

# Health and Wellbeing Hub

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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.

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### Weekly clinics - starting on Monday 22 January 2018

#### Every Monday

4.00pm - 6.00pm

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

4.00pm - 6.00pm

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

*"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 [wirralct.nhs.uk](http://wirralct.nhs.uk), like us on Facebook - **0219HVHub** or you can drop-in to one of our **FREE** sessions.

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In partnership with:  
Barnardo's, Brook and Home-Start Wirral  
[wirralct.nhs.uk](http://wirralct.nhs.uk)



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