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Apex Charitable Trust- St Helens

Projects and volunteering



Instagram

Advice and Guidance- Here at Apex Trust, we offer Advice and Guidance to individuals who are at risk of offending or with criminal records with the aim to reduce barriers they may face when moving into employment, education and training (ETE) or Voluntary work. Our Advice and Guidance officers support individuals to enable them back into employment and training within their chosen career path, promoting positive disclosure of convictions and assist in breaking down barriers they may face.

To find out more or refer to the team call Diane on 07788 584371 or email D.Lloyd@apextrust.com



Volunteering - We are looking for individuals with a Criminal record or those who feel are 'at risk' of offending who are genuine and passionate about starting up their career and would like to receive help in doing this. As a charity, we give you the opportunity to volunteer in our onsite Community Coffee Shop – Plan Bee

Whether your chosen career is in hospitality or anything else, you will learn new skills that employers seek for, whether it is customer service skills or punctuality and time management.

Your role here at Plan Bee Community Coffee Shop will be a volunteer front of house, you will learn new abilities such as barista skills, customer service skills, answering phone calls, preparing food and drinks for our outside catering events, ensuring the coffee shop is fully stocked at all times.



If you are interested, please contact us on 01744 612898 or call Kim on 07795 832045
email K.hughes3@apextrust.com or call into Apex Trust/Plan Bee.

13-15 North Road, St Helens, Merseyside, WA10 2TW

Charity number: 284736



Social Groups

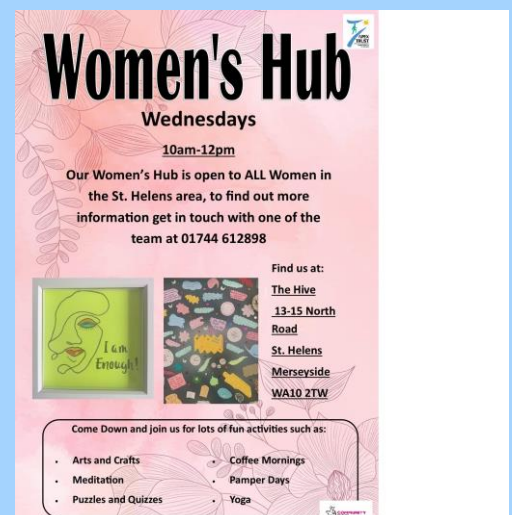
Women's Hub

Our Women's Hub runs from our Hive at Plan Bee every Wednesday morning 10.00am – 12 midday.

The group is for women who need emotional support struggling with their mental health, confidence and self-esteem, coming out of domestic violence relationships, struggling with substance misuse or for women who simply just wanted to chat. Our activities range from; yoga, wellbeing, shared reading, arts and crafts and art for beginners. We currently offer morning sessions on Wednesday's to keep everyone connected and feeling positive. We always try to plan new activities and engage with new facilitators and partners to keep things different and have something to look forward to, recently the women have tried out self-defence classes and workshops around setting goals for the future

Our women's hub is open to all women in the St. Helens area. To find out more information get in touch with one of the team on

T: 01744 612898 or call Hannah on 07788 678051
email H.seabrook@apextrust.com



Young at Heart Group- This group is running for anybody that can travel to us within St Helens; the age range is from 60+. Our aim with this group is to get the older generation back into socially mixing with people since covid has took a toll on them visiting friends/family and being able to do their day-to-day activities. During the group sessions we try to involve generalised chit-chat as well as activities to suit everybody's needs. Our Young at Heart Group is on Thursdays 1:00pm-2:30pm from The Hive within Plan Bee.