

Sefton Family Hubs

Litherland Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Advice Guidance

10am - 11:30am
Little Explorers (0-3
years)
Drop-in

9am - 5pm
Advice Guidance

10am - 12pm
Riding the Rapids
(Primary)
Targeted Group

9am - 5pm
Advice Guidance

11:30am - 1:30pm
PACE's

9am - 5pm
Advice Guidance

9:30am - 11am
Chatter Time
Drop-in

9am - 3pm
Midwife Clinic

9am - 5pm
Advice Guidance

9:30am - 11:30am
Peep Programme

Afternoon

1pm - 5pm
C-Card Drop-in

Draw & Talk
1-1 Session
Appointment Only

12:30pm - 3pm
ACES (Male)
Targeted Group

1pm - 4pm
Baby Weighing Clinic
Appointment Only

5pm - 8pm
Aiming High
Closed Group

12:30pm - 2pm
Trinity Wellness

1pm - 2pm
Volunteer Programme

IPTA - A
1-1 Session
Appointment Only

12pm - 2:30pm
ACES (Female)
Targeted Group

5pm - 8pm
Parent Carer Forum
Online

1pm - 3:30pm
Caring Dads
Targeted Group

Virtual Offer
Information advice
and Guidance

Breastfeeding support

Parent Carer Panel

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

Sefton Family Hubs

Netherton Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Advice Guidance

Healing 9-5 Together
Targeted Group

10:30am - 11:30am
Baby Massage

9am - 5pm
Advice Guidance

Healing 9-5 Together
Targeted Group

9:30am - 11am
Tea and Toast Drop-in

9:30am - 11am
Youth Connect 5

10am - 11:30am
Sefton Carers Drop-in

9am - 5pm
Advice Guidance

10am - 12pm
SWACA Drop-in

Healing 9-5 Together
Targeted Group

9am - 5pm
Advice Guidance

Healing 9-5 Together
Targeted Group

9:30am - 11am
Tea and Toast Drop-in

10am - 12pm
Riding the Rapids
Targeted Group

10am - 12pm
Little Chefs

1pm - 2:30pm
Chatter Time

1pm - 3pm
DWP Drop-in

5pm - 8pm
Parent Carer Forum
Online

9am - 5pm
Advice Guidance

Healing 9-5 Together
Targeted Group

10am - 1pm
Households into Work
Fortnightly Drop-in

Afternoon

3:30pm - 5pm
Art Attack
Ages 8 - 11

12pm - 4pm
Sefton Carers 1-1
Appointment Only

1pm-4pm
Baby Weighing Clinic
Booking Required

1:30pm - 3pm
Baby Explorers
Drop-in

Virtual Offer
Information advice
and Guidance

Breastfeeding support

Parent Carer Panel

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