



# LIVERPOOL FC WOMEN FIRST TIME FAN GUIDE

SEASON 2025/26



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# WELCOME TO YOUR FIRST LIVERPOOL FC WOMEN MATCHDAY

We're thrilled to have you join us at St Helens Stadium. Whether you're a lifelong Red or brand new to the game, this First-Time Fan Guide is here to help you make the most of your visit.

This guide provides all the essential information to ensure you have an enjoyable matchday experience.



## ST HELENS STADIUM OVERVIEW

St Helens Stadium is the home ground for Liverpool FC Women. Located in St Helens, Merseyside, the stadium boasts a capacity of 18,000 and offers modern facilities to enhance your matchday experience.



# GETTING TO ST HELENS STADIUM

Please note St Helens Stadium is also referred to as the Totally Wicked Stadium.

Whether you live locally or are travelling from outside the Liverpool City Region, we recommend that you plan your route in advance.

## BY TRAIN

The nearest train station is St Helens Central, which is less than a 15-minute walk (around 1500 steps) from the Stadium, with frequent services running to and from Liverpool Lime Street, Wigan Northwestern and Preston.

For more detailed rail information please call **08450 000 125** or visit the National Rail website [here](#).

## BY BUS

Visitors can travel to Peasley Cross Lane using the routes below. The stop is directly outside the stadium.

For journey times please call 0151 330 1000 or you can find full timetables by visiting [www.arrivabus.co.uk](http://www.arrivabus.co.uk) or [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk)

- 17 Widnes – St Helens
- 28 St Helens Circular
- 30 Chain Lane – St Helens – Sutton Manor
- 32 Clinkham Wood – St Helens – Sutton Manor
- 32A Clinkham Wood – St Helens – Clock Face
- 35 Gillars Green – St Helens – St Helens Junction

## PARKING AT ST HELENS

A limited amount of free parking is available at St Helens Stadium on a first come first served basis. Further parking options are available locally, for more details please follow the links below.

Local short stay parking via this [link](#).

Tesco Extra St Helens, Linkway East is a 2 minute walk to the stadium. If you wish to park here on matchdays (subject to availability) you will need to book at space via this [link](#).

Please be aware parking charges and rules apply for external car parks. Any illegally parked cars may incur a fine.

Accessible car parking spaces are available for fans who are registered as a disabled supporter with the club, to book please email: [disability@liverpoolfc.com](mailto:disability@liverpoolfc.com)

## EXPEDIA COACHES

Expedia provide two supporter coaches for all WSL home and away games. Coach tickets will be available online.

Home Fixtures:

### Coach 1

- Pick up location: Birkenhead Central Station, Argyle Street South Bus Stop, CH419DB
- Departs: 2.5 hrs before kick off

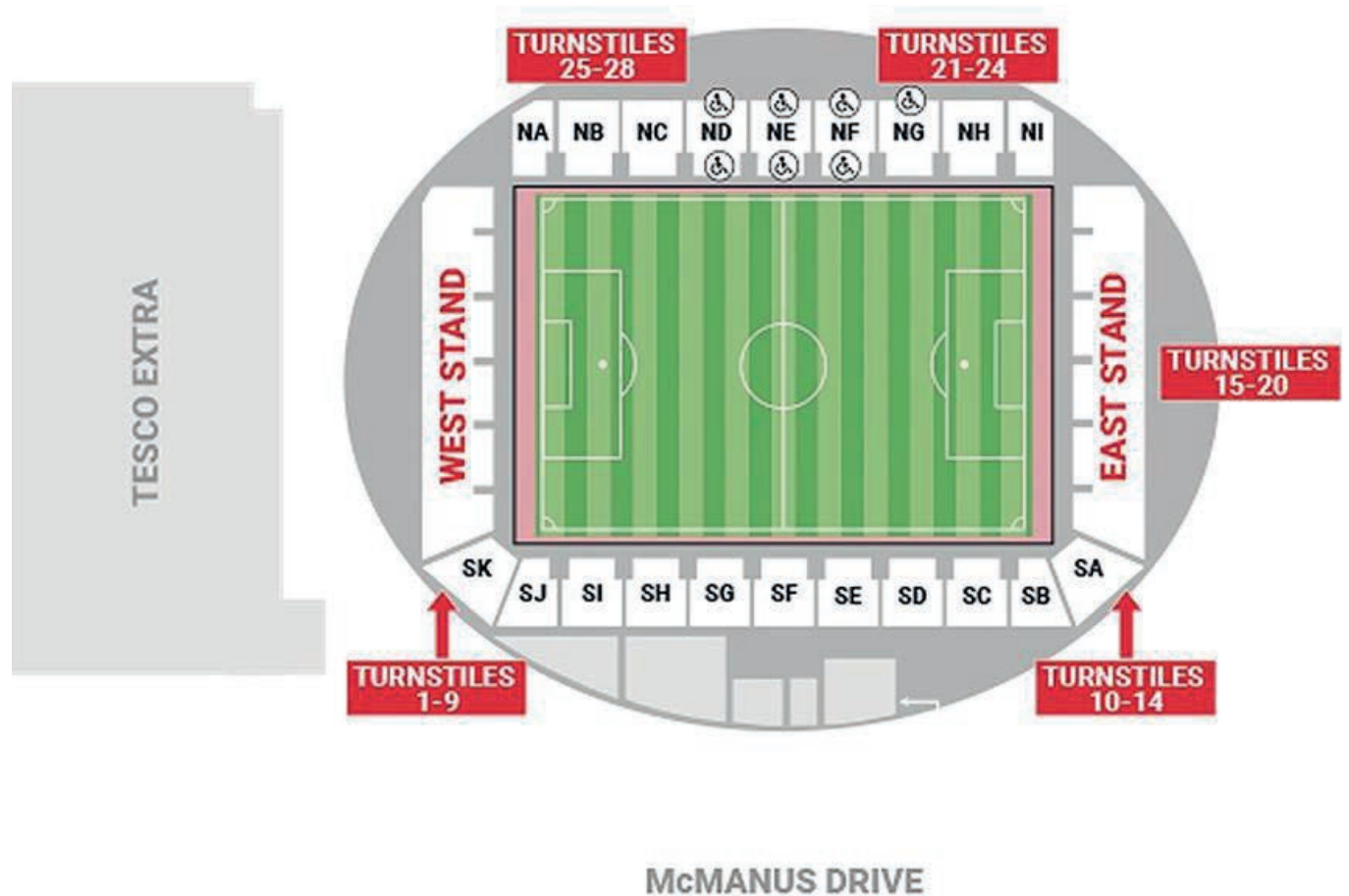


### Coach 2

- Pick up location: Lime Street Station, Skelthorne Street Bus Stop, L3 5GA
- Departs: 2.5 hrs before kick off



# STADIUM MAP





# STADIUM ACCESS & FACILITIES

## TICKETS

Tickets can be purchased by visiting our website ticketing page [here](#).

Tickets are also available to purchase on the day of the match from our ticket office which is located on the south side of the St Helens Stadium next to the main reception.

Supporters will be required to download a digital ticket to their smartphone. Download links will be emailed to the supporter who has booked the ticket(s) (the lead supporter) ahead of the game.

## ENTERING THE STADIUM

Home fans are seated in the North Stand of St Helens Stadium. Supporters can access via turnstiles 25-28 or 21-24 – accessible entrances are also located next to these turnstiles.

Supporters are encouraged to arrive early as bag searches will be carried out, bags larger than A5 size (148.5 x 210 mm / 5.8 x 8.3 inches) will not be permitted entry into the stadium and no bag drop is available.

Please be advised that anyone under the age of 16 years old attending St Helens Stadium must be accompanied by a paying adult over the age of 18.

## DISABLED SUPPORTERS

We recognise that disabled supporters may need assistance to fully enjoy the experience at St Helens Stadium and offer a variety of reasonable adjustments based on individual needs.

We're proud to offer a dedicated Sensory Room for supporters attending LFCW fixtures at St Helens Stadium. This inclusive space provides a calm and comfortable environment for fans who may benefit from a quieter setting on match days.

Equipped with sensory-friendly resources and seating, it's designed to help everyone enjoy the game at their own pace.

The Sensory Room must be booked in advance, as spaces are limited. For more details or to reserve your place, please email [disability@liverpoolfc.com](mailto:disability@liverpoolfc.com)

For fans with visual impairments, live audio commentary is available at all LFCW home fixtures at St Helens Stadium. Our commentary service provides real-time match updates and descriptions so you won't miss any of the action. Headsets can be booked by emailing [disability@liverpoolfc.com](mailto:disability@liverpoolfc.com)

You can visit our full accessibility information [here](#).

## VISITING SUPPORTERS

We're delighted to welcome all visiting supporters to St Helens Stadium. Away fans will be seated in either the North or South Stand, with your designated stand confirmed by your club at the point of ticket purchase.

All facilities mentioned above are available to visiting fans, and you're invited to enjoy our fan zone.

If you have any accessibility requirements, please email [disability@liverpoolfc.com](mailto:disability@liverpoolfc.com).

# WHAT CAN I BRING?

The below items are prohibited from St Helens Stadium – for full ground regulations please visit our website here.



## WHAT CAN I BRING INTO THE STADIUM?



SMALL COMPACT CAMERAS



BAG NO BIGGER THAN A5



CRUTCHES



RETAIL PURCHASES IN CLEAR RETAIL CARRIER BAGS



SMALL UMBRELLAS



CLEAR 500ML PLASTIC BOTTLE CONTAINING CLEAR LIQUID WITH SEALED TOP



## WHAT CAN'T I BRING INTO THE STADIUM?



BAGS AND SUITCASES OVER A5



UMBRELLAS



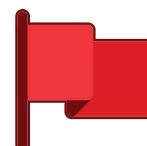
LAPTOPS/COMPUTER TABLETS



VIDEO RECORDING EQUIPMENT AND LARGE BODIED CAMERAS



SELFIE STICK



FLAGS AND BANNERS (UNLESS AUTHORISED)



DRONES



BABY BUGGIES/PRAMS



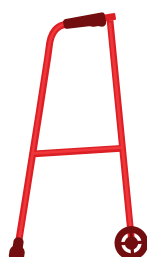
TOOLS



ALCOHOL

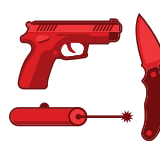


DRINK CARTONS, CANS, FLASKS, PLASTIC BOTTLES OVER 500ML, GLASS BOTTLES AND DRINKING GLASSES

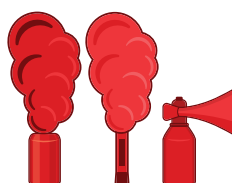


WALKING AIDE/ FOLDING WHEELCHAIRS\*

\*Please visit [liverpoolfc.com](http://liverpoolfc.com) for external storage options



KNIVES/WEAPONS AND LASER DEVICES



SMOKE CANISTERS/FIREWORKS/ FLARES AND AIR HORNS



MUSICAL INSTRUMENTS AND LOUD HAILERS

# MATCHDAY EXPERIENCE & STADIUM FACILITIES

## FAN ZONE

Our fan activities take place every matchday before kick-off.

Soak up the pre-match atmosphere, enjoy a whole host of live entertainment, meet Mighty Red and enjoy food and drink.

Each matchday there will be a variety of activities to suite all ages from football shootouts to bracelet making. Activities will change from match to match so, be sure to keep an eye out for pre-match emails to find out what's on.

Turnstiles open 1.5 hours before kick-off and additional activities will be taking place on the North Stand concourse.



## MATCH DAY SCHEDULE

3 hours before kick-off: ticket office opens

2 hours before kick-off: fan activities begin

1.5 hours before kick-off: turnstiles, retail kiosk and catering kiosks in the concourses open.

45 minutes before kick-off: players warm up on the pitch

5 minutes before kick-off: "You'll Never Walk Alone"

## TOILETS

Toilets including accessible facilities are available in the V Red Café Bar and all areas of the South and North Stand concourses. Additionally accessible toilets are available on the accessible platform on the North Stand.

## LFC RETAIL KIOSK

The retail kiosk is located on the concourse inside the North Stand selling a range of LFCW merchandise, including programmes.

## FOOD & DRINK

Kiosks inside the stadium will sell a range of food and drinks, including pizza, hot dogs and a selection of alcoholic and soft drinks. Kiosks inside the stadium will open 1.5 hours before kick-off.

Please note St Helens Stadium operates as a cashless venue, cash payments will not be accepted.



# KIOSK MENU

## FOOD & DRINK MENU

### HOT FOOD

COTTOMS STEAK PIE (C/W/G/S/M)	£5.00
COTTOMS SCOUSE PIE (C/W/G/S)	£4.30
COTTOMS CHICKEN BALTI PIE (W/M/G)	£5.00
COTTOMS CHEESE & ONION PASTIE (TBC)	£4.50
COTTOMS SAUSAGE ROLL (C/W/G/SU/M)	£4.50
PHAT VEGAN MUSHROOM PIE (SU/B)	£4.50
ROLLOVER HOTDOG (W/SE/G/M/E)	£4.50
ROLLOVER BURGER (W/G/E/S)	£5.00
ROLLOVER CHEESEBURGER (M/W/G/E/S)	£5.50
10" MARGHERITA PIZZA (S/MS/W/M)	£11.50
10" PEPPERONI PIZZA (S/MS/W/M)	£13.50
ROLLOVER NACHOS (M/B)	£4.50

### SNACKS

PRINGLES	£1.70
SWEET BAGS	£3.40
CHOCOLATE BARS	£1.50

### HOT DRINKS

TEA	£3.20
COFFEE	£3.20
HOT CHOCOLATE	£3.20
BOVRIL	£3.20

**CARD PAYMENTS ONLY**

### COLD DRINKS

MADRI	£6.00	568ML
CARLING	£5.10	568ML
RED V SMOOTH	£5.10	568ML
RED WINE	£6.20	187ML £23.90 750ML
WHITE WINE	£6.20	187ML £23.90 750ML
ROSE WINE	£6.20	187ML £23.90 750ML
STOWFORD PRESS ORIGINAL	£5.50	500ML
STOWFORD PRESS BERRY	£5.50	500ML
LUCKY SAINT 0%	£4.50	330ML
SPIRIT & MIXER CAN	£7.40	250ML
7UP	£3.00	500ML
PEPSI MAX	£3.00	500ML
TANGO	£3.00	500ML
WATER	£2.40	500ML
FRUIT SHOOT	£2.20	250ML
J20	£3.40	275ML
I PRO	£3.00	500ML

### ALLERGY KEY

C = CELERY | G = GLUTEN | MS = MUSTARD | SU = SULPHITES | E = EGGS  
M = MILK | S = SOYA | SE = SESAME | W = WHEAT | B = BARLEY

**UNDER  
25?**



IF YOU ARE LUCKY ENOUGH TO LOOK UNDER 25  
YOU WILL BE ASKED TO PROVE THAT YOU ARE  
AGED 18 OR OVER WHEN YOU BUY ALCOHOL.

IF YOU ARE UNDER 18 YOU ARE COMMITTING  
AN OFFENCE IF YOU ATTEMPT TO BUY ALCOHOL.

# FAN BEHAVIOUR

## DANGEROUS & ILLEGAL BEHAVIOUR HAS NO PLACE IN OUR GAME.

**FOOTBALL HAS COME TOGETHER TO  
TOUGHEN MEASURES ADDRESSING FAN  
BEHAVIOUR AT MATCHES**

### CRIMINAL BEHAVIOUR:

- ✗ Entering the pitch without permission
- ✗ Smoke bombs and pyros
- ✗ Throwing objects
- ✗ Drug use
- ✗ Discriminatory behaviour
- ✗ Football Tragedy Abuse

### POTENTIAL CONSEQUENCES:

- ⊕ Serious injury
- ⊖ Automatic club ban
- 👮 Reported to the police
- 📋 Criminal record
- 🎓 Education and employment at risk
- 🚫 Stadium ban and criminal prosecution

**HELP US ENSURE MATCHES ARE SAFE AND ENJOYABLE FOR ALL**



**LOVE FOOTBALL. PROTECT THE GAME.**



# CONTACTING US

You can find us on X @LFCWHelp or by visiting our [contact us page](#).

We look forward to welcoming you to a LFCW's match soon – YNWA

