

# Sefton Family Hubs

## Netherton Family Hub

We are always here with a listening ear, any weekday

### Monday

9am - 5pm  
Family Advice & Guidance  
with essentials community  
shop/pantry  
Drop-in

Parenting Support  
12:45pm - 3:15pm  
Breastfeeding Support  
[Carol.Miles@feelgoodfactory.org.uk](mailto:Carol.Miles@feelgoodfactory.org.uk)  
Drop in

ADHD Clinic  
1.00-4.00pm  
01512824930/[ADHDQueries@alderhey.nhs.uk](mailto:ADHDQueries@alderhey.nhs.uk)  
Referral only by ADHD team

Activities for Children 0-5 Years  
1:30 - 2:30pm  
Little Explorers/Learning Together  
Drop-in

### Tuesday

9am - 5pm  
Family Advice & Guidance  
with essentials community  
shop/pantry  
Drop-in

Activities for Children 0-5 Years  
1.30-2.30  
6 steps to success- Advice and Coaching  
Follow the 6 steps to success to ensure your child is confident and happy when starting reception class at school. This will support them to settle well, thrive and learn.

Moorcroft's Law Clinic –  
Free Legal  
10am Drop -In  
Advice Monthly  
14th April 12th May 16th June 14th July 15th Aug

### Wednesday

9am - 5pm  
Family Advice & Guidance  
with essentials community  
shop/pantry  
Drop-in

Maternity Support  
1pm-4pm  
Baby Weigh-in Clinic  
Appointment only

Activities for Children 0-5 Years  
1:30pm - 2:30pm  
Baby Explorers  
Drop-in ( up to 12mths)

Activities for Children 0-5 Years  
1pm - 2.30pm  
Baby Massage  
Starting 20<sup>th</sup> May 6 week course  
Booking required

### Thursday

9am - 5pm  
Family Advice & Guidance  
with essentials community  
shop/pantry  
Drop-in

Activities for Children 0-5 Years  
Dads Baby Sensory 0-2yrs  
1.30-2.30

Sefton Carers Centre  
Parent Carer Coffee morning  
10:00 am – 12:00 pm (Term time only)  
For parents of SEN children, offering support from the team and other parent carers

### Friday

9am - 5pm  
Family Advice & Guidance with essentials community shop/pantry  
Drop-in

Activities For Children 0-5yrs  
Messy Play  
10-11am  
Drop In

SEN Support  
10am-2pm  
Life is for Living  
Support for adults and children  
[lifesforlivingsefton@yahoo.com](mailto:lifesforlivingsefton@yahoo.com)  
Drop-in

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

## Monday

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### Parenting Support

Fortnightly drop in  
1.30-2.30pm  
Advice, guidance, and support for all the family from the Therapeutic Team

### Sen Support

Making sense of my world workshop  
2nd June  
12.30-2.30pm  
Advice, Guidance and support from the Therapeutic Team  
Booking only

### Infant Feeding

9am-4pm  
referral only through Health Visitor  
mcn-br.infantfeeding@nhs.net

### Sefton Carers Centre

Parent Carer Drop in  
1pm-3pm (Term time only)  
1-1 sessions for parents of SEN children, offering advice and information.  
Book on only call 0151 282 1405 or email [netherton.fwc@sefton.gov.uk](mailto:netherton.fwc@sefton.gov.uk)

### CAMHS

9.00 – 5.00  
KATIE.JAMIESON@alderhey.nhs.uk  
Appointment Only

### SEN Support

10am-2pm  
Life is for Living  
Support for adults and children  
[lifesforlivingsefton@yahoo.com](mailto:lifesforlivingsefton@yahoo.com)  
Drop-in

### ADHD Clinic

1.00-4.00pm  
01512824930/ADHDQueries@alderhey.nhs.uk  
Referral only by ADHD team

### Virtual Offer

- Information, Advice and Guidance
- Breastfeeding support
- Parent Carer Panel

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