Apex Charitable Trust – St Helens
Autumn 2026 Newsletter

Welcome to our Autumn 2026 newsletter, featuring our latest project updates and company news.

Advice and Guidance- Here at Apex Trust**,** we offer Advice and Guidance to individuals who are at risk of offending or those 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 officer supports 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. For more information contact 01744 612898 or email sthelens@apextrust.com

Plan Bee Community Coffee Shop Come and join us at our community coffee shop, where great food, friendly faces and a warm welcome await. Our dedicated staff and volunteers are passionate about creating a place where everyone feels valued, connected and part of the community. Why not spread a little extra kindness through our Pay It Forward scheme and help put a smile on someone else's face? We also provide an external catering service for business lunches, meetings, events and celebrations. In addition, we create bespoke celebration cakes, tailored to your specific occasion and requirements, ensuring a personal touch for every event. Contact us on **07787 789479**

Our Community Support & Social Groups

The Women's Hub- The Women's Hub is a safe and inclusive space for all women in St Helens. We are committed to creating a welcoming community where women feel heard, supported and empowered. By building meaningful relationships and providing practical and emotional support, we help women develop the skills, confidence and tools they need to achieve their goals, strengthen their wellbeing and create positive futures for themselves and their families. **10.00am-12.30pm every Wednesday**.

Men's Wellbeing group The Men's Group offers a friendly and inclusive environment where local men can connect, support one another and develop lasting friendships. Through regular activities and honest conversation, members gain a greater sense of belonging, reducing feelings of loneliness and isolation. the group empowers men to speak openly about their challenges, strengthen their mental wellbeing and build the confidence to make positive changes in their lives. 10.00am – 12.30pm every Tuesday

Volunteering – Plan Bee Community Coffee Shop - We are looking for individuals who would like to gain experience, build confidence and develop new skills. Through volunteering at our Community Coffee Shop, Plan Bee, you will receive hands-on training in customer service, barista skills, food preparation and telephone enquiries, while working towards a Food Safety qualification. Whether you're considering a career in hospitality or simply want to improve your employment prospects, Plan Bee offers a supportive environment where you can learn, grow and make a positive impact in your community.



We are incredibly proud to share that we have been shortlisted as 1 of the final 3 in the Pride of St Helens Award's in association with Halton & St Helens VCA Award.
Apex Charitable Trust is celebrating 30 years of delivering specialist, life-changing services within St Helens. Over three decades, Apex has supported hundreds of individuals to rebuild their lives, regain stability, and move forward with confidence. Their work provides vital advice/guidance, alongside practical pathways into employment, training, education, and voluntary work — enabling offenders and those at risk to be the best they can be.

Their community coffee shop, Plan Bee, has become a cornerstone of inclusion over the past six years, offering volunteering roles that build confidence, reduce isolation, and help individuals gain accredited skills in a safe, supportive environment.

Apex has remained consistent, resilient, and deeply committed to strengthening communities despite financial pressures, rising need, and sector-wide instability. Their longevity reflects their impact, leadership, and unwavering dedication to St Helens

In memory of our much-loved Advice & Guidance Officer, Diane who dedicated five years to Apex and made a profound difference to the lives of those she supported. Her passing in August 2026 was a deeply felt loss, and we all stand as a tribute to her compassion, commitment, and legacy.



Registered office - 13-15 North Rd, St Helens, Merseyside, WA10 2TW Charity number: 28473