

Health and Wellbeing Hub

For school aged children and young people.

Wirral's 0-19 service is offering weekly drop-in clinics for school aged children, young people and their families.



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The Health and Wellbeing Hub is a safe and confidential environment to discuss health related topics including: healthy eating, weight management, sleep behaviour, bed wetting, behavioural concerns, emotional wellbeing, confidence/self-esteem and lifestyle advice, as well as signposting and referrals to other services if needed.

Every Monday

3.30pm - 5.30pm

St Catherine's Health Centre,
Health Visitor Clinic, 1st floor,
Derby Rd, Birkenhead CH42 0LQ

Every Tuesday

4.00pm - 6.00pm

Eastham Clinic, Eastham Rake,
Birkenhead CH62 9AN

Every Wednesday

4.00pm - 5.30pm

Greasby Clinic, Greasby Road,
Greasby CH49 3AT

Every Thursday

3.00pm - 5.00pm

Victoria Central Health Centre,
Clinic Room, 1st floor, Mill Lane,
Wallasey CH44 5UF

Every Thursday

5.00pm - 7.00pm

The HIVE, Wirral Youth Zone,
Birkenhead CH41 4EA

*"I wouldn't be here today
without your support."*

(School leaver)

*"I would like to express,
how delighted we are
with our school nurse and
the impact and influence
she has had in our school
regarding parents, staff
and the pupils."*

(Primary Head Teacher)

*"I have been sleeping in
my own bed all night."*

(8 year old)

For more information call **0151 514 0219**, visit wchc.nhs.uk, like us on Facebook - [@MyHealthWirral](https://www.facebook.com/MyHealthWirral) or you can drop-in to one of our **FREE** sessions.

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