

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
Targeted Group

9am - 5pm
Advice Guidance

9am - 5pm
Advice Guidance

9:30am - 11am
Read/Sing/Play

9am - 3pm
Midwife Clinic

9am - 5pm
Advice Guidance

10am - 12pm
Umbrella Stay &
Play

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

11:30am - 1:30pm
PACE's

12:30pm - 2pm
Flow Fitness

IPTA - A
1-1 Session
Appointment Only

12pm - 2:30pm
ACES (Female)
Targeted Group

12pm - 1pm
Neurodiversity
Targeted Group

1pm - 2:30pm
Youth Connect 5
(Parent)

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | Netherton.FWC@sefton.gov.uk