

## Monday

9am - 5pm  
Family Advice & Guidance with essentials community shop/pantry Drop-in

### Welfare Advice & Guidance

9am - 3pm  
Sefton Welfare Rights Appointment Only  
Enquiries to [welfare.rights@sefton.gov.uk](mailto:welfare.rights@sefton.gov.uk)

### Activities for Children

0-5  
Peep Learning Together  
10-11  
Booking required

## Tuesday

9am - 5pm  
Family Advice & Guidance with essentials community shop/pantry Drop-in

### Domestic Abuse Support

9am - 12pm  
SWACA Group  
Booking Required

### SEN Support

Making sense of the world Workshop  
12th May 12.30pm - 2.20pm drop-in workshop  
Advice, Guidance and support from the Therapeutic Team  
Booking required

## Wednesday

9am - 5pm  
Family Advice & Guidance with essentials community shop/pantry Drop-in

### Sefton Carers Centre Parent Carer Coffee morning

10:00 am - 12:00 pm  
(Term time only)  
For parents of SEN children, offering support from the team and other parent carers

### Employee Advice Guidance

10am - 2pm  
Careers Connect Drop-in (16-18)

## Thursday

9am - 5pm  
Family Advice & Guidance with essentials community shop/pantry Drop-in

### Domestic Abuse Support

9am - 12pm  
SWACA Group  
Targeted Group / Invite  
Booking Required

### Activities for Children 0-5

Breastfeeding support  
9-12pm  
1-1 breastfeeding support

### Parenting Support

10am - 11am  
Bee Kind Parenting  
Booking Required

## Friday

9am - 5am  
Family Advice & Guidance with essentials community shop/pantry Drop-in

### Smoking Cessation Support

12pm - 4pm  
Smoke-Free Pregnancy  
Booking Required

### Virtual Offer

- Information, Advice, and Guidance
- Breastfeeding Support
- Parent Carer Panel

St. Andrews Place, Southport, PR8 1HR | 01704534975 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

## Monday

### Activities for Children 0-5 Years

1pm -2:30pm  
Little Explorers / Learning Together  
Drop-in

Targeted Family Support  
5.00pm-7.00pm  
ACEs Women  
Booking Required  
S

## Tuesday

### Parenting Support

3.30pm to 4.30pm drop in sessions-fortnightly  
Commencing May  
Advice, Guidance and support from the Therapeutic Team

Gardening club  
3.45 -4.45  
Drop in  
April – September  
plant, grow, cook and eat from our very own Edible Garden .

## Wednesday

### Youth Support

1pm - 3pm  
Teen ACEs Schools

### Sefton parent carers

12.30pm to 5pm  
one to one  
appointments only

### Target Family support

CGL -Change Grow Live  
5pm to 8pm  
(MPACT) booking required

## Thursday

### SEN Support

1pm to 3pm  
0-5 yrs  
Early Years SEN  
stay and play  
drop in

### Activities for Children 0-5

Breastfeeding support  
Group  
1:30-3pm  
1-1 breastfeeding support

### Health Visitors

1pm - 3pm  
Baby Clinic  
Booking Required

## Friday

St. Andrews Place, Southport, PR8 1HR | 01704534975 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

Monday

Tuesday

Wednesday

Thursday

Friday

Activities for Children  
0-5 Years  
10am - 12pm  
Sensory Baby  
Drop in

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

## Monday

9am - 5pm  
Family Advice & Guidance  
Drop-in

Sefton Parents Careers Forum  
9.15 to 11.15am  
(fortnightly)

## Tuesday

9am - 5pm  
Family Advice & Guidance  
Drop-in

Targeted Family Support  
10am - 12pm  
ACEs Women  
Booking required

Activities for Children  
0-5 Years  
1.30pm - 2.30pm  
Baby Massage  
Booking required  
Starts in April

## Wednesday

9am - 5pm  
Family Advice & Guidance  
Drop-in

Parenting Support  
Support  
Incredible Years  
Talking therapies  
12 to 2.30pm  
Booking Required

Domestic Abuse Support  
6pm - 8pm  
Caring Dads  
Targeted Group through  
Brighter Kinder Futures  
-  
Booking required via  
brighterKinderfutures@sefton.gov.uk

## Thursday

9am - 5pm  
Family Advice & Guidance  
Drop-in

Domestic Abuse Support  
SWACA  
10 to 2pm  
Targeted group- Booking required

Sen Support  
Riding the rapids  
Talking Therapies  
10am to 12  
Booking Required

Support for young people  
Career connect  
10 to 2pm  
(appointment only)  
SEN Support

Parenting Support  
Youth Connect 5  
1.30-2.30  
Booking Required

## Friday

9am - 5pm  
Family Advice & Guidance  
Drop-in

### Virtual Offer

- Information, Advice, and Guidance
- Breastfeeding Support
- Parent Carer Panel

103 Linaker Street, Southport, PR8 5DQ | 0151 288 6765 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

# Sefton Family Hubs

## First Steps Family Hubs Farnborough Road

### Monday

#### Activities for Children 0-5 Years

9:30am - 10am &  
10:15am - 11am

Rhyme Time

Suitable for babies 1 year+  
Booking Required

Location: Birkdale Hub  
Station Master's House  
Call us to book

#### Activities for Children 0-5 Years

1:30pm-2:30pm

Baby Yoga

For 6 - 12 month olds

Helps with nurture & touch.  
Promotes balance,  
coordination and motor  
skills

4-week course

£10 Booking Required

### Tuesday

#### Activities for Children 0-3 Years

9:30am - 10:15am

Jo Jingles

For 18m - 3yrs

10:45am - 11:30am

Jo Jingles

For 3m - 18m

Music and movement  
Facilitated by partners  
Booking Required  
£30 for 5 weeks

#### Maternity Support

1pm-3pm

Baby Weigh-in

Book with your Health  
Visitor

### Wednesday

#### Activities for Children 18m -3yrs

DANCING SONGBIRDS

9.30-10.10

Come and join Aimie for  
dancing, singing and rhymes.

18m-3yrs

Drop In

#### Activities for Children

Baby rhyme time

10.30-11.00

Suitable from birth to crawling  
Enjoy rhymes and songs with  
your baby.

#### Activities for Children 0-5

Stay for CHILL and CHAT

11.00-12.00

Stay after Baby Rhyme Time  
for a cuppa, a croissant and a  
chat. Can't make Baby Rhyme  
Time? No worries - come and  
join us for refreshments and a  
much-needed natter.

Drop in

### Thursday

#### POSITIVE PARENTING

9.15-11.30

4 week course

Gain strategies for  
managing your  
child's behaviour  
Booking Required

### Friday

Ask us anytime about...

- Home Safety
- Speech & Language
- Behavioural Support
- Welfare Advice
- Healthy Start Vitamins

ASKUS



Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | [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

### Activities for Children 0-5

#### Sling tots

1.00-2.00

Sling Tots is a feel-good, baby-wearing dance inspired movement class for parents who want to get moving with nostalgic music and make new friends. Move, laugh, smile and bond with your baby snuggled in a sling or carrier.

5 week course

£50 charge

Booking required via

<https://slingtots.tappytoes.com/>

## Tuesday

### Activities for Children 0-5

#### Little Treasures

10am - 11am

Support your child's early learning through treasure baskets, songs and stories!

For birth to crawling  
Drop-in

#### Top Tots

1:30pm-2:30pm

A physical, fun activity session to encourage large motor skills.

For 18 months +

Drop-in

**NO BOOKING REQUIRED**

## Wednesday

10am - 12pm

### Mini First Aid

£12 Booking Required

Learn all about baby and child's first aid, with techniques for what to do in an emergency. Including: CPR, choking, bumps, bleeding, breaks, burns, febrile seizures & meningitis awareness.

## Thursday

## Friday

### Activities for Children 0-5

10am - 11am

#### Stay and Play

For 1 year +

Drop-in

1:30pm - 2:30pm

#### Baby Massage

For 6wks - 6m

4-week course

£10 Booking Required

## Saturday

10am - 12pm

#### Dad's Club

Fun, games & snacks

Drop-in every other week

- Commencing 18.04.2026

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)

Call us to book your place on 01704 571 606