



**Wirral's new  
0-19 Health  
& Wellbeing  
Service**



**Wirral Community  
Health and Care**  
NHS Foundation Trust

Our 0-19 Service in Wirral runs a number of Health and Wellbeing Hubs for school aged children, young people and their families.

The Hubs are safe and confidential environment for parents and young people to discuss health related topics including: **healthy eating, weight management, sleep behaviour, bed wetting, behavioural concerns, emotional wellbeing, confidence/self-esteem, sexual health and lifestyle advice, as well as signposting and referrals to other services if needed.**

#### **Weekly Hub drop-in clinics:**

**Every Monday, 3.30pm - 5.30pm (drop-in, no appointment needed)**

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

**Every Tuesday, 4.00pm - 6.00pm (drop-in, no appointment needed)**

Bridle Road Clinic, Bridle Road, Bromborough, CH62 6EE

**Every Wednesday, 4.00pm - 5.30pm (drop-in, no appointment needed)**

Greasby Clinic, Greasby Road, Greasby CH49 3AT

**Every Thursday, 3.00pm - 5.00pm (drop-in, no appointment needed)**

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

**Every Thursday evening 5.00pm -7.00pm (drop-in, no appointment needed)**

The HIVE, Wirral Youth Zone, Birkenhead, CH41 4EA

For more information call 0151 514 0219, like us on Facebook - MyHealthWirral or you can drop-in to one of our FREE sessions.