

# Sefton Family Hubs



**Our Timetable**  
**September - December**  
**Support. Grow. Thrive.**



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

**9:30am - 11:30am**  
**Family Advice & Guidance**  
**Drop-in**

**9am - 5pm**  
**Volunteer Programme**  
**Booking required**

**9am - 3pm**  
**Sefton Welfare Rights**  
**Appointment Only**  
**Enquiries to**  
**welfare.rights@sefton.gov.uk**

**9:30am - 11:30am**  
**Family Advice &**  
**Guidance**  
**Drop-in**

**9:30am - 11:30pm**  
**Henry Programme**  
**Targeted Group**  
**Booking via Health**  
**Visitors**  
**Runs monthly**

**9:30am - 11:30am**  
**Family Advice &**  
**Guidance**  
**Drop-in**

**10am -5pm**  
**Sefton Parents/Carers**  
**Group Coffee Morning**  
**Drop-in**

**10am - 12pm**  
**Careers Connect**  
**Drop-in (16-18)**

**9:30am - 11:30am**  
**Family Advice &**  
**Guidance**  
**Drop-in**

**9:30am - 11:30am**  
**Family Advice &**  
**Guidance**  
**Drop-in**

**Afternoon**

**1pm -2:30pm**  
**Little Explorers / Peeps**  
**For ages 0-4**  
**Drop-in**

**3:30pm - 4:30pm**  
**Gardening Club - Edible**  
**Gardens**  
**Drop-in (Runs September -**  
**October)**

**3:30pm - 4:30pm**  
**Little Chefs**  
**Booking required**

**1pm - 5pm**  
**Family Law Advice**  
**Appointment Only**

**12:30pm - 5pm**  
**Sefton Parent Carers**  
**1-1 Drop-in**

**1pm - 3pm**  
**ACEs (Young People)**  
**Targeted Group in**  
**schools**  
**(Starting October 2025)**

**Virtual Offer**

**Information, Advice, and**  
**Guidance**

**Breastfeeding Support**

**Parent Carer Panel**

St. Andrews Place, Southport, PR8 1HR | 01704534975 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

10am - 12pm  
Sensory Baby  
Drop-in

9:30am - 11am  
Baby Clinic  
By appointment only  
via Health Visitors

9:30am - 11am  
Sefton Breastfeeding  
Support Group  
Drop-in

Afternoon

Canning Road Methodist Church, PR9 7SS | 01704534975 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

**9:15am - 11:30am  
Parent Carer  
Drop-in**

**9:30am - 11:30am  
Youth Connect 5  
Targeted Group  
Booking Required**

**10:30am - 11:30am  
Baby Massage  
Booking required**

**9:15am - 10:15am  
Tea and Toast  
Drop-in**

**10am - 12pm  
ACES (Female)  
Targeted Group  
Booking required**

**Phoenix Healing CIC  
Freedom Programme  
By appointment via 07368  
686 730**

**12pm - 5pm  
Midwives - Stop Smoking in  
Pregnancy  
Appointment Only**

**1pm - 5pm  
Parent Carer Panel  
Online Twilight Session**

**6pm - 8pm  
Caring Dads  
Targeted Group through  
Brighter Kinder Futures -  
brighterkinderfutures@sefto  
n.gov.uk**

**12pm-2pm  
SWACA for Men  
1-1 Drop-in**

**12pm - 2:30pm  
Incredible Years  
Targeted Group  
Booking required**

**1am - 2pm  
Bee Kind Parenting  
Course  
Booking required  
(Starting October  
2025)**

**9:15am - 10:15am  
Tea and Toast  
Drop-in**

**10am - 12pm  
Riding the Rapids  
Targeted Group  
Booking required**

**1pm - 3pm  
Chattertime  
Booking required**

**5:30pm - 7:30pm  
Riding the Rapids  
Targeted Group  
Online**

**Virtual Offer**

**Information, Advice,  
and Guidance**

**Breastfeeding  
Support**

**Parent Carer Panel**

**Afternoon**

103 Linaker Street, Southport, PR8 5DQ | 0151 288 6765 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

# Sefton Family Hubs

**First Steps Family Hubs**  
**Farnborough Road**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

9:30am - 10am &  
10:15am - 11am  
Toddler Rhyme Time at  
Birkdale Hub Station  
Master's House - call to  
book

9:30am - 10:15am  
Jo Jingles  
For 18m - 3yrs  
  
10:45am - 11:30am  
Jo Jingles  
For 3m - 18m  
  
£24 for 4 weeks  
£42 for 7 weeks  
Facilitated by partners  
Booking Required

9:30am - 10:10am  
Dancing Songbirds  
For 18m-3yrs  
Drop-in  
  
10:30am - 11am  
Baby Rhyme Time  
For birth to crawling  
Drop-in

9am - 11:30am  
Positive Parenting  
Course  
Booking Required

**Afternoon**

1:30pm-2:30pm  
Baby Yoga  
For 6 - 12 month olds  
Facilitated by partners  
£10 Booking Required

1pm-3pm  
Baby Weigh-in  
Book with your Health  
Visitor

1:30pm - 2:15pm  
Bookworms!  
For 18 months +  
Booking Required

1:30pm - 2:30pm  
Baby Massage  
For 6wks - 6m  
Facilitated by partners  
£10 Booking Required

Farnborough Road Infant School | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)  
Call us to book your place on 01704 572 579

# Sefton Family Hubs

## First Steps Family Hubs King's Meadow

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

10am - 11am  
Little Treasures  
For birth to crawling  
Drop-in

9:30am - 11:30am  
Life's for Living Sefton  
(Children)  
Booking required

10am - 12pm  
Life's for Living Sefton  
(Adults)  
Booking required

10:30am - 11:30am  
Little Chefs  
For 2 - 5 year olds  
Facilitated by partners  
Booking Required

£12 for a 5-week course

£15 for a 6-week course

Afternoon

1pm - 2pm  
Baby Weigh-in  
Book with your Health  
Visitor

1:30pm-2:30pm  
Top Tots  
For 18 months +  
Drop-in

Saturday

10am - 12pm  
Dad's Club  
Booking required

Kings Meadow Primary School | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)  
Call us to book your place on 01704 571606