

JULY 2026

Listen 4 Change Newsletter



 www.listen4change.uk

 listen4change@outlook.com

 [Facebook group](#)

 [Listen4Change, St Helens Parent Carer Forum | Saint Helens |](#)
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 [@listen4change_sthelenspcf](#)

JOIN US FOR A COFFEE & CHAT – YOUR VOICE MATTERS

Each month, Listen 4 Change hosts daytime and evening coffee events for parent carers of children and young people (aged 0–25) with Special Educational Needs and/or Disabilities (SEND).

A relaxed space to connect with other parent carers, share experiences, and talk openly about local services.

Your feedback is shared with local services to help shape better support.

Whether you want to influence change or simply chat—we'd love to see you.

 Drop in and say hello:

Wonderland Community Centre cic
Canal St, Saint Helens WA10 3JQ



JULY 2026

Listen 4 Change Events

Come and meet other parent carers in a relaxed and friendly setting for a drink and a chat, and help shape better SEND services. Your feedback is shared with service leads.

Coffee mornings Friday 10am-12pm.

10th July

11th September Guest speakers - Specialist Manager for Children with Disabilities & Designated Social Care Officer for SEND and the SEND Commissioning Officer for Children's Services.

9th October

13th November

11th December

Coffee evenings Tuesday 6:30-8pm

22nd September Guest speakers - Council Lead for School Transport and the Independent Travel Trainer service

20th October

24th November

All events are all held at Wonderland Community Centre St Helens WA10 3JQ

JULY 2026

Commission Opportunity – Help improve services for children and young people with SEND in St Helens

Could you help improve services for children and young people with SEND in St Helens?

Are you passionate about participation, community engagement and improving outcomes for children and young people with SEND?

Listen 4 Change Parent Carer Forum is seeking a self-employed contractor to deliver a time-limited project supporting parent carer engagement, communications, events and strategic participation across St Helens.

September 2026 – 31 March 2027

Contract value: up to £12,000

Self-employed commission

Interested? You will find all the project details and how to express your interest on our website here - [Commission Opportunity: Parent Carer Forum Development, Participation and Communications Project - Listen4Change](#)

For an informal discussion about the project, please contact the project recruitment lead Laura Burling on:

[**laura@co-designedsolutions.co.uk**](mailto:laura@co-designedsolutions.co.uk)

07808 774233

Expression of Interest Deadline: Wednesday 22nd July 2026

Interview Date: Monday 10th August 2026 (Online)

Contract Start Date: Tuesday 1st September 2026

JULY 2026

Listen 4 Change: What We've Been Up To in June

- Under new Department for Education (DfE) guidance, each local area must work collaboratively to evaluate the existing SEND support offer and to prepare a robust local SEND reform plan to scale up the offer. Subject to approval of the Plan by the DfE over the summer, local authorities will be able to access financial support such as the High Needs Stability Grant. As part of the SEND Partnership, L4C attended meetings with senior leads from local education and health services to discuss and input into the preparation of the St Helens local area SEND Reform Plan.
- As a member of the National Network of Parent Carer Forums (NNPCF), we attended engagement sessions to ask questions about the progress of the SEND reforms, raise concerns and to feedback local concerns to the the NNPCF to inform their understanding of what is happening in local areas.
- We met with the Director of Children's Services to discuss feedback that parent carers have shared with us recently.
- We attended the Autism in Schools steering group meeting to discuss the project's next steps, an update on the launch of the Knowing Me Profiling Tool and from the Neuroinclusive Education Network about new resources, training and workshops being made available to education settings.
- As part of the Cheshire & Merseyside Integrated Care Board (ICB) regional meeting of Parent Carer Forum Leads, we met with the C&M ICB Chief Executive, Head of SEND and the Mental Health Programme Manager to discuss key themes parent carers tell us about their lived experience of health services, to be updated on the SEND Reforms particularly related to the Local SEND Reform Plans and to hear about the one year Children & Young Peoples Mental Health Transformation Plan for NHS Cheshire & Merseyside.

JULY 2026

Listen 4 Change: What We've Been Up To in June

- We welcomed one of the Senior Mental Health Practitioners from St Helens Mental Health Support Team and the team's Learning Disabilities and Autism Specialist Practitioner to our coffee morning to talk about what they do, how they can adapt their offer to support SEND families, and to share feedback that families had about how to improve the service.
- We attended a Keeping in Touch meeting with senior leaders from education, health and social care and provided feedback/asked for updates on issues parent carers have shared recently around Home-School transport, delays in issuing amended EHCPs for post-16 transitions, pathways for Autism and ADHD assessments, the rollout of the new ND Profiling Tool, updates needed to the SEND Information Hub to ensure clear communication with parent carers and other key issues.
- We held a coffee evening to chat with other parent carers about the recently published Ofsted/CQC Local Area Inspection, what's working well for our children and young people with SEND and what needs improving.
- We attended a multi agency meeting to review the current offer for Sleep Support in St Helens, to agree e-learning options and to prepare a proposal for presentation to the SEND Partnership Board proposing a future clear, user friendly Sleep Pathway that is easier for families, young people and professionals to understand.
- We are continuing to work with the Children's Integrated Commissioning Team and NHS Commissioner to provide parent carer feedback and input into the ND Zone of the SEND Information Hub. All St Helens Neurodiversity Profile Tool related information and resources will be available on the SEND Info Hub ND Zone. There is helpful information and resources on there already but more content and amendments will be made in the coming weeks.

JULY 2026

The Schools White Paper and SEND Reform consultation

On 23 February 2026, the Department for Education (DfE) published the Schools White Paper [Every child achieving and thriving - GOV.UK](#) and the SEND Consultation [SEND reform: putting children and young people first - GOV.UK](#) setting out proposals to significantly reform the SEND system in England.

As part of these reforms, around £1.8 billion will be invested over 3 years to develop an Experts at Hand offer, giving mainstream settings access to specialist support, with initial delivery beginning in September 2026.

The Department for Education have now published the Year 1 guidance for the new Experts at Hand programme, a key part of the SEND reforms. The guidance and supporting documents can be found here: [Developing and delivering the Experts at Hand offer in year 1: supporting guidance - GOV.UK](#)

The guidance confirms that Parent Carer Forums should be involved in the strategic planning, governance, commissioning and co-production of local Experts at Hand offers, helping to shape how specialist support is delivered in mainstream settings. The National Network of Parent Carer Forums (NNPCF) has published a short statement outlining what this means for Parent Carer Forums and why engagement in local discussions will be important over the coming months.

Read the NNPCF statement: <https://nnpcf.org.uk/2026/06/05/nnpcf-welcomes-publication-of-experts-at-hand-guidance/>

Listen 4 Change continues to work with local SEND partners and the NNPCF to represent the voices of St Helens parent carers on this vital piece of work.

JULY 2026

SEND Reform: The view from local government on impact and implementation

SEND Reform: The view from local government on impact and implementation
The Local Government Association (LGA) and County Councils Network (CCN) have published an independent analysis of the Government's proposed SEND reforms, as set out in the White Paper Every Child Achieving and Thriving and the consultation SEND Reform: Putting Children and Young People First.

The report, SEND Reform: Putting Children and Young People First – The View from Local Government on Impact and Implementation, considers the proposed reforms and feedback from councils on whether the changes are likely to improve outcomes for children and young people with SEND and support more needs being met within mainstream settings.

The report suggests that councils have a high degree of confidence that the reforms could lead to significant improvements, with over 90% agreeing they would strengthen early intervention and over 80% believing they would improve outcomes for children and young people with SEND.

However, it also highlights a number of important challenges that will need to be addressed if the reforms are to succeed. These include concerns about partnership working, clarity around the role of local authorities within the future system, workforce capacity, and whether sufficient funding will be available to deliver the reforms and support transition over the coming years. These are themes that many Parent Carer Forums have consistently raised throughout the consultation process.

As we await the Government's response to the consultation, we thought it would be helpful to share this report. You can access the report here: <https://www.local.gov.uk/publications/send-reform-putting-children-and-young-people-first-view-local-gov#resolving-disputes>

JULY 2026

New guidance published to strengthen inclusive mainstream education

The Department for Education has published new guidance on 25th June regarding:

- Inclusive Education Estates
- The Inclusive Mainstream Fund
- Inclusion Bases

The National Network of Parent Carer Forums (NNPCF) welcomes this as an important step towards creating a more inclusive education system where children and young people with SEND can learn, thrive and belong within their local communities.

While these publications set a clear direction, their success will depend on meaningful implementation, sustainable funding, a skilled workforce, and continued co-production with children, young people, parent carers and Parent Carer Forums.

Read the NNPCF full response and links to all the guidance on their website: [Guidance Update – National Network of Parent Carer Forums C.I.C](#)

JULY 2026

Inspection report - Area SEND inspection of St Helens Local Area Partnership

Earlier this year Ofsted and the Care Quality Commission (CQC) carried out a SEND inspection of the St Helens Local Area Partnership. The inspection report has been published today. We have summarised the inspection findings in the attached document but the full report can be read here:

<https://files.ofsted.gov.uk/v1/file/50304691>

The outcome of this inspection is that “There are widespread and/or systemic failings leading to significant concerns about the experiences and outcomes of children and young people with special educational needs and/or disabilities (SEND), which the local area partnership must address urgently.”

This outcome is concerning but it reflects the lived experiences you have shared with us. We thank those of you who contributed to this inspection by completing the inspection survey, meeting with the inspection team or sharing your lived experience with Listen 4 Change – your feedback helps ensure parent carers voices are heard by local senior leaders across education, health and social care and by the Ofsted/CQC inspection team.

Whilst we recognise the inspectors' comment that many families do not feel the impact of their engagement in day-to-day services, we encourage you to continue sharing your views so we can represent your experiences in meetings with senior leaders across education, health, and social care. Listen 4 Change is committed to working with the local area SEND partnership to build on existing strengths and to address areas for improvement.

The local area partnership is now required to submit a Priority Action Plan within 35 working days to address the identified areas for priority action and should update and publish their SEND Strategy Plan within 50 working days, including the Priority Action Plan as a section within the updated strategic plan. Ofsted and CQC will carry out a monitoring inspection around 18 months from now to assess the extent to which effective action is being taken to address the areas for priority action. The next full reinspection of St Helens will be within approximately 3 years.

If you have any concerns about this report or would like to discuss it with us, Pop along to our coffee morning on Friday 10th July, 10am–12pm. Listen 4 Change volunteers are available during these events to discuss any SEND related issues you wish to bring to our attention.

JULY 2026

St Helens Council Scrutiny Review of SEND School Provision in St Helens – Report Published

In 2025 the St Helens Council Children and Young People Services (CYPS) Scrutiny Committee established a task & finish group to review school places for pupils with SEND. The purpose of the review was to assess the sufficiency of SEND provision in St Helens, consider whether it is meeting the needs of pupils with SEND, establish the challenges and barriers to increasing the availability of provision to better meet the needs of all pupils with SEND and consider what actions can be taken to address the challenges/barriers that exist.

As part of this review, parent carers from Listen 4 Change met with the task group in December 2025 to share parent carers lived experiences of school SEND provision. The review has been completed and the report recommending actions was presented to the CYPS Scrutiny Committee on Monday 22nd June to agree and will now be submitted to Cabinet for consideration.

The report can be read here: [SEND School Places Task and Finish Review Report draft.pdf](#)

If you are interested in knowing more about the work of the Children and Young People Services Scrutiny Committee and their oversight and scrutiny of children and young people's services, their meetings are available to watch live or recorded on St Helens public TV via the link: [Home - St Helens Council Public Meetings](#).

JULY 2026

Children and Young People's Neurodevelopmental (ND) Pathway Update

NHS Cheshire & Merseyside continue to expand the resources available on the website to support children, young people and their families and professionals. You can find the resources here: [Neurodevelopment pathway - NHS Cheshire and Merseyside](#)

The MS Forms version of the Knowing Me profiling tool is now live and can be found at [Knowing ME profiling tool form - NHS Cheshire and Merseyside](#).

The next step is to ensure that as many people as possible use the form to complete the profiling tool and feedback how it works for them so that it can be tested and trialled ahead of more advanced digital developments. The evaluation team - The Centre for Autism, Neurodevelopmental Disorders and Intellectual Disability (CANDDID) - is looking for feedback from parent carers to help them understand your experiences. You can find more information on how to get involved here: [We want to hear from you - NHS Cheshire and Merseyside](#)

Going forward, ADDvanced Solutions will be delivering the Knowing Me profiling tool training to parent carers. Further details to be shared as soon as dates are available

JULY 2026

Newly published release for Special educational needs in England

The Department for Education has released the latest statistics for Special educational needs in England. View the pupils in England with SEN Support or an Education, Health and Care (EHC) plan, including type of need, age, sex, free school meals (FSM) and ethnicity for the academic year 2025/26:

<https://explore-education-statistics.service.gov.uk/find-statistics/special-educational-needs-in-england/2025-26>

A review of the quality of care provided to adults with a learning disability who were admitted to hospital acutely unwell

The National Confidential Enquiry into Patient Outcome and Death (NCEPOD) has released a new report – '[Learning Together](#)' - [A review of the quality of care provided to adults with a learning disability who were admitted to hospital acutely unwell.](#)

On the [STUDY PAGE](#) you can download the full report, summaries, and additional QI resources. There is also an [EASY-READ SUMMARY](#), and [INFORMATION FOR PEOPLE WITH A LEARNING DISABILITY](#).

Home to School Travel - Update from Department of Education

Updates to the statutory guidance, which sets out local authorities' responsibilities when making home-to-school travel arrangements for children of compulsory school age, have now been published: [Home-to-school travel - GOV.UK](#).

JULY 2026

The Summer Holiday Activities and Food Programme (HAF)

The Summer Holiday Activities and Food Programme (HAF) will be running from Monday 27th July to Friday 28th August 2026 for all eligible children, young people, and families.

They will be holding a provider event on **Thursday 9th July at 4.00pm to 6.30pm at Central Link Family Hub, Peter Street, St Helens, WA10 2EB.**

They would like to invite parents/carers and children/young people to drop in and meet with HAF providers to have a better idea of what activities are on offer and an opportunity for you to ask any questions that you may have. Refreshments will be available.

Those who wish to attend must be eligible to access the HAF programme. The programme is open to children aged 4-18 years who are eligible for and receiving benefits-related free school meals (FSM), and their families. Children who are in receipt of a support plan via Early Help, Child in Need or Children We Look After, EHCP, or if your child receives additional hours at school.

[HAF Summer Programme 2026](#)

If you require any further information, please call Central Link Family Hub 01744 673445



JULY 2026

Lightyear Youth Group Information

The Lightyear STEM Youth Group is a group of disabled and neurodivergent young people aged 14-25, who meet regularly to share their stories, experiences, and ideas about STEM (science, technology, engineering and maths) with each other and with the Lightyear Foundation.

Members have the opportunity to connect with other disabled and neurodivergent young people who share an interest in STEM, building friendships and a sense of community. Through the group, they can develop their confidence and leadership skills, share their experiences and ideas, and help influence how STEM can become more accessible and inclusive. Members also play an important role in shaping the work of the Lightyear Foundation, contributing their perspectives to help guide the strategy and direction of the UK's only charity dedicated to improving access to STEM for disabled and neurodivergent young people.

You can find out more about the Lightyear STEM Youth Group and sign up on the website: <https://www.lightyearfoundation.org/lightyear-youth-group>

If you have any questions, please get in touch at hannah@lightyearfoundation.org

JULY 2026

Survey: what do you think about the current youth offer in St Helens?

Youth Focus North West are working with St Helens Borough Council to carry out a Needs Assessment to understand what young people, parents/carers and those who work with young people think about the current youth offer in St Helens.

We want to hear from young people, parents/carers, and people who work with or support young people about what is working well, what could be improved, and what young people need more of in the future.

There are three short surveys:

Young people's survey

For young people aged 11 to 25

Survey link: <https://forms.office.com/e/G8B0wZfggC>

Parent/carer survey

For parents and carers of young people in St Helens.

Survey link: <https://forms.office.com/e/Jh9zJC2s6h>

Youth sector staff survey

For staff, volunteers, organisations and groups who work with or support young people in St Helens.

Survey link: <https://forms.office.com/e/BYY2hnMfiU>

The feedback will help shape future youth activities, services and support across St Helens.

The young people's and parent/carer surveys also include an optional prize draw to win a voucher. Prize draw contact details will be collected separately and will not be linked to survey answers.

Please complete the survey that is most relevant to you and share the links with young people, families, staff, volunteers and organisations in your networks.

The surveys close on 7 August 2026.

Thank you for helping young people, families and the youth sector have their say.

JULY 2026

Mersey Care's Mental Health Support

Mersey Care's Mental Health Support Teams have developed resources and workbooks for common mental health and emotional wellbeing difficulties for children, young people, parent carers and education staff to use. The workbooks and webinars are an exciting new resource that may help you to understand and manage various mental health issues: [Digital mental health workbooks :: Mersey Care NHS Foundation Trust](#)

Mersey Care's website contains the current list of schools that are open to the service, information about how to access the service and details of how to contact the duty team for advice

Email mcn-tr.mhst-sthelens@nhs.net or call 01925 664120.

<https://www.merseycare.nhs.uk/our-services/st-helens/mhst-st-helens-1>

Both emails and the phone line are monitored Mon-Fri 9-5 excl bank holidays but should not be used if there is a risk of harm to the young person or family member. In this case families should be calling 111 and asking for the mental health crisis team.

Mill Green Café

Mill Green Café is a fantastic example of learning beyond the classroom at Mill Green School. Open Tuesdays during term time, from 10am to 1:30pm, the café provides students with meaningful, hands-on work experience in a supportive and welcoming environment.

As part of their learning, students take on real responsibilities including greeting customers, taking orders, handling money and giving change, and delivering excellent customer service.

Mill Green Café opening the door to new opportunities

www.youtube.com

JULY 2026

CECiLiA newsletter

We're pleased to share the third Project CECiLiA newsletter.

This edition includes updates on the project's work to improve Care (Education) and Treatment Reviews (C(E)TRs) for autistic people, people with learning disabilities, their families and carers, as well as the professionals who support them.

To read the latest updates, click the links below to access either the standard version or the Easy Read version of the newsletter.

[Standard version here](#)

[Easy read here](#)

CETR Research

We have been asked to share the following information regarding 2 research projects into the effectiveness of Care (Education) and Treatment Reviews for people with learning disabilities and autistic people:

- Project CECiLiA is about listening to people's experiences of Care (Education) and Treatment Reviews for people with learning disabilities and autistic people and working together to improve them. We want to listen to what people have to say about their experiences and their ideas for how things can be improved. If you want to find out more about the project and how you can have your views heard, please see: <https://cecilia.org.uk/>
- The OptiCaT research project investigates the use and benefits of community CETRs for people with a learning disability and autistic people and aims to provide suggestions for how CETRs can be improved. The project is funded by the National Institute for Health Research (NIHR) and will run between 2024 and 2028. Read more here: <https://www.kcl.ac.uk/research/opticat>

JULY 2026



ADDvancedSolutions

Find out more about the support available to parents, carers and families of neurodivergent children and young people this term.

Click below to view our What's On Guide for the areas that we work across. We have weekly drop-in groups for parents/carers in each of the areas, as well as online and face-to-face learning programmes and opportunities.

Our free professionals training opportunities can be found on the final page of each area's newsletters.

Summer Term 2026



St Helens IASS

St Helens IASS is an Independent Advice and Support Service which offer free, impartial advice and support for families of children and young people with Special Educational Needs and Disabilities (SEND). The website explains what help is available, how you can make a self referral, and details of upcoming SEND drop in sessions.

St Helens IASS – Information, Advice and Support Service

You may find this helpful if you would like advice, information, or support around your child's SEND journey.



CHAT &
CHILL OVER
A BREW

JOIN OUR COFFEE MORNING

For parent carers of child/young person with Special Educational Needs and/or Disability aged 0-25 in St Helens

A relaxed and friendly morning for parent carers with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services

Join us-we'd love to see you



Drive up to
the
barrier

Friday
10th July
10-12pm

Wonderland
Community
Centre
WA10 3JQ

FREE
PARKING

CONTACT US ➤

Email

listen4change@outlook.com

Website:

listen4change.uk





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A relaxed and friendly morning with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services.

Friday 11th September 10am–12pm

Guest speakers - Specialist Manager for Children with Disabilities & Designated Social Care Officer for SEND and the SEND Commissioning Officer for Children's Services.

Friday 9th October 10am-12pm

Friday 13th November 10am-12pm

Friday 11th December 10am-12pm

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Listen
4
Change





CHAT &
CHILL OVER
A BREW

JOIN OUR COFFEE EVENING

For Parent Carer of a child or young person with Special Educational Needs and/or a Disability (SEND) aged 0–25 in St Helens.

A relaxed and friendly evening with time to chat, ask questions and help shape local SEND services. Your feedback is shared with senior leaders of local services.

Tuesday 22nd Sep 6.30pm–8pm

Guest speakers - Council Lead for School Transport and the Independent Travel Trainer service

Tuesday 20th Oct 6.30pm–8pm

Tuesday 24th Nov 6.30pm–8pm

Wonderland
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What's Going On With Autism and ADHD Help in St Helens?

June 2026 Update

Why is this being shared?

Parent Carers have told us how important communication is about the local Neurodevelopmental Pathway. So, here are some things you and your family may want to know!

How Long Will it Take?

Autism Pathway

	Time for reply after referral	Within 4 weeks
	Speech & Language Assessment	Within 18 weeks
	Paediatrician Assessment	Within 18 weeks
	Whole Process	About 31 months

What Help Can You Get?

In St Helens, you can get the same support before, during and after a referral to the Pathway.



SEND Info Hub: Visit the [Hub](#) for information about the [Local Offer](#), including support in [Family Hubs](#).



ND Zone: Within SEND Info Hub is the ND Zone. This contains all info on ND for St Helens, including the Knowing ME Profile Tool which is currently being launched.



Learning & Peer Support: Access a range of support with [Advanced Solutions](#)
Tel: 01744 582 172



Emotional Wellbeing: Visit [Thrive](#) for CYP MH support including [MHST](#) in Primaries and [Resilience Service](#) in High Schools.



Sleep: For support with sleep, first contact the 0-19+ Service on Tel 01744 411 277 or your local Family Hub Tel 01744 673 445 or visit [Sleep Charity](#)

How Long Will it Take?

ADHD Pathway

	Time for reply after referral	By 4 weeks
	Tiggers Group (age < 7) Qb Test (age > 7)	By 8 weeks By 12 weeks
	Decision Appt (Paediatrician) / Whole Process	Average 50 weeks



Let's Clear Up Some Myths!



"Having a diagnosis will give my CYP access to new areas of support."



Nope! Lots of help is there before, during or after being on the Pathway.



"School won't help without a diagnosis."



Schools in St Helens will support based on individual needs using the graduated response.



"My child's referral was rejected by the Pathway, because school doesn't see the differences or didn't fill it in properly."



Non-acceptance is usually due to the Pathway believing that more helpful work can be done with the young person first.



"We need to go down the ADHD process first before considering an NDP referral."



If ADHD traits and wider developmental concerns are present, refer to the NDP.



"Having a diagnosis of Autism or ADHD will allow my child to access medication."



Medication should be a last resort option and will only be considered after other strategies have been trialled. Medication is not available for, and will not help, with autism.



"A diagnosis will mean my child can get an EHCP."



Also based on need rather than a diagnosis and many CYP, including those with a diagnosis, can be fully supported and understood under their schools universal and SEND provision.



The next update will come Sept 2026

Neurodevelopment pathway drop ins



Come along to one of our drop in sessions in St Helens.

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this.

We look forward to meeting you.

Tuesdays at Parr Children's Centre and Central Link Family Hub

See details and times below

14 July at Parr Children's Centre, 9am to 12 noon.

8 September at Parr Children's Centre, 9am to 12 noon.

10 November at Parr Children's Centre, 9am to 12 noon.

28 July at Central Link Family Hub, 1pm to 4pm.

22 September at Central Link Family Hub, 1pm to 4pm.

24 November at Central Link Family Hub, 1pm to 4pm.

11 August at Parr Children's Centre, 9am to 12 noon.

13 October at Parr Children's Centre, 9am to 12 noon.

8 December at Parr Children's Centre, 9am to 12 noon.

25 August at Central Link Family Hub, 1pm to 4pm.

27 October at Central Link Family Hub, 1pm to 4pm.

22 December at Central Link Family Hub, 1pm to 4pm.

We work with children and young people with complex neurodevelopmental difficulties, who need an assessment to gain a better understanding of their needs.

Parr Children's Centre, Ashtons Green Drive, St Helens, WA9 2AP

Central Link Family Hub, Westfield Street, (off Peter Street), St Helens, WA10 1QF

If you need more information you can contact us on **01744 415 608** or email: mcn-tr.sthelensneuropathway@nhs.net



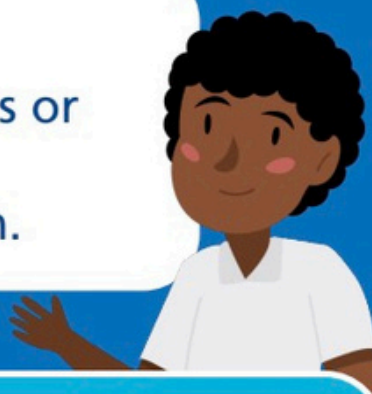
Children and Young People's Mental Health Services



Mersey Care
NHS Foundation Trust

Drop in

A safe space to ask questions or seek advice if you have any worries about mental health.



The Mersey Care team will offer advice and support and can help with referrals.

**Every Friday 2pm to 4pm
at Sutton Family Hub**

Ellamsbridge Road, Sutton, St Helens, WA9 3PY

For children and young people under 18 and their families or carers no appointment needed.

If you have any questions you can call the St Helens team on **01925 579 405**.



Mental Health
Research for
Innovation
Centre



Mersey Care
NHS Foundation Trust

An illustration of a family consisting of a man with glasses, a woman, and a young girl, all looking towards the right.

Mental health
apps for children,
young people
and families

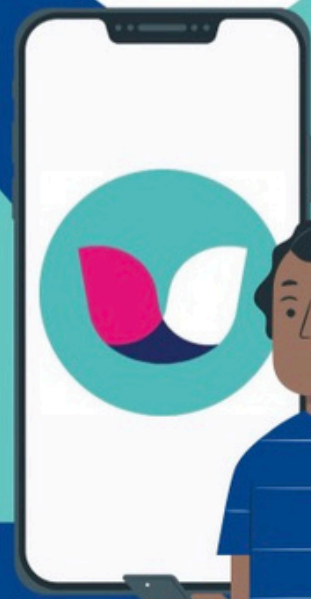
Are you feeling stressed, anxious or low?

Explore our online library of
safe, approved apps covering
anxiety, low mood, sleep,
eating disorders, support for
neurodivergence and more.

Mental health
apps can help,
but which one
should you
choose?



Scan the QR code to
find out more





TOY & LEISURE LIBRARY

An opportunity for parents/carers of young people
aged 0-25yrs with Special Education Needs and/or Disabilities
to borrow Sensory & Leisure Items

FREE OF CHARGE



Thursdays 4pm - 5pm

Wonderland Community Centre
Canal Street, St Helens

WA10 3JQ



www.connectparents.org.uk



"St Helens Council Ward Member Grant Scheme"



≡ HOSTED BY ≡

ST HELENS WELLBEING



SENSORY TREASURE HUNT

SNIFF,
TOUCH,
TASTE,
LISTEN,
SEE!



AN INTERACTIVE WORKSHOP
EXPLORING THE 5 SENSES!



INSPIRED BY
THE VERY HUNGRY CATERPILLAR™



Join us for a fun, hands-on adventure
as we explore **sight**, **sound**, **touch**,
smell and **taste** through stories,
play and delicious discoveries!

FOR
CURIOUS
KIDS!



COMMUNITY HUB NORTH
(MOSS BANK LIBRARY)



THURSDAY 9TH JULY



3:15PM – 4:15PM



chcp





Are you a young person who has received help from a first responder during a mental health crisis?

Or are you a parent of a young person who has received this support?



Our Care Responders research study is looking to hear about the experiences of **young people aged 5-18 years old** and their **parents/caregivers** who have received support from first responders (e.g., paramedics, police officers, NHS crisis practitioners and hospital staff) for a mental health crisis.



Take part in
one of three
ways



1

Anonymous Online Survey - Scan this QR Code



2

Share a picture, story or voice note here



3

Speak to a member of our friendly research team



✉ pcn-tr.care-responders@nhs.net
☎ 07521000486

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