

Central Sefton Family Wellbeing Centres Timetable

Sept – Dec 2023 – drop in available every day for Vitamins, Advice & Guidance

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Litherland Family Wellbeing Centre Boundary Road Litherland L21 7LA</p> <p>Tel : 0151 288 6661</p> <p>Email: Netherton.FWC@sefton.gov.uk</p> <p>FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE</p>	<p>10:00am-11:30am Stay & Play – suitable from birth to 4 years. Starts 11th Sept. Creative play, messy play, crafts and lots of fun! DROP IN</p> <p>4:00pm-5:00pm Youth Justice Team 121 sessions. CLOSED GROUP</p> <p>Morning/Afternoons Some bookable room spaces – please email Netherton.FWC@sefton.gov.uk to enquire.</p>	<p>10:00am-12:00pm – ACE recovery, young people. Starts 12th September. School based locations. REFERRAL ONLY</p> <p>10:00am-12:00pm Incredible Years 14-week parenting programme. Starts 4th September. REFERRAL ONLY</p> <p>10:30am-12:00pm Triple P Primary, a 6-week parenting course for primary ages, starts 27th September REFERRAL ONLY</p> <p>12:30pm-4:30pm Health Visitor – baby weigh-in clinic APPOINTMENT ONLY, call 0151 247 6354</p> <p>3.00pm-5.30pm Kinship Care Art Group CLOSED GROUP</p>	<p>11:00am-1.00pm From ACEs to PACEs fortnightly CLOSED GROUP</p> <p>1:00pm-2:30pm Change, Grow, Live. Coffee afternoons for adults and young people with substance misuse concerns Starts 26th September DROP IN</p> <p>4:00pm-5:00pm Social Care 121 sessions CLOSED GROUP</p> <p>Morning/Afternoons Some bookable room spaces – please email Netherton.FWC@sefton.gov.uk to enquire</p>	<p>10:00am-1:00pm ACE Recovery programme Adults. Starts 7th September REFERRAL ONLY</p> <p>9:00am-4:30pm Midwife appointments, book through your midwife team APPOINTMENT ONLY</p> <p>Afternoon Mindfulness Sessions starting in October. Further details to follow.</p> <p>3:00pm-5:30pm Shadowboard. Young Person after school discussion group. Call 0151 288 6661 and ask for Emma or David for more information. REFERRAL ONLY</p>	<p>10:00am-11:00am Umbrella Stay & Play For pre-school children with characteristics of Neurodiversity conditions. Starting 29th September DROP IN</p> <p>10:00am-1:30pm Riding the Rapids, 10-week parenting course for parents of children/young people with an Autism Spectrum diagnosis or other complex needs. Starts 29th September REFERRAL ONLY</p> <p>11:30am-2:30pm Neurodiversity 121 sessions; advice & guidance to help support your child at home. For families with children aged 0-5. APPOINTMENT ONLY email Netherton.FWC@Sefton.gov.uk</p>



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SeftonFamilyWellbeing



Sefton 'Sefton Council'



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<p>Netherton Family Wellbeing Centre Magdalen Square Netherton L30 5QH</p> <p>Tel: 0151 282 1405</p> <p>Email: Netherton.FWC@sefton.gov.uk</p> <p>FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE</p>	<p>10:00am-12:00pm Neurodiversity Parent/Carer Group. Advice and Guidance for families. Monthly on 11th Sept, 2nd Oct, 6th Nov & 4th Dec DROP IN</p> <p>Morning/Afternoons Some bookable room spaces – please email Netherton.FWC@sefton.gov.uk to enquire.</p>	<p>9:00am-2:00pm Social Prescriber drop-in sessions. Improving your Health & Wellbeing. For more information go to Living Well Sefton at www.livingwellsefton.org.uk</p> <p>9:00am-2:00pm ACE recovery Health Checks REFERRAL ONLY</p> <p>10:00am-12:00pm Promoting Positive Relationships. Starting November 2023 – more details to follow. DROP IN</p> <p>3:00pm-5:00pm IPT-A 121 sessions Mental Health Support REFERRAL ONLY</p>	<p>9:00am-12:00pm Smoking through Pregnancy APPOINTMENT ONLY</p> <p>3:15pm-5:00pm Relax Kids 4 week course for teenagers - then 4 weeks for primary age children. Starts 26th September REFERRAL ONLY</p> <p>Morning/Afternoons Some bookable room spaces – please email Netherton.FWC@sefton.gov.uk to enquire.</p>	<p>9:30am-12:30pm Health Visitor – baby weigh-in clinic APPOINTMENT ONLY, call 0151 247 6354</p> <p>10:00am-12:00pm Stepping Stones Triple P A 10-week course offering support and guidance to parents of children with SEN needs. Starts 28th September. REFERRAL ONLY</p> <p>1:00pm-2:30pm Baby Massage From birth to crawling (after hip check) BOOK ON ONLY email Netherton.FWC@sefton.gov.uk to reserve a place. Starts 14th September</p>	<p>10:00am-11:30am Chattertime – a playgroup to help develop speech and language skills. Ages 18 months to 4 years. Starts 3rd November. REFERRAL ONLY</p> <p>Morning/Afternoons Some bookable room spaces – please email Netherton.FWC@sefton.gov.uk to enquire.</p>

