

NORTH SEFTON FAMILY WELLBEING CENTRES TIMETABLE (from w/c 9th September 2019)

LOCATION	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
LINAKER Linaker Street Southport PR8 8BQ Tel: 01704 532343	9:00 – 1:00 Antenatal appointments* 9:00 – 3:00 Sefton ACL ESOL classes*	1:00 – 2:30 Well Baby Clinic 3:30 – 5:00 Relax Kids*	10:00 – 3:00 Monthly Legal Advice* (by appointment only)	9:00 – 1:00 Antenatal appointments* 10:30 Active Sefton Prambles Walk 1:00 – 2:00 Monthly Sefton Sexual Health outreach* 3:30 – 5:00 Relax Kids Transition Group* (Starting 12/09/19)	12:30 – 3:00 Connexions Advice and Guidance*	
TALBOT STREET Talbot Street Southport PR8 1HR Tel: 01704 534975	9:30 – 11:30 Think Differently Cope Differently with crèche* (16/09/19 to 14/10/19)	9:30 – 10:30 International Group (starting 10/09/19) 10:00 – 12:00 Triple P with crèche* (17/09/19 to 22/10/19)	10:00 – 1:00 Relate Counselling* (Appointment by referral only) 1:00 – 9:00 Commit to Change* (36 weeks from 04/09/19) 9:30 – 11:30 Baby Wellbeing Programme*	10:00 – 11:00 Little Explorers (starting 12/09/19) 9:30 – 12:30 Stepping Stones Triple P* (6 weeks from 17/10/19)	Time tbc Playing to Learn* (10 weeks from 20/09/19)	
THE ATKINSON Lord St, Southport, PR8 1DB	11:30 – 12:30 Breastfeeding Support Group	10:30 – 11:00 Rhyme Time	10:30 – 11:00 Rhyme Time	1:00 – 2:00 Well Baby Clinic 2:00 – 2:30 Rhyme Time		

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<p>CANNING ROAD CHAPEL Canning Road, High Park, Southport, PR9 7SS</p>			<p>10:30 – 12:30 ACEs course with crèche* (10 weeks from 25/09/19 not including 30/10/19)</p>	<p>10:00 – 11:30 Homestart Group (starting 12/09/19)</p>	<p>9:30 – 10:30 Well Baby Clinic</p> <p>10:30 – 11:30 Tiny Tots (starting 13/09/19)</p>	
<p>FORMBY Formby Library Duke Street, Formby, L37 4AN Tel : 0151 934 2063</p>	<p>10:30 – 11:30 Tiny Tots (starting 16/09/19)</p> <p>2:15 – 2:45 Rhyme Time</p>	<p>10:30 – 11:30 Little Explorers (starting 10/09/19)</p>	<p>10:30 – 11:00 Rhyme Time</p> <p>3:45 – 4:45 5 week course starting 18/09/19 Relax Kids KS2*</p>	<p>10:00 – 11:00 Chill & Chat with Breastfeeding Support Sefton</p> <p>9:00 – 10:00 Monthly 2nd Thursday Sefton Sexual Health Outreach*</p> <p>11:30 – 12:30 4 week course starting 26/09/19 Baby Wellbeing Programme – Baby Massage* (Babies aged 10 weeks-6 months)</p> <p>12:30 – 1:30 4 week course starting 26/09/19 Baby Wellbeing Programme – Baby Mindful* (Babies aged 0-6 months)</p>	<p>10:00 – 11:00 Fortnightly from 06/09/19 Formby Twins Group</p> <p>10:30 – 11:00 Weekly Rhyme Time</p>	
<p>FIRST STEPS FARNBOROUGH Farnborough Road, Birkdale, Southport, PR8 3DF Tel : 01704 572579</p>	<p>9:30 – 10:30 Toddler Group</p> <p>1:00 – 2:30 Baby Massage* (16/09/19 to 07/10/19)</p>	<p>9:30 – 10:15 Toddler Rhyme Time</p> <p>10:30 – 11:00 Baby Rhyme Time</p>	<p>9:30 – 10:15 Diddi Dance*</p> <p>1:00 – 2:00 Well Baby Clinic</p>	<p>9:30 – 10:15 Jo Jingles Toddlers* 6 week course</p> <p>9:10:45 – 11:30 Jo Jingles Babies* 6 week course</p> <p>1:30 – 2:30 Wobbly Tree Yoga* 6 week course</p>	<p>1:00 – 3:00 Positive Parenting (Teens)* (Starting 27/09/19)</p>	
<p>FIRST STEPS KINGS MEADOW Meadow Lane, Ainsdale, Southport, PR8 3RS 01704 571606</p>	<p>9:30 – 11:30 Little Treasures</p>	<p>1:30 – 2:30 Top Tots</p>	<p>10:00 – 11:30 Mum & Baby Wellbeing*</p>	<p>1:00 – 1:45 Jo Jingles * 6 week course</p>	<p>1:00 – 2:30 Toddler Group</p>	<p>10:00 – 12:00 Dads Club (fortnightly from 07/09/19)</p>

*Booking essential