

# Sefton Family Hubs

Netherton Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Advice Guidance

9am - 5pm  
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Advice Guidance

9:30am - 11am  
Tea and Toast

10am - 12pm  
SWACA Drop-in

10am - 12pm  
Riding the Rapids  
Targeted Group

10:30am - 12:30pm  
Compassion Corner @  
Feel Good Factory

10am - 11:30am  
Sefton Carers Drop-  
in

10am - 12pm  
Understanding Your  
Emotions @  
Feelgood Factory

Healing Together  
Targeted Group

10am - 1pm  
Households into Work  
Fortnightly, starting  
7/2/25

Healing Together  
Appointment Only

Healing Together  
Appointment Only

Afternoon

3:30pm - 5pm  
Art Attack  
Ages 8 - 11

12pm - 4pm  
Sefton Carers  
1-1 Appointment

1pm-4pm  
Baby Weighing Clinic

1pm - 3pm  
DWP Drop-in  
Staff and Families

1pm - 1:45pm  
Mindful Movements  
6-week course @  
Feelgood Factory

1pm - 3pm  
Grow Your  
Confidence @ Feel  
Good Factory  
6-week course

1:30pm - 3pm  
Baby Explorers

5pm - 8pm  
Caring Dads  
Targeted Group

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