptions

**Crafty Cooks** – A fun and interactive cookery session is a fun way to develop your child's fine and gross motor skills, increase their muscle strength, confidence and extend their vocabulary. Crafty Cooks will enable your child (and you) to explore food and interact with their peers.

**Creative Construction Club** – build, create and imagine together in this fun family session using construction toys and creative materials.

**Enchanted Creations** – families come together to create magical masterpieces in this fun, imaginative craft session.

**Film & Chill** – relax, unwind and enjoy a family-friendly film together in a calm, comfortable setting.

**Food Pantry** – Pantries operate as a member-led neighbourhood and are just like a shop, in that you choose the food from the shelves. Members pay a small subscription each week they visit, and in return can choose groceries worth many times more, often saving up to £1,000 a year on shopping bills.

**Healthy Child Clinic** – for parents/carers of 0–5-year-olds. Advice and support around weaning and diet, weight checks, sleep and behavioural concerns, signposting and referrals to other services and Healthy Start vouchers.

**M.A.T.CH** - (Men and their Children) – a group for dads/grandads, uncles, male carers and their children to communicate and enjoy quality time together to strengthen their bond. Various indoor and outdoor activities are organised with free food and refreshments provided.

**Parr Cradle to Career Family Fun Day** - bringing together local services funded through the Cradle to Career programme and activities for all ages. Children can take part in a range of fun games and activities, while parents can chat with a variety of local service providers in a relaxed and friendly setting.

# Group Descriptions

**Breathe Buddies** - offer engaging workshops that combine storytelling, simple breathing techniques, and fun hands-on craft activities to help children build confidence and support their wellbeing. While designed to support children with respiratory conditions, the sessions are open to all, encouraging awareness, understanding, and inclusion through shared learning.

**Calm & Connect (SEND)** – a relaxed SEND-friendly session offering a safe, quiet space for children and families to enjoy calm activities, sensory play, and time to connect at their own pace. Please call to book.

**Sensory Baby Group** - for babies aged 0- 12 months of age, this group will support bonding, attachment, and the development of early skills for you and your child. The sessions will be fun and interactive with the children having the opportunity to learn through play. This session gives advice and tips on how everyday items can be used to extend your child's knowledge and increase their confidence.

**Sleep Advice** - our free Sleep advice drop-in's aim to support you in understanding why your child may be struggling to sleep, possible causes of sleeping issues and importantly, what you can do to help your child and family to get better sleep. For **children 1 years and above**.

**Coffee/Tea Tots** – facilitated within Sutton Family Hub, where you can relax and enjoy healthy food and drinks, crafts, toys and books are available.



Thank you for your continued engagement with Family Hub and Children's Centre sessions.  
If you need further information or to book activities please call:



Central Link Family Hub: 01744 673445  
Parr Children's Centre: 01744 671788



Alternatively message us via our Facebook page: [www.facebook.com/STHCCentres](http://www.facebook.com/STHCCentres)