

# 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](mailto: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

Virtual Offer  
Information advice  
and Guidance

Breastfeeding support

Parent Carer Panel

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

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | [Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)