



Sefton Family Wellbeing Centres Timetable

TALBOT STREET FAMILY WELLBEING CENTRE



St. Andrews Place, Southport, PR8 1HR Tel: 01704534975 Email: TalbotSt.FWC@sefton.gov.uk

Monday

9.00am-3.00pm
Sefton Welfare Rights
Appointment only
Call 0151 934 3660

3.30pm-7.00pm
Swan Girls Counselling
Appointment only
Call 0151 933 3292

Tuesday

10.00am-11.00am
Baby Massage
4 week course
Booking Only

1.00pm-4.00pm
Family Law Advice
Face to face Monthly
Appointment only

Light For Life -
Housing Advice
Appointment only
Call 01704 501256

Wednesday

10.00am-12 noon
Sefton Parent Carers
coffee morning
Drop in - Advice and
Support Group

Sefton @ Work
Appointment only
Call 0151 934 2875

10.00am-2.00pm
Career connect
Drop in 16-18 year olds
Call 07837 523153

Thursday

10.00am-12noon
HENRY Programme
Universal workshops to
support a healthy start
0-12 years
Starts 01.02.24
Book via Health Visitor

1.00pm-3.30pm
Baby Clinic
Health Visitors
Appointment only
Call 0151 247 6354

1.00pm-3.00pm
Household into work
Appointment only

Friday

10.00am-11.30am
Change, Grow, Live
Fortnightly Drop in - for
adults & young people
with substance misuse
concerns.
Next session 10.02.24

12.00pm-4.00pm
Smoke Free Pregnancy
Referral only via Midwife

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 District 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 and
Foodbank Vouchers)**

**Some Bookable Room Spaces for
professionals**

**Available Mon-Fri between 9.00am-5.00pm.
Please call or email to enquire.**





Sefton Family Wellbeing Centres Timetable

LINAKER FAMILY WELLBEING CENTRE



103 Linaker Street, Southport, PR8 5DQ Tel: 0151 288 6765 Email: TalbotSt.FWC@sefton.gov.uk for bookings

Monday

10.00am-11.30am
Sefton Parent Carers Forum
Parent Led Drop in
Fortnightly from 22/01/24

10.00am-11.30am
Change, Grow, Live
Drop in - Fortnightly from
29/01/24

12.00noon-5.00pm
Midwife Appointments
Appointment only.

1.00pm-2.30pm
Chattertime - Referral only

6.00pm-8.00pm
Antenatal Classes
Appointment Via midwife

Tuesday

9.00am-12.00noon
Incredible Years
Referral Only

9.30am-12.00noon
Phoenix Healing CIC
DV education course
Appointments only
Call 07368 686 730

12.00noon-5.00pm
BABS Service
Parent Infant Mental Health
Service
Building Attachment and
Bonds
Professional Referral only

12:00noon-5:00pm
Smoking Cessation in
pregnancy
Appointment only via
Midwife

Wednesday

9.00am-5.00pm
Talent Match
Employability
programme for 16 to 24
year olds out of
education, employment
or training.
Call 07801 582 056

Thursday

9.00am-2.00pm
Riding the Rapids
10 week parenting course
Autism Specific
Referral only

At Canning Road
Methodist Church
9:00am-3:00pm
ACEs Women
Referral only
Start date to be confirmed

Friday

9.15am-10.45am
Best Start in Life play group
Drop in- from birth to age 4

10.00am-1.00pm
SWACA -Drop in

12.30pm-4:00pm
Midwife pelvic floor class
Appointment only

At Canning Road
Methodist Church
9.30am-11.30am
Breastfeeding support drop
in group and
Well Baby Clinic
Appointment only
Call 0151 247 6354

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