



We know life isn't always easy – sometimes you don't know where to go for help, you might need a bit of advice or support, or simply a friendly face to talk to about something that's bothering you or your family.

Early Help Navigators are here to help you.

Community Drop Ins:

Monday: Blacon Children's Centre 9:00-12:00
Hoole Community Centre 9:00 -12:00

Tuesday: Baby Buddies (Blacon Beacon) 10-11:45
Rhyme Time (Blacon Library) 10-11:00
Frodsham Children Centre 14:00-16:00
(1st Tuesday of the month)
The Bread-and-Butter Thing 12:30-13:30
(Blacon – Rage Fitness Building)

Wednesday: Kingsway Children's Centre 9:30-11
Malpas Jubilee Hall 10:30-13:00
(3rd Wednesday of the month)
Overleigh St Mary's 14:30-16:00
(2nd Wednesday of the month)

Thursday: Blacon Beacon 10:00-13:00
Lache Library 14:00 – 16:00

Friday: Lache Community Centre 11:30-13:30
(2nd Friday of the month).

- Provide help support and advice with family life
- Be a listening ear
- Signpost you to local and national support
- Help you complete forms
- Attend GP appointments with your family
- Provide food and baby bank referrals

Frodsham
Children Centre:

06/05/2025

03/06/2025

01/07/2025

05/08/2025

Visit: www.startingwell.org.uk/centre-timetables



Please scan this QR code to book an appointment with Amber and Zuzana

Early Help Navigators for Chester