



Sefton Family Hubs Timetable

LITHERLAND FAMILY HUB

Boundary Road, Litherland, L21 7LA Tel: 0151 288 6661 Email: Netherton.FWC@sefton.gov.uk

Monday

10.00am-11.30am

Best Start in Life play group

Drop-in 0 to 4 years
Different themes/activities each week with outdoor play & dedicated baby area

1.00-5.00pm

C-Card drop-in

Confidential sexual health advice and free condoms for young people aged 13-24, just call in

Tuesday

12.00am-2.30pm

Young Person Targeted ACE Recovery
(Referral only)

1.00-4.00pm

Baby Weigh In (Appointment only)

Health Visitor available for advice & guidance
Contact 0151 247 6354

Wednesday

9.30am-12.00pm

PACE's-Closed group
for adults who have completed an accreditation parenting course.
Inspiring people to become volunteers & part of our early help & social community

12.30-2.00pm

Be the Change programme
2 week programme starting on 16th October

12.30-2.00pm

Flow Fitness

Pre & Postnatal support for all - includes wellbeing and fitness. Babies welcome. Contact Amy on 07703512170 to book

3.30-4.30pm

Shadowboard

Fortnightly Youth Group
Referral only - email or phone to refer or for more information

Thursday

9.00am-3.00pm

Midwife Clinic
(appointment only made through your midwife)

12.00-2.30pm

Adult ACE Recovery

Referral only email
Trish.Quinn@sefton.gov.uk

Friday

10.00am-12.00pm

Umbrella Stay & Play

Gain advice to support your child's development including Autism, ADHD, sensory integration, social & communication skills (drop-in)

Neurodiversity

one to one

Appointments available for parents with children 0-5 years please contact the centre to book

1.00pm-2.30pm

Youth Connect 5

Referral only closed group - 5 weeks
Starting 8th November



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Family Advice & Guidance (including Vitamins, Foodbank Vouchers, Warmer Homes items, Sanitary Products)
Drop-in available Mon-Fri between 9.00am-4.00pm

Some Bookable Room Spaces available Mon-Fri between 9.00am-5.00pm. Please call or email to enquire.
Please note: All room bookings will only be confirmed upon receipt of a completed booking form.

MONDAY - FRIDAY

9.00am-5.00pm

Barnardo's SENDIASS

We offer advice and support around various topics relating to Special Educational Needs and disabilities (SEND) for children and young people aged 0-25 living in the Sefton Area and their families. We currently offer telephone and email advice, information packs and casework.

Telephone: 0333 323 8003

Email: sefton.sendiass@barnardos.org.uk

MONDAY TO FRIDAY

9.00am-5.00pm

Talking Therapies - Autism Specific

121 Therapeutic sessions for young people 6-19 with a diagnosis of autism/on the pathway - Focusing on improving the mental health & wellbeing of the young person.

Interpersonal Adolescent Therapy (IPT-A)

12 week 121 therapeutic sessions for 13-19 year olds struggling with depression

The 2 main aims are - improve interpersonal relationships & communication skills & reduce the frequency/intensity of depression symptoms

Home coaching 1-1

10 week Therapeutic parent support sessions for 2-10 year olds focusing on parent child interactions and promote positive attachments support parents to use positive behaviours management strategies.

REFERRAL ONLY - Email: Thornton.FWC@sefton.gov.uk



Sefton Family Hubs Timetable

NETHERTON FAMILY HUB

Magdalen Square, Netherton, L30 5QH Tel: 0151 282 1405 Email: Netherton.FWC@sefton.gov.uk

Monday

10.00-11.30am

Advice & Guidance

Drop-in and have a cuppa & a chat with our friendly early help workers for advice & guidance regarding any issues.

Tuesday

10.00-11.30am

Open Access Coffee Morning

Drop-in and have a cuppa & a chat with our friendly early help workers for advice & guidance regarding any issues including breastfeeding support.

Wednesday

10.00am-12.00pm

SWACA Drop-in

Confidential support & advice for anyone affected by domestic abuse just drop-in or call 0151 394-1400 for more information

Thursday

10.00am-12.00pm

Riding the Rapids

Course for parents of children and young people who have a diagnosis of Autism and/or learning disabilities.

Referral only
Starting 3rd October

Friday

10.00-11.30am

Chattertime

Develop your child's speech & communication (18mths-3yrs)
Starting 8th November for 6 weeks
Call to book on

1.00-2.30pm

Henry Programme

Advice regarding different topics each week:

Fussy Eaters, Potty Training, Sleeping Issues and Behaviour

Starting 25th November
Please contact centre to book a place.

Creche Available

10.00-11.30am

Sefton Carers Drop-in

One to one bookable appointments available 9.30-4.30

11.30am-2.30pm

Young Person Aces Recovery group & Social prescribers programme
(Referral only)

1.00-4.00pm

Baby Weigh In

(Appointment only)

Health Visitor available for advice & guidance

Contact health visitors on 0151 247 6354 to book

1.00-2.30pm

Advice & Guidance

Drop-in and have a cuppa & a chat with our friendly early help workers for advice & guidance regarding any issues.

12.30-2.00pm

Be the Change programme

2 week programme starting on 16th October at Litherland Family Hub

12.30-2.00pm

Flow Fitness

Pre & Postnatal support for all - includes wellbeing and fitness. Babies welcome. Contact Amy on 07703512170 to book on



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Home coaching 1-1

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Sefton Family Hubs Timetable

THORNTON FAMILY HUB

Stannyfield Drive, Thornton, L23 1TY Tel: 0151 934 4991 Email: Thornton.FWC@sefton.gov.uk

Monday

9.00am-4.00pm

Venus 1-1

(Referral only)

1.00-2.00pm

MHST

(Referral only)

2.00-4.00pm

Venus

(Referral only)

3.00-5.00pm

DBT group

(Closed group)

Tuesday

9.00am-5.00pm

Venus

(Referral only)

9.00-5.00pm

MHST

(Referral only)

10.00am-12.00pm

Incredible Years

Parenting Programme

Designed to
strengthen parent-
child interactions &
promote positive
attachment
age 2-10yrs
(Referral only)

Wednesday

9.00am-4.00pm

Venus

(Referral only)

9.00am-5.00pm

MHST

(Referral only)

12.00pm-2.30pm

Advanced Solutions

Community Drop -in

Support & advice for
parents/carers of
children & young
people with
neurodivergent
referral or diagnosis
not needed

Thursday

9.00am-1.00pm

Riding Rapids

(Referral only)

10-week parenting course
for parents/carers of
primary/teenage children
with an Autism Spectrum
condition . The course
aims to help parents to
understand and manage
challenging behaviour

9.00am-5.00pm

Venus

(Referral only)

9.00-5.00pm

MHST

(Referral only)

Friday

9.00am-1.00pm

NVR Training

(Referral only)

9.00-5.00pm

MHST

(Referral only)

9.00am-5.00pm

Talking Therapies

(Referral only)



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Sefton Family Hubs Timetable

HUDSON FAMILY HUB

Moorhey Road, Maghull. L31 5LE Tel: 0151 526 1568 Email: enquiries@hudsonprimary.co.uk

Monday

9.30am-12.00pm

Riding Rapids

(Referral only)

10-week parenting course for parents/carers of primary/teenage children with an Autism Spectrum condition. The course aims to help parents to understand and manage challenging behaviour.

10.00am-12.00pm

Advice & Guidance drop-in sessions. Every Monday and Tuesday morning.

1.00-2.00pm

Nutrition & Wellness Workshop

Join our Nutrition and Wellness Workshop to discover the keys to a balanced lifestyle. Learn about eating habits, meal planning etc.

CALL TO BOOK ON

Tuesday

9.30-11.30am

Sefton Community Learning.

Courses available for all, from Entry level to Level 2.

CALL TO BOOK ON

1.00-2.00pm

Relax Kidz

We offer an opportunity for your child to recognise explore and manage emotions.

CALL TO BOOK ON

Wednesday

9.30am -12.00pm

Integrated Care Team

Support for adults and their families who have health or social care need
DROP IN

11.00am-12.00pm

Advice & Guidance drop-in sessions.

Twice weekly confidential and face to face advice with our family workers.

1.00-2.00pm

DROP IN

Thursday

10.30am-12.00pm

Baby Massage

From birth to crawling (after hip check)

Led by our trained family worker, baby massage can help relax and soothe your baby.

CALL TO BOOK ON

3:30pm – 5:00pm

Tiger Hill Playground

Playground - designed with safety in mind, providing a secure environment for children to explore and play.
DROP IN

Friday

9.15 – 10.30am

Coffee Morning – Chill and Chat.

Come along and meet our Team! Discover what the Family Wellbeing Centre has to offer.

2.00-3.00pm

Stress management Workshop

one-to-one session that provides techniques and strategies to manage stress.

CALL TO BOOK ON



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