

## Support over Christmas and New Year

**The festive period isn't always festive for everyone. It can be a difficult time for some.  
Whatever the issue and whatever is going on, it's #OK2ASK for help.**

**Urgent support:** if you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening, and confusing, but you do not have to struggle alone. You can speak to your GP. If you cannot wait to see a doctor and feel unable to cope or keep yourself safe, **contact NHS111 and press option 2 for mental health support.**

You can also contact any of the services listed in this document.

### **NHS 111 option 2**

If you need urgent mental health support, please call the free 24/7 helpline.

### **Amparo**

0330 088 9255

Amparo provides emotional and practical support for anyone who has felt the impact of suicide.

### **Samaritans**

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Talk to someone 24/7

### **Ok to Ask Suicide Prevention Campaign**

[www.oktoaskcampaign.co.uk](http://www.oktoaskcampaign.co.uk)

Lifelines, resources, and help. The campaign encourages St Helens residents to NOT be afraid to talk about Suicide Prevention

### **PAPYRUS/HOPELINE247**

0800 068 41 41

For children and young people (under the age of 35) or anyone concerned about a young person. Available 24/7 throughout Festive period.

### **Mersey Care Children and Adolescent 24/7 Mental Health Crisis Response Team**

Available 24/7 freephone- 01744 415 640 This service is available for children and young people up to the age of 18.

### **Shout**

Text SHOUT to 85258 - 24/7 text support.

A free and confidential messaging support service for anyone who is struggling to cope.  
Available through Festive Period.

### **Talking Therapies**

<https://www.merseycare.nhs.uk/our-services/st-helens/talking-therapies> offer free NHS therapy for people registered with a St Helens GP with common mental health problems. Closed Bank Holidays.

### **Stay Alive App**

<https://www.stayalive.app/>


An essential suicide prevention resource for the UK, packed full of useful information and tools to help people stay safe in crisis.

### **St Helens Wellbeing Service**


<https://www.sthelenswellbeing.org.uk/services/mental-wellbeing>



















Mental Health and Suicide Prevention Training.

Service	Description and Contact Details	Opening Hours (from Monday 16 <sup>th</sup> December 2024 – Thursday 2nd January 2025)
<b>St Helens Wellbeing Service</b>	<p>We deliver a range of training and campaigns to promote knowledge and awareness of mental health, offering ways to improve mental wellbeing, and reducing stigma by encouraging discussions.</p> <p><b>01744 371111</b></p> <p><b>chcp.sthelens@nhs.net</b></p> <p><a href="http://www.sthelenswellbeing.org.uk">www.sthelenswellbeing.org.uk</a></p> <p><b>Infant Feeding Service:</b> <b>07919 305 174</b></p>	<p>16<sup>th</sup> – 20<sup>th</sup> Dec – Usual service provision</p> <p>25<sup>th</sup>, 26<sup>th</sup> Dec &amp; 1<sup>st</sup> Jan – Service closed.</p> <p>23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> December - Wellbeing Frontline service open 9 am – 5pm for phone calls, support and emails.</p> <p><u>Infant Feeding Service:</u> 23<sup>rd</sup> - 24<sup>th</sup> 8am-8pm CLOSED Christmas Day 26<sup>th</sup> 10am-4pm 27<sup>th</sup> 8am-8pm 28<sup>th</sup> and 29<sup>th</sup> 10-4 30<sup>th</sup> 8am – 8pm 31<sup>st</sup> 8am – 8pm CLOSED New Years Day with normal service resuming on 2<sup>nd</sup> January</p> <p><u>Infant Feeding Support Groups</u> 24/12 9.30am - 10.30am - Support Group Sutton family Hub 27/12 9.30am - 11am - Drop in Central Link Children's Centre</p> <p><u>Infant Feeding Clinic</u> 30/12 1-1 Clinic (has to be booked) Lowe House Health Centre</p>

<p><b>KOOTH/QWELL</b></p>	<p>Free instant access digital mental health support is available across St Helens for everyone aged 11+. These services provide free, safe and anonymous online mental health support whenever you need it.</p> <p>There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7.</p> <p>Go to <a href="https://kooth.com">Kooth.com</a> (11-25) or <a href="https://qwell.io">Qwell.io</a> (18+) to get started today.</p> <p>Support available includes:</p> <ul style="list-style-type: none"> <li>- Live chat or messaging with qualified mental health professionals</li> <li>- Self help tools and activities</li> <li>- Online community</li> </ul> <p><b>For enquiries about the service, get in touch via <a href="mailto:contact@kooth.com">contact@kooth.com</a></b></p> <p><b>For promotion or signposting support, contact <a href="mailto:kel@kooth.com">kel@kooth.com</a></b></p>	<p>Kooth and Qwell platforms are available as below.</p> <div data-bbox="1294 204 1803 1273">  <h2>We're still here</h2> <p>Supporting you over the festive period</p> <p>Kooth's live chat hours over the holiday period</p> <table border="1"> <tbody> <tr> <td>24th December</td> <td>(Christmas Eve)</td> <td>12pm – 8pm</td> </tr> <tr> <td>25th December</td> <td>(Christmas Day)</td> <td>4pm – 8pm</td> </tr> <tr> <td>26th December</td> <td>(Boxing Day)</td> <td>12pm – 8pm</td> </tr> <tr> <td>31st December</td> <td>(New Years Eve)</td> <td>12pm – 8pm</td> </tr> <tr> <td>1st January</td> <td>(New Years Day)</td> <td>4pm – 8pm</td> </tr> </tbody> </table> <p>Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.</p> <p><a href="https://kooth.com">kooth.com</a></p> <h2>We're still here</h2> <p>Supporting you over the festive period</p> <p>Qwell's live chat hours over the holiday period</p> <table border="1"> <tbody> <tr> <td>24th December</td> <td>(Christmas Eve)</td> <td>12pm – 8pm</td> </tr> <tr> <td>25th December</td> <td>(Christmas Day)</td> <td>4pm – 8pm</td> </tr> <tr> <td>26th December</td> <td>(Boxing Day)</td> <td>12pm – 8pm</td> </tr> <tr> <td>31st December</td> <td>(New Years Eve)</td> <td>12pm – 8pm</td> </tr> <tr> <td>1st January</td> <td>(New Years Day)</td> <td>4pm – 8pm</td> </tr> </tbody> </table> <p>Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.</p> <p><a href="https://www.qwell.io">www.qwell.io</a></p> </div>	24th December	(Christmas Eve)	12pm – 8pm	25th December	(Christmas Day)	4pm – 8pm	26th December	(Boxing Day)	12pm – 8pm	31st December	(New Years Eve)	12pm – 8pm	1st January	(New Years Day)	4pm – 8pm	24th December	(Christmas Eve)	12pm – 8pm	25th December	(Christmas Day)	4pm – 8pm	26th December	(Boxing Day)	12pm – 8pm	31st December	(New Years Eve)	12pm – 8pm	1st January	(New Years Day)	4pm – 8pm
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<p><b>Creative Alternatives</b></p>	<p>Creative Alternatives (CA) is the Arts and Wellbeing Service for adult residents of St Helens who are experiencing mild to moderate anxiety, depression &amp;/or stress. CA offer free weekly creative sessions as a</p>	<p>CA regular group sessions stop during this period. However, we will still be accepting new referrals for either a January or February start, so can begin the referral process and add names onto the waiting list.</p>																														

	<p>complimentary or alternative remedy that can help to improve your mental wellbeing, confidence, and social connections. All sessions currently take place in St Helens Town Hall.</p> <p>For further information and details of how to refer please contact:</p> <p><b>Helen Holden, Programme Manager</b></p> <p>Email: <a href="mailto:helen@creativealternatives.org.uk">helen@creativealternatives.org.uk</a> Tel: 07745 590698</p> <p><b>Steph Fry, Support Worker</b></p> <p>Email: <a href="mailto:stpehanie@creativealternatives.org.uk">stpehanie@creativealternatives.org.uk</a> Tel: 07594 677296</p> <p>Or visit - <a href="http://www.creativealternatives.org.uk">www.creativealternatives.org.uk</a></p>	<p>The poster for Creative Alternatives features a central graphic with a spiral and various mental health terms. It lists benefits such as 'Helps to reduce anxiety', 'Boosts your mood', and 'Grows your confidence &amp; self-esteem'. It also includes contact information for Helen Holden and a quote from a participant: 'I have loved being a part of Creative Alternatives, I am getting back to my old self and I feel more connected to life again; everything was dark and now I can see colour!'.</p>
<p><b>SOBs</b></p> <p><b>Survivors of Bereavement by Suicide</b></p>	<p>We are the only UK-based organisation offering peer-led support to adults impacted by suicide loss. We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.</p> <p><a href="http://uksobs.org">Survivors of Bereavement by Suicide – Overcoming the isolation of people bereaved by suicide (uksobs.org)</a></p>	<p>Nationally, the email support will run over Christmas &amp; New Year &amp; the Helpline will be open Monday to Thursday 9:00am to 7:00pm.</p> <p>St.Helens SoBs will close on 24<sup>th</sup> December at Lunch time through to 2<sup>nd</sup> January.</p> <p>0300 111 5065 – Helpline</p> <p><a href="#">Other Support</a></p>







<b>Amparo &amp; Listening ear</b>	<p>Emotional &amp; practical support following a suicide, from day 1.</p> <p>Counselling services.</p> <p><b>CONTACT YOU (PHONE/EMAIL/WEBSITE/LOCATION)</b></p> <p><a href="https://amparo.org.uk/refer/">https://amparo.org.uk/refer/</a> <b>0330 088 9255</b></p> <p><a href="https://listening-ear.co.uk/refer/">https://listening-ear.co.uk/refer/</a> <b>01514886648</b></p>	<div data-bbox="1330 201 1789 887">  <p>opening times over the festive period (9-5 working day)</p> <p><b>20th December</b> – normal working day  <b>23rd December</b> – normal working day  <b>24th / 25th / 26th December</b> – Closed.  Staff are encouraged to switch off, relax, and spend time with their loved ones.  <b>27th December</b> – normal working day  <b>30th December</b> – normal working day  <b>31st December</b> – normal working day  <b>1st January</b> - closed  <b>2nd January</b> - normal working days resume</p> <p>Referrals from 24th will be picked up on our return on 27th.</p> </div>
<b>Hope House</b>	<p>Hope House is a drop-in service which also is providing Christmas holiday provision. It provides a basic needs and personal care service for local homeless and those at risk of homelessness and offers advice, advocacy, and support to support those in need. On Christmas Day, A Christmas Breakfast and Dinner will be available to those who will be accessing the service.</p> <p><b>Contact Number:</b> <b>01744 20032</b></p> <p><b>E-Mail Address:</b> <a href="mailto:Julie.hand@hopecentre.org.uk">Julie.hand@hopecentre.org.uk</a></p> <p><b>Location:</b> <b>41-43 Corporation Street</b> <b>St.Helens</b></p>	<p><b>Monday 23<sup>rd</sup> December 2024 – 9:00am-15:30pm</b>  <b>Tuesday 24<sup>th</sup> December 2024 – 9:00am-13:00pm</b>  <b>Wednesday 25<sup>th</sup> December 2024 – 9:00am-14:00pm</b>  <b>Thursday 26<sup>th</sup> December 2024 – 9:00am-12:00pm</b>  <b>Friday 27<sup>th</sup> December 2024 – 9:00am-12:00pm</b>  <b>Saturday 28<sup>th</sup> December 2024 – CLOSED</b>  <b>Sunday 29<sup>th</sup> December 2024 – CLOSED</b>  <b>Monday 30<sup>th</sup> December 2024 – 9:00am-12:00pm</b>  <b>Tuesday 31<sup>st</sup> December 2024 – 9:00am-12:00pm</b>  <b>Wednesday 1<sup>st</sup> January 2025 – CLOSED</b>  <b>Thursday 2<sup>nd</sup> January 2025 – 9:00am-15:30pm</b></p> <p>The last foodbank available for the Christmas period will be on:</p>

	<p>WA10 1ED</p>	<p><b>Tuesday 24<sup>th</sup> December 2024 – Atherton Street (CLC).</b> <b>11am-14:30pm</b> Foodbank will re-open on: <b>Thursday 2<sup>nd</sup> January 2025 –</b> <b>Parish Church Hall - 11am-14:00pm</b></p> <p> <i>The Hope Centres Christmas Operational Hours</i> </p> <table><tr><td> The Hope Centre</td><td>The Hope Centre will close on: Tuesday 24<sup>th</sup> December 2024 at 4pm. We will re-open on: Thursday 2<sup>nd</sup> January 2025 at 9am.</td></tr><tr><td> Baby Basics</td><td>Baby Basics will close on: Monday 23<sup>rd</sup> December 2024. We will re-open on: Monday 6<sup>th</sup> January 2025.</td></tr><tr><td> Hope Pantry</td><td>Hope Pantry will close on: Tuesday 24<sup>th</sup> December 2024 at 1pm. We will re-open on: Tuesday 7<sup>th</sup> January 2025 at 11am.</td></tr><tr><td> Foodbank</td><td>The last foodbank available for the Christmas period will be on: Tuesday 24<sup>th</sup> December 2024 – Atherton Street (CLC). 11am-14:30pm Foodbank will re-open on: Thursday 2<sup>nd</sup> January 2025 – Parish Church Hall - 11am-14:00pm</td></tr><tr><td> Restore</td><td>Restore will close on: Monday 20<sup>th</sup> December 2024 at 3pm. Restore will re-open on: Monday 6<sup>th</sup> January 2025.</td></tr></table> <p> From all the Staff, Trustees &amp; Volunteers at The Hope Centre, and its Projects, we would like to wish you a very Merry Christmas, and a Happy, Healthy New Year. Thank you for your continued support throughout 2024.</p>	 The Hope Centre	The Hope Centre will close on: Tuesday 24 <sup>th</sup> December 2024 at 4pm. We will re-open on: Thursday 2 <sup>nd</sup> January 2025 at 9am.	 Baby Basics	Baby Basics will close on: Monday 23 <sup>rd</sup> December 2024. We will re-open on: Monday 6 <sup>th</sup> January 2025.	 Hope Pantry	Hope Pantry will close on: Tuesday 24 <sup>th</sup> December 2024 at 1pm. We will re-open on: Tuesday 7 <sup>th</sup> January 2025 at 11am.	 Foodbank	The last foodbank available for the Christmas period will be on: Tuesday 24 <sup>th</sup> December 2024 – Atherton Street (CLC). 11am-14:30pm Foodbank will re-open on: Thursday 2 <sup>nd</sup> January 2025 – Parish Church Hall - 11am-14:00pm	 Restore	Restore will close on: Monday 20 <sup>th</sup> December 2024 at 3pm. Restore will re-open on: Monday 6 <sup>th</sup> January 2025.
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<p><b>PAPYRUS Prevention of Young Suicide</b></p>	<p>HOPELINE247</p> <p>HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of</p>	<p>If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.</p> <p>Open throughout Festive period.</p>										

	<p>suicide, or anyone concerned that a young person could be thinking about suicide.</p> <p><b>Call: 0800 068 4141</b>  <b>Text: 07860 039 967</b>  <b>Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></b>  <b>Opening Hours</b>  <b>24 Hours, 7 days a week</b>  <b>Weekends and Bank Holidays included</b></p>	
<b>St Helens Talking Therapies (NHS Talking therapies Service)</b>	<p>Primary care support for common mental health problems. We will be offering initial assessments and ongoing therapy for clients with common mental health problems,</p> <p>For Crisis support we recommend contacting St Helens crisis numbers.</p> <p><a href="#">Talking Therapies :: Mersey Care NHS Foundation Trust</a></p>	<p>The service will be closed <b>Christmas day, Boxing day and New Years Day.</b></p> <p>Open as usual on the following dates, 9-5:  Monday 23<sup>rd</sup>, Tuesday 24<sup>th</sup>, Friday 27<sup>th</sup>, Monday 30<sup>th</sup>,  Tuesday 31<sup>st</sup> December  From Thursday 2<sup>nd</sup> business as usual.</p>
<b>St Helens Bereavement Services Team</b>	<p>Information on Bereavement support and other support services, information about the Cemeteries and Crematorium over the holiday period.</p> <p><b>Visit the Crematorium Office, St Helens Crematorium, Rainford Road, St Helens, WA10 6DF</b></p> <p><b>Telephone: 01744 675490</b></p> <p><a href="https://citizen.sthel1-prd.gosshosted.com/media/9586/Bereavement-Support-Document-OCT-24/pdf/2400266_St_Helens_Bereavement_Doc">https://citizen.sthel1-prd.gosshosted.com/media/9586/Bereavement-Support-Document-OCT-24/pdf/2400266_St_Helens_Bereavement_Doc</a></p>	<p>Monday 16/12/24 – Friday 20/12/24  8.45am till 4.30pm</p> <p>Monday 23/12/24 – Tuesday 24/12/24  8.45am till 4.30pm  Closed Christmas Day and Boxing day.</p> <p>Friday 27/12/24, Monday 30/12/24 and Tuesday 31/12/24  8.45am till 4.30pm</p> <p>Open as usual from 2<sup>nd</sup> January 2025.</p>

	<a href="#">ument_October_2024_2.pdf?m=1729679020273</a>	
<b>Healthwatch St Helens</b>	<p>Healthwatch is the local watchdog around health &amp; social care services, designed to collect local residents' experiences and represent their views.</p> <p><b>Contact: 0300 111 0007</b>  <b>Email: <a href="mailto:info@healthwatchsthelens.co.uk">info@healthwatchsthelens.co.uk</a></b>  <b>Website: <a href="https://www.healthwatchsthelens.co.uk/">https://www.healthwatchsthelens.co.uk/</a></b></p>	
<b>HOME-START ST HELENS</b>	<p>Family Support/School Readiness/Young Persons Mentoring &amp; Sleep Management. Have a chat with a member of our team on <b>01744 737400</b> to discuss our support services.</p> <p>Do you feel you would benefit from a volunteer's home visiting supporting for you and your family?</p> <p>Volunteers can provide emotional and practical support having life and lived experiences that are matched to your needs.</p> <p>Alternatively, volunteers provide play sessions in your home that encourage your child's development, supporting them to become school ready for life's next chapter.</p> <p><a href="mailto:info@homestartsthelens.org.uk">info@homestartsthelens.org.uk</a>  <a href="https://homestartsthelens.org.uk/">https://homestartsthelens.org.uk/</a></p>	CLOSED FROM FRIDAY 20th DECEMBER 2024 – OPENS Thursday 2 <sup>ND</sup> JANUARY 2025
<b>Change Grow Live (CGL)</b>	Adult substance misuse service providing treatment, interventions and support for individuals effected by substance use.	Monday 16 <sup>th</sup> December- 09:00- 17:00 Tuesday 17 <sup>th</sup> December -09:00- 17:00 Wednesday 18 <sup>th</sup> December- 09:00- 19:30



	<p>Contact Details:</p> <p><b>Tel: 01744 410752</b> <b>Email: <a href="mailto:sthelens.info@cgl.org.uk">sthelens.info@cgl.org.uk</a></b> <b>Address: CGL</b> <b>Lincoln House</b> <b>80 Corporation Street</b> <b>St Helens</b> <b>WA10 6LE</b></p> <p><b>Website:</b> <a href="http://www.changegrowlive.org/integrated-recovery-service-st-helens/drugs-support">www.changegrowlive.org/integrated-recovery-service-st-helens/drugs-support</a></p>	<p>Thursday 19<sup>th</sup> December- 09:00- 17:00 Friday 20<sup>th</sup> December -09:00- 16:00 Saturday 21<sup>st</sup> December -09:00- 13:00</p> <p>Monday 23<sup>rd</sup> December – 0900-1700 Tuesday 24<sup>th</sup> December – 0900-1700 Wednesday 25<sup>th</sup> December – Closed Thursday 26<sup>th</sup> December – Closed Friday 27<sup>th</sup> December – 09:00- 16:00 Saturday 28<sup>th</sup> December – 09:00- 13:00</p> <p>Monday 30<sup>th</sup> December – 0900-1700 Tuesday 31<sup>st</sup> January – 900-1700 Wednesday 1<sup>st</sup> January – Closed Thursday 2<sup>nd</sup> January – 900-1700</p>																				
<b>St. Helens Council Library Service</b>	<p>For the public library service, the public will be able to access St Helens Library, Newton-le-Willows Library and Schools Library Service during Christmas week as normal.</p> <p><b>Contact is via the Council switchboard: 01744676789</b></p>	 <p>St Helens Library Service will operate at the following times during the Festive Period 2024</p> <p>All libraries will close at 1pm on Tuesday 24th December 2024</p> <table><tr><td colspan="2">Wednesday 25th &amp; Thursday 26th December 2024 - CLOSED</td></tr><tr><td colspan="2">Friday 27th December 2024</td></tr><tr><td>St Helens Library and Newton-le-Willows Library</td><td>10am - 5pm</td></tr><tr><td colspan="2">Saturday 28th December 2024</td></tr><tr><td>St Helens Library and Newton-le-Willows Library</td><td>10am - 1pm</td></tr><tr><td colspan="2">Monday 30th December 2024</td></tr><tr><td>St Helens Library and Newton-le-Willows Library</td><td>10am - 5pm</td></tr><tr><td colspan="2">Tuesday 31st December 2024</td></tr><tr><td>St Helens Library and Newton-le-Willows Library</td><td>10am - 1pm</td></tr><tr><td colspan="2">Wednesday 1st January 2025 - CLOSED</td></tr></table> <p>Opening hours resume as usual from Thursday 2nd January 2025. All items that would normally be due back during the Festive Period will have an extended due date of Thursday 2nd January 2025 Online services are accessible 24/7 via our website &amp; BorrowBox</p> <p>SCAN ME</p> <p> @STHLibraries  sthlibraries  sthlibrariesandarts  </p>	Wednesday 25th & Thursday 26th December 2024 - CLOSED		Friday 27th December 2024		St Helens Library and Newton-le-Willows Library	10am - 5pm	Saturday 28th December 2024		St Helens Library and Newton-le-Willows Library	10am - 1pm	Monday 30th December 2024		St Helens Library and Newton-le-Willows Library	10am - 5pm	Tuesday 31st December 2024		St Helens Library and Newton-le-Willows Library	10am - 1pm	Wednesday 1st January 2025 - CLOSED	
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<b>St Helens Council Arts in Library Service</b>	<p>Our mission is to provide diverse creative opportunities for audiences and participants within library spaces, online and in the community; to collaborate with artists and communities for the mutual benefit of all, and to share best practice with other library services across England.</p> <p><b>Contact if urgent is via Arts Service email</b>  <a href="mailto:ArtsService@sthelens.gov.uk">ArtsService@sthelens.gov.uk</a></p>	Will be closed from Friday 20 <sup>th</sup> December 4pm to January 2 <sup>nd</sup> 9.00am.
<b>YPDAAT</b>	<p>St Helens Young People's Drug and Alcohol Team (YPDAAT), provide young people and their families in St Helens with a range of interventions to help them to make informed choices around drug and alcohol use in order to achieve their full potential.</p> <p>Normal business operating as usual.</p> <p><b>Telephone 01744 675605 or email</b>  <a href="mailto:ypdaat@sthelens.gov.uk">ypdaat@sthelens.gov.uk</a></p>	
<b>St. Helens College</b>	<p>St. Helens College</p> <p><a href="http://sthelens.ac.uk">Home (sthelens.ac.uk)</a></p>	Closed from 20 December 2024 and will reopen on 07 January 2024
<b>DWP Department for Work and Pensions</b>	<p>Via Journal message or drop in at Job Centre</p> <p>Gregson House, 2 Central St, Saint Helens WA10 1UF</p> <p><b>Phone: <a href="tel:08001690190">0800 169 0190</a></b></p> <p><a href="https://www.gov.uk">Department for Work and Pensions - GOV.UK (www.gov.uk)</a></p>	<p>16<sup>th</sup> – 20<sup>th</sup>, 23<sup>rd</sup> and 24<sup>th</sup> Business as usual</p> <p>25<sup>th</sup> -27<sup>th</sup> closed</p> <p>1<sup>st</sup> Jan Closed</p> <p>2<sup>nd</sup> onwards business as usual</p>
<b>HOUSING OPTIONS (Will need to go via Contact Centre)</b>	<p>Contact Centre St.Helens Council</p> <p>01744 676789</p>	<p>Closed Christmas Day, Boxing Day and New Years Day</p> <p>23<sup>rd</sup>, 24<sup>th</sup>, 27<sup>th</sup> December 10am – 4pm</p>

	<a href="#">St Helens Borough Council - St Helens Borough Council</a>	
Domestic Abuse Helpline & IDVA services  <b>01925 220541 (24 hour)</b> <b>01744 743200 (M-F 9-5)</b>	<a href="#">Safe2Speak   Support from the St Helens Domestic Abuse Team</a>  Support for anyone dealing with Domestic Abuse and Violence	Closed Christmas Day, Boxing Day and New Years
Age UK Mid Mersey  <b>01744 454530</b>	<a href="#">Welcome to Age UK Mid Mersey</a>	Close on 24 <sup>th</sup> December at 4pm and reopen on 2/1/2025 1pm.
Chrysalis centre <b>01744 451309</b>	<a href="#">Chrysalis Centre - Support for females</a>	Closed from Friday 20 <sup>th</sup> December and reopen on Monday 6 <sup>th</sup> of January.
CAB <b>01744 737866</b>	<a href="#">Citizens Advice St Helens</a>	Closed Friday 20 <sup>th</sup> December. Reopen on Thursday 2 <sup>nd</sup> January. Direct to website for support during this time.
St Helens Contact Cares  01744 676767  <a href="mailto:contactcares@sthelens.gov.uk">contactcares@sthelens.gov.uk</a>	01744 676767 or by emailing  <a href="mailto:contactcares@sthelens.gov.uk">contactcares@sthelens.gov.uk</a>  <a href="#">Contact Cares - St Helens Borough Council</a>	Open 8am – 10pm throughout Christmas Period for all social Care and Adult Health refs in St.Helens.  <a href="mailto:contactcares@sthelens.gov.uk">contactcares@sthelens.gov.uk</a>
St Helens Contact Centre	<a href="#">Contact Centre - St Helens Borough Council</a>	Closed Christmas Day, Boxing day and New Years Day



Food Bank Requires Voucher	
St John's Foodbank, St.John Street, Earlestown, WA12 9DG	<p>Wednesday 11:30-13:30</p> <p>11<sup>th</sup> December 18<sup>th</sup> December</p> <p>Closed until 8<sup>th</sup> January 2025</p>
The Mount, Parr Mount, Traverse Street, Fingerpost, WA9 1BW <a href="tel:01744634980">01744 634980</a>	<p>Monday 12:30-14:30</p> <p>16<sup>th</sup> December</p> <p>Closed until 6<sup>th</sup> January 2025</p>
Newton CC Park Road South Newton-le-Willows WA12 8EX	<p>Friday 13<sup>th</sup> December 1.30am – 2.30pm:</p> <p><b>Last day Newton Community Centre Food Bank is open</b></p> <p>Re-opens on Friday 10<sup>th</sup> January 2025</p>
St Helens Christian Life Centre & St Helens Parish Church Hall Atherton Street St Helens WA10 2DT	<p><b>Tuesday 24<sup>th</sup> December 2024 – Atherton Street (CLC). 11am-14:30pm</b></p> <p>Foodbank will re-open on: <b>Thursday 2<sup>nd</sup> January 2025 – Parish Church Hall - 11am-14:00pm</b></p>
WA12 Food Share	<p>£5.00 for annual membership then £1 per visit</p> <p>They are based at 1A Haydock Street, Earlestown, WA12 9AB and are <u>usually</u> open:</p> <p>Mondays – Fridays 10.30am -12.30pm and 9.15pm-9.45/10.00pm</p> <p>Saturdays 9.00pm -10.00pm.</p> <p>Sundays 5.00pm-6.00pm</p>

	<p>Please note they have no spaces currently for new members but may still be able to help you with an emergency food parcel.</p> <p>Please also note Foodshare is closed on Christmas Day and New Years Day</p> <p>They can be contacted via their Facebook Group online which you can find by searching WA12 Domestic Abuse Food Share. They post updates of when their open on the page.</p>
Food Pantries - £5 Weekly Subscription	
St Marks Haydock – Only support Haydock and Blackbrook	Monday 16 <sup>th</sup> 17:30-19:00 Thursday 19 <sup>th</sup> 9-11 Close for two weeks and reopen on 6 <sup>th</sup> January
St Lukes	Wednesday 18 <sup>th</sup> December 15:00-17:00 Close for 2 weeks and reopen on 8 <sup>th</sup> January
St Matthews Thatto Heath	
Hope @ the Wesley Church	Last day 24 <sup>th</sup> December and reopen 7 <sup>th</sup> January 2025
Cornerstone Lester Drive Centre St Helens WA10 5BF	
St Helens Mobile Pantry	Open on 23 <sup>rd</sup> and 24 <sup>th</sup> Closed until 6 <sup>th</sup> January 2024
Cross Lane United Church, Newton Le Willows , 10:30-12:00	23 <sup>rd</sup> December
Sutton Family Hib, Ellamsbridge Road 10:30-12	24 <sup>th</sup> December