



Sefton Family Wellbeing Centres Timetable

SEAFORTH FAMILY WELLBEING CENTRE



Caradoc Road, Seaforth L21 4NB Tel: 0151 286 7807 Email: MarieClarke.FWC@sefton.gov.uk

Monday

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

1.00-2.30pm
Change, Grow, Live
Coffee afternoons for adults & young people with substance misuse concerns.

Tuesday

9.00am-5.00pm
Monday-Friday
Online/Telephone Family Law appointments

11.30am-2.30pm
Infant feeding advice and support
Drop-in sessions

2.00pm-3.00pm
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
Monday-Friday
Online/Telephone Family Law appointments
Free family law advice

12.00-2.00pm
Cancer navigator group
Closed group

12.00-1.00pm
Portage play
Referral only

1.00-2.00pm
Baby Massage
Referral only

Thursday

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

10.00am-12.30pm
Adult ACE Recovery Programme
Referral Only

Youth support
Closed Group

Friday

9.00am-5.00pm
Monday-Friday
Online/Telephone Family Law appointments

10.00am-11.30 am
Best Start in Life play group
Drop in - from birth to 4 years
Creative play and messy play

Morning Riding the rapids
Referral only

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

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

MONDAY - FRIDAY
9.00am-5.00pm
Home coaching 1-1
Thornton.FWC@sefton.gov.uk



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

MARIE CLARKE FAMILY WELLBEING CENTRE



Linacre Lane, Bootle, L20 5AQ Tel: 0151 330 5260 Email: MarieClarke.FWC@sefton.gov.uk

Monday

9.00am-5.00 pm
Systemic Family Practice
Referral only

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

Tuesday

9.00am-5.00pm
Monday-Friday
Online/Telephone Family
Law appointments

10.00-11.00am
Baby massage
Referral only

9:00-12:00
Incredible Years
Referral only

12:00pm-8.00pm
Caring Dads
Referral Only

5:00-8:00pm
Change, Grow, Live
M-PACT programme
Starting February
Referral only

Wednesday

9.00am-5.00pm
ARRS roles appointments
Venus
referral only

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

Thursday

9.00am-5.00pm
Monday-Friday
Online/Telephone Family
Law appointments
Free family law advice
9.30am-11.00am
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
3.00pm-5.00pm
Youth Support
Closed group

Friday

9.00am-5.00pm
Monday-Friday
Online/Telephone Family
Law appointments
Free family law advice

Youth support
Closed Group

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

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

MONDAY - FRIDAY
9.00am-5.00pm
Home coaching 1-1
Thornton.FWC@sefton.gov.uk



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

CAMBRIDGE FAMILY WELLBEING CENTRE

Cambridge Road, Bootle, L20 9LQ Tel: 0151 330 5260 Email: MarieClarke.FWC@sefton.gov.uk

Monday

9.30am-11.30am
&

12:30-2:30pm
Sefton Parent Carer Forum

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

CAMHS -Youth support
Referral only

Tuesday

Morning
PCN ACEs recovery
Group- Male
Creche available
Referral Only

Afternoon
PCN ACEs recovery
Group- Female
Creche available
Referral Only

Wednesday

Morning
PCN ACEs recovery
Group- Male
Creche available
Referral Only
Afternoon
PCN ACEs recovery
Group- Female Creche available
Referral Only

9.30am-11.30 am
&
12:30-2:30pm
Sefton Parent Carer Forum
Drop-in sessions for parents/carers providing advice.

Thursday

Morning
PCN ACEs recovery
Group- Male
Creche available
Referral Only

Afternoon
PCN ACEs recovery
Group- Female
Creche available
Referral Only

Youth support
Closed Group

Friday

9.30am-11.30am
&

12:30-2:30pm
Sefton Parent Carer Forum

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

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

**Drop-in available Mon&Fri
between 9.00am-4.00pm**

**for Family Advice & Guidance (including Vitamins,
Foodbank Vouchers, Warmer Homes items,
Sanitary Products)**

MONDAY - FRIDAY

9.00am-5.00pm

Home coaching 1-1

Thornton.FWC@sefton.gov.uk



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**