

Community Support in Sefton

 *bringing our community together* 



Alzheimer's Society – Sefton

Tel: 01704 539 967

Email: SeftonOffice@alzheimers.org.uk

Website:

<https://alzheimers.org.uk/support-services/Sefton>

Providing advice and support around all things dementia.

Citizens Advice Sefton

Tel: 0808 278 7841 (Freephone)

Mon–Fri 9.30am–4.30pm

Website: <https://seftoncab.org.uk>

Free, confidential and expert advice on finances, benefits, family matters etc.

Bootle Advice Centre

297 Knowsley Road, L20 5DF

Open 10am–2pm Mon, Wed, Thu, Fri

Tues: Prebooked appointments only

Southport Advice Centre

23 Prince Street, Southport, PR8 1EG

Open 10am–2pm Mon, Tue, Wed, Fri

Thu: Prebooked appointments only

Feelgood Factory

Glovers Lane, Netherton, L30 5QW

Tel: 0151 291 8010

Website: <https://feelgoodfactory.org.uk>

Healthy living centre, social events, wellbeing support and community courses.

Healthwatch Sefton

Tel: 0800 206 1304

Open Mon–Fri 9am–5pm

Email: info@healthwatchsefton.co.uk

A single point of contact with free information, advice and confidential support to access health and social care services and get the help you need.

Living Well Sefton

Tel: 0330 323 0181

Website: <https://livingwellsefton.org.uk>

Free support, advice and mentoring for adults 18+ about health and wellbeing.

L30 Community Centre

Stoneyfield, Netherton, L30 0QS

Tel: 0151 924 0122

Email:

L30Communitycentre@hotmail.co.uk

Social events, groups, sessions, courses and community lunches.

Netherton Activity Centre

Glovers Lane, Netherton

Tel: 0151 525 5106

Website: <https://activeseftonfitness.co.uk>

Leisure centre, library and Sensory World.

Netherton Park Neighbourhood Centre

Chester Avenue, Netherton, L30 1QW

Tel: 0151 285 5211

Website: <https://nethertonpark.org.uk>

Community sessions for all ages.

Strand By Me

Medway, Bootle Strand, Stanley Road

Tel: 0330 323 0181

Email: strandbyme@seftoncvts.org.uk

Community signposting service.

St Oswald's Church and Community Centre

Ross Avenue, Netherton

Tel: 0151 521 6002

Community events, warm space, meals, pantry and support.

Sefton Council

<https://www.sefton.gov.uk/social-care-and-health/dementia-help-and-support/>

Useful local information and signposting to dementia help and support in Sefton.

