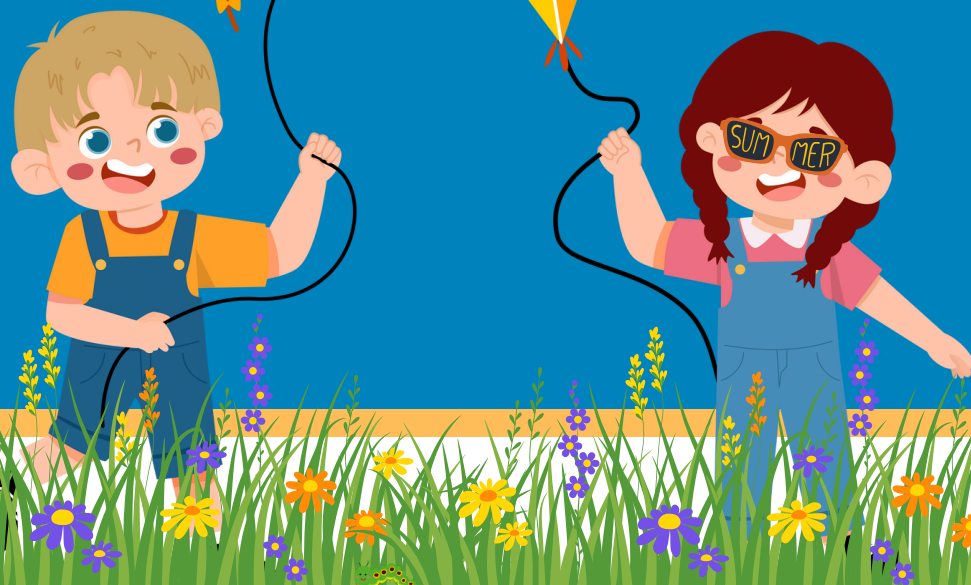


Sefton Family Hubs



Our Summer Timetable
Support. Grow. Thrive.



Sefton Family Hubs

North Family Hubs

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1



5th August 2025

10am - 12pm
Day out at the
museum

6th August 2025

Talbot Family Hub

11am - 3pm
DNA Magic Show - Be
wowed and amazed with
our magic man

Including lunch,
refreshments, arts &
crafts, and lots of fun for
all the family!

7th August 2025

Linaker Family Hub

11am - 1pm
Family Fun with Arts &
Crafts

Dunes Activity Centre

Football Fun



Week 2



12th August 2025

10am - 12pm
Day out at Formby Pine
Woods



13th August 2025

Talbot Family Hub

11am - 3pm
Mobile Farm
Come and meet our
farmyard friends

Including lunch,
refreshments, arts &
crafts, and lots of fun
for all the family!



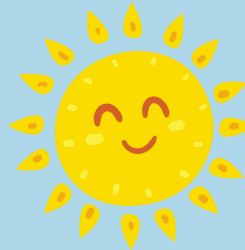
14th August 2025

Linaker Family Hub

11am - 1pm
Family Fun with Arts &
Crafts

Dunes Activity Centre

Football Fun



Please contact Talbot Family Hub to book your place
Talbot Family Hub: St. Andrews Place, Southport, PR8 1HR | Call 01704534975 to book |
Linaker Family Hub: 103 Linaker Street, Southport, PR8 5DQ | TalbotSt.FWC@sefton.gov.uk



Sefton Family Hubs

North Family Hubs

Monday

Tuesday

Wednesday

Thursday

Friday

Week 3



19th August 2025

10am - 12pm
Day out at Hesketh
Park

20th August 2025

Talbot Family Hub

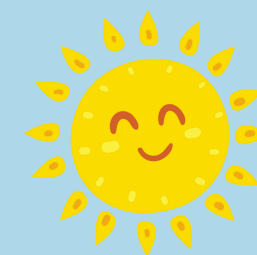
11am - 3pm
Bubble Man
Fantastic bubble tricks
and lots of fun!

Including lunch,
refreshments, arts &
crafts, and lots of fun for
all the family!

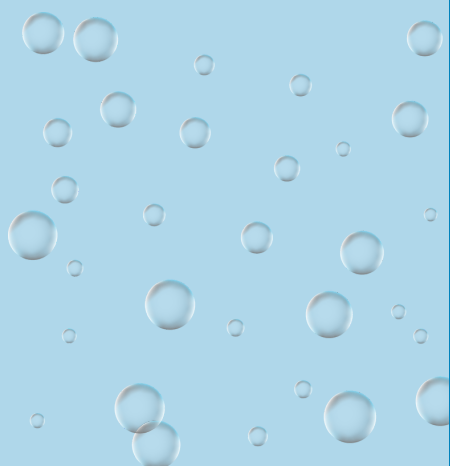
21st August 2025

Linaker Family Hub

11am - 1pm
Family Fun with Arts &
Crafts



Week 4



26th August 2025

10am - 12pm
Day out at Crosby
Beach



27th August 2025

Talbot Family Hub

11am - 3pm
Summer Festival with Circus
Skills
Celebrate summer at our
festival day with a fantastic
circus show!

Including lunch,
refreshments, arts & crafts,
and lots of fun for all the
family!

28th August 2025

Linaker Family Hub

11am - 1pm
Family Crafts Day

Dunes Activity Centre

Football Fun



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Linaker Family Hub: 103 Linaker Street, Southport, PR8 5DQ | TalbotSt.FWC@sefton.gov.uk

Marie Clarke

Litherland

Talbot

Week 1

Monday 4th August 2025
12:30pm - 3pm

Wellbeing Activities

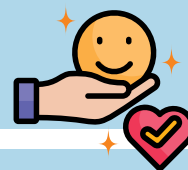
These sessions combine gentle walks with meaningful conversations, while exploring ways to relax, practice gratitude, and strengthen positive affirmations



Friday 8th August 2025
12:30pm - 3pm

Wellbeing Activities

These sessions combine gentle walks with meaningful conversations, while exploring ways to relax, practice gratitude, and strengthen positive affirmations



Week 2

Friday 15th August 2025
12:30pm - 3pm

Level Up Skills

Join us to build your independent living skills! Learn how to use a washing machine, cook a delicious lunch, pick up handy tips and tricks, and test your knowledge with fun quizzes

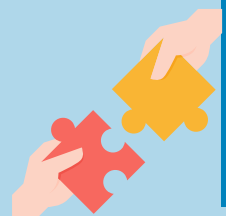
Monday 11th August 2025
12:30pm - 2pm

Wellbeing Activities

These sessions combine gentle walks with meaningful conversations, while exploring ways to relax, practice gratitude, and strengthen positive affirmations



Week 3



Friday 22nd August 2025
12:30pm - 2pm

Level Up Skills

Join us to build your independent living skills! Learn how to use a washing machine, cook a delicious lunch, pick up handy tips and tricks, and test your knowledge with fun quizzes

Monday 18th August 2025
12:30pm - 3pm

Level Up Skills

Join us to build your independent living skills! Learn how to use a washing machine, cook a delicious lunch, pick up handy tips and tricks, and test your knowledge with fun quizzes



Sefton Family Hubs

5 Way to Wellbeing Free Family Activities Talbot

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Thursday 24th July
2025

Connect

10:30am - 12pm

Get to meet new
friends make new
connections and
play fun team
building activities

Thursday 31st July
2025

Be Active

10:30am - 12pm

Fun through sports
and games

Thursday 7th August
2025

Take Notice

10:30am - 12pm

Take part in some
mindful fun
activities with lots of
creativity

Thursday 14th
August 2025

Keep Moving

10:30am - 12pm

Learn how to spell
your name in sign
language and learn
how some creative
activities

Thursday 21th
August 2025

Give

10:30am - 12pm

Kindness is a super
power. Create and
make something for
someone important
to you

Thursday 28th
August 2025

Wellbeing Plan

10:30am - 12pm

Create your own
unique wellbeing
plan from what you
have learnt

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

BE
ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

TAKE
NOTICE

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP
LEARNING

EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

Give

Your time,
your words,
your presence



Please contact Talbot Family Hub to book your free place
Talbot Family Hub: St. Andrews Place, Southport, PR8 1HR | 01704534975 |

