



Sefton Family Wellbeing Centres Timetable

LITHERLAND FAMILY WELLBEING CENTRE



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

Monday

**10.00am-11.30 am
Best Start in Life play group**

Drop in - from birth to 4 years

Creative play, messy play, crafts, stories - all designed to help prepare your little one for Nursery/School in a fun environment

**3.00pm-5.00 pm
Kinship Team 121**

Therapeutic Assessments (closed group)

Tuesday

**11.30am-2.30pm
Care Leavers ACE Recovery Programme**
Referral Only

**1.00pm-4.00pm
Baby Weigh Clinic**
Call 0151 247 6354 to make an appointment

**3.30pm-6.30pm
Kinship Art Group -**
Closed Group

**5.00pm-7.00pm
Aiming High Musical Theatre**
Closed Group

**1:00-2:00pm
Infant feeding support**
drop-in

Wednesday

**9.30am-12.00pm
PACES**

Closed group

for adults who have successfully completed an accredited parenting course.

Inspiring people to become volunteers & part of our Early Help & social community

Thursday

**10.00am-12.30pm
Adult ACE Recovery Programme PCN**
starts 11th Jan
Referral Only

**9.00am-3.00pm
Midwife Clinic**
appointment only (made through your midwife)

**12.30pm-2.30pm
Adult ACE Recovery Programme starts 8th Feb -**
Referral Only

**3.30pm-4.45pm
Shadowboard Monthly Youth Group**
Referral only - call and speak to Emma or Ian for more info

Friday

**10.00am-11.00am
Umbrella Play Group**
Drop in - from birth to 4 years

Fun Sessions for children with characteristics of Neurodiversity. Run by the ADHD Foundation

**11.30am-2.30pm
ADHD Foundation 121 advice**

for parents/carers of primary age children
Call the Centre for an appointment

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

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

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.

We can be contacted by

Telephone on 0333 323 8003

Email sefton.sendiass@barnardos.org.uk

MONDAY - FRIDAY

9.00am-5.00pm

Home coaching 1-1

Thornton.FWC@sefton.gov.uk



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

**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**

Sefton Family Wellbeing Centres Timetable

NETHERTON FAMILY WELLBEING CENTRE

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

Monday

9.00am-5.00pm
Online/Telephone
Family Law
appointments

Free family law advice
Please call Centre for
an appointment

10.00am-11.30 am
Sefton Carer's Advice
drop-in

Monthly drop in sessions
to offer advice and
guidance to any unpaid
carers living in the Sefton
area
Please email the Centre
for future dates

Tuesday

9.00am-5.00pm
Online/Telephone
Family Law
appointments
Free family law advice
Please call Centre for
an appointment

9.00am-2.00pm
PCN ACEs recovery
Group & social
prescribers
Referral Only

1.00pm-5.00pm
C-Card Drop In Session
Confidential sexual
health advice and free
condoms for young
people aged 13-24,
just call in

Wednesday

9.00am-5.00pm
Online/Telephone
Family Law
appointments
Free family law advice
Please call Centre for
an appointment

1.00 pm-4.00 pm
Baby Weigh Clinic
Call 0151 247 6354 to
make an appointment

1.30pm-2.30pm
HENRY
A programme to support
parents/carers with a
healthy start for their
children age 0-5.
Booking only

Thursday

10.00am-2.00pm
Riding the rapids
Referral only

Email:
Thornton.FWC@sefton.gov.uk

3.00pm-5.00pm
Youth Support Drop-In
Call in to speak to one of
our Early Help workers for
advice about opportunities
and support for young
people

Friday

9.00am-5.00pm
Online/Telephone Family
Law appointments
Free family law advice
Please call Centre for
an appointment

10.00am-12.00pm
Promoting Positive
Relationships
Coffee Morning
Drop in for a cuppa and a
chat about your
relationships. Open to all
Please email the centre for
more information

MONDAY TO FRIDAY

9.00am-5.00pm

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MONDAY - FRIDAY

9.00am-5.00pm

Home coaching 1-1

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between 9.00am-4.00pm
for Family Advice & Guidance (including Vitamins,
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Sefton Family Wellbeing Centres Timetable

THORNTON FAMILY WELLBEING CENTRE



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

Monday

9.00-4.00pm
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
Talking therapies
Referral only

Wednesday

9.00am-4.00pm
Venus
Referral only

9.00am-12.00pm
MHST
Referral only

12.00-3.00pm
Advanced solutions
Drop in

Thursday

1.00-5.00pm
Talking therapies
Referral only

Friday

9.00-10.00am
MHST
Referral only

9.30am-12.30pm
AST 1-1
Closed group

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MONDAY - FRIDAY
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Home coaching 1-1
Thornton.FWC@sefton.gov.uk



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