

REGISTERED CHARITY : 517144

# YMCA ST HELENS

## Youth Summer Offer 2025



Here for young people  
Here for communities  
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE



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# YMCA ST HELENS

## The Youth Hub (For 11-18 year olds)

**FREE**



**“The Youth Hub is our safe place  
to be ourselves, to be comfortable, and be happy”**

Open Daily Monday to Friday 4pm til late

### Activities include:

Get Active: Sports/Bouldering/Breakdance/Parkour

Get Creative: Photography/Digital/Art/Craft/Drama

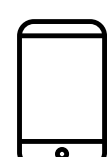
A “chill out” space, and much more.

(Get in touch for our current program)



**COMPLETE THE FORM  
VIA QR CODE OR CONTACT US  
FOR MORE INFO  
(OR JUST DROP IN WHEN OPEN)**

**Youth Hub  
YMCA St Helens  
College Street  
St Helens WA10 1TF**



**01744 415260**



**YMCAStHelens**

 **Youthwork@ymcasthelens.org.uk**

**YMCA ST HELENS**  
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following for their support:



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**YMCA ST HELENS**



For ALL  
11-18  
year olds

# Youth Hub Summer Program

**28 July - 25th August 2025**

**M**

4:00-5:30pm  
Drop In  
Youth Cafe



5:45-6:15pm  
Youth Dinner  
A Free hot meal



6:15-8:15pm  
Performing arts  
workshops



7:30- 8:30pm  
Breakdancing



**Tu**

1:30-3:30pm  
Get Creative



6:00-7:30pm  
Tea & Talk



6:30-8:15pm  
Get Creative:  
Creative writing

**W**

4:00-5:30pm  
“History in the  
Making”  
Research the  
history of St Helens  
in fun and  
creative ways

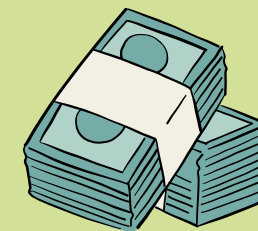


6:00-7:30pm  
Get Active:  
Sports



6:45- 8:15pm  
Get Creative:  
Film/Photography  
& Digital Media

**Th**



6:00-7:30pm  
“Money  
Matters”



**Fri**

4:00-5:30pm  
Drop In  
Youth Cafe



4:00-6:00pm  
Get Creative:  
Art & Crafts



6:45- 8:15pm  
Get Active:  
Sports



7 - 8:30pm  
Chill out  
space  
A quiet space  
to relax



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**St Helens WA10 1TF**



**01744 415260**



**YMCASThelens**



**Youthwork@ymcasthelens.org.uk**

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# YMCA ST HELENS

## Summer HAF program

28th July - 29<sup>th</sup> August 2025



**HAF is back for Summer 2025!**

**Our Summer Holiday Activities and Food (HAF) programme provides free fun for eligible 11-18 year olds.**

**Who is it for?**

**The HAF Programme is primarily for young people aged 11–18 who:**

**Receive benefits-related Free School Meals (FSM)**

**Have a support plan (Early Help, Child in Need, or Children We Look After)**

**Have an EHCP**

**Receive additional hours at school**

**Booking is essential via Eventbrite - and places are limited so book fast!**

**#HAF2025 Funded by the Department for Education**

Mon (not 25th Aug)	Tues	Wed	Thurs	Fri
6:15-8:15pm Get Creative: Performing Arts	6 – 8pm Great Cooking Challenge  Work with our professional to learn to cook new recipes	1:30-3:30pm Ready, Steady, Cook!  No recipes: We provide the ingredients and tools; you create the recipe	1:30-3:30pm Get Active: Sports  Bouldering & sports activities	1:30-3:30pm Get Creative: Arts & Crafts

**To Book visit:**  
<https://tinyurl.com/5ff9sffx>

**or scan the QR code:**



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# St Helens Inequalities Commission Youth Leisure Activities Bursary Scheme



Email for more info:  
[BursaryResponse@ymcasthelens.org.uk](mailto:BursaryResponse@ymcasthelens.org.uk)

or scan QR code to nominate

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Do you know a child/Young person from St Helens who wants to take part in a dance, sports, or arts group or other leisure activity but cant afford it.

This bursary is giving grants of up to £250 to help children and young people overcome this barrier - and take part in positive activities.

Anyone can nominate by completing the form (scan the QR code)  
If successful - the money will be paid to the organisation running the activity

To nominate scan the QR code or email:  
[BursaryResponse@ymcasthelens.org.uk](mailto:BursaryResponse@ymcasthelens.org.uk)



Early Intervention Youth Hub  
PART OF **YMCA ST HELENS**



**Y-Mentoring**



We need adult (18+) volunteer mentors to pair with young people from St Helens.

We will provide you with training and support, and then pair you with a young person who matches your interests, skills or personality.

It is your chance to make a difference - and be a positive role model

You will get:

Networking opportunities and opportunities to meet like minded people in the local community.

Develop employability and career opportunities.

Be trained in new skills

A sense of fulfilment by helping someone succeed and bring them happiness.

If you would like more information please contact:

[Kayla.Pearson@ymcasthelens.org.uk](mailto:Kayla.Pearson@ymcasthelens.org.uk)







## PROVIDING YOUNG PEOPLE AGED 11-25 WITH A: -

- SAFE SPACE TO BE LISTENED TO AND SUPPORTED
- PLACE TO TALK ABOUT WHAT IS ON YOUR MIND
- CHANCE TO DEVELOP COPING TECHNIQUES AND PROBLEM SOLVING SKILLS

# THE LISTENING SERVICE

## PART OF YMCA ST HELENS



YMCA St Helens  
Beacon Building  
25 College Street  
St Helens  
WA10 1TF

For more information or to make a referral: -

 [ListeningService@ymcasthelens.org.uk](mailto:ListeningService@ymcasthelens.org.uk)

 01744 415260  [www.ymcasthelens.org.uk](http://www.ymcasthelens.org.uk)



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## EARLY INTERVENTION YOUTH HUB

We support 11-25 year olds (11 year olds need to be in school year 7) with low level mental health concerns.

We aim to

- Give young people a greater awareness of mental health.
- Reduce isolation and promote healthy relationships.
- Help young people increase their self-confidence and self-esteem.
- Promote self-care and wellbeing.

## WHAT DOES THE LISTENING SERVICE DO?

A safe space for young people to speak to a qualified/experienced "listener" either face to face, on the phone, or online.

These sessions provide opportunities to:

- Talk in a non-judgmental, compassion focussed, safe space
- Build Emotional Resilience
- Develop & strengthen problem Solving Skills and coping/wellbeing techniques
- Set personal SMART Goals and develop useable, personal wellbeing action plans
- Become more emotionally aware and resilient.
- Empower young people to take control of their mental health.

## WHAT ACTIVITIES DOES THE YOUTH HUB OFFER?

We provide a number of group activities bringing young people together to build a network of support, strengthen relationships and mental health related skills/knowledge.

The groups provide opportunities to:

- Learn new skills & develop new hobbies/interests
- Strengthen skills/knowledge around "Five Ways Of Wellbeing"
- Make new friends and build a compassion focused support network.
- Develop & strengthen problem solving skills and coping/wellbeing techniques
- Support others and be supported whilst increasing self-esteem, self-awareness and self-confidence.





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The LF Foundation



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