

Sefton Family Hubs



Our Timetable
January – March 2026
Support. Grow. Thrive.



Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

Nutrition and Weight
Management
9am - 12pm
Henry Programme
Targeted Group
Booking via Health
Visitors
Runs monthly

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

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

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

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

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

Smoking Cessation
Support
12pm - 4pm
Smoke-Free Pregnancy
Booking Required

Afternoon

Activities for Children 0-5 Years
1pm - 2:30pm
Little Explorers / PEEP
Drop-in

Nutrition and Weight
Management
3:30pm - 4:30pm
Little Chefs
Booking required

Targeted Family Support
5pm - 7pm
Male ACEs

Domestic Abuse Support
9am - 12pm
SWACA Group
Booking Required

Youth Support
1pm - 3pm
Teen ACEs Schools

Parenting Support
10am - 11am
Bee Kind Parenting
Booking Required

Maternity Services
1pm - 3pm
Baby Clinic
Booking Required

Youth Offer
4pm - 5pm
Hub Club 6+
(After School Club)

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

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

Afternoon

Canning Road Methodist Church, PR9 7SS | 01704534975 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

Activities for Children
0-5 Years
10:30am - 12pm
Baby Massage
Booking required

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

Targeted Family Support
10am - 12pm
ACEs Women
Commencing February

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

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

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

Afternoon

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

Early Language Support
1:30pm - 2:30pm
Chattertime
Booking required

SEN Support
5:30pm - 7:30pm
Riding the Rapids
Virtual Offer

Virtual Offer

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

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

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

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

Activities for Children 0-5 Years

9:30am - 10:10am
Dancing Songbirds
For 18m-3yrs
Drop-in

Activities for Children 0-5 Years

10:30am - 11am
Baby Rhyme Time
For birth to crawling
Drop-in

11am - 12pm
Chill & Chat
Refreshments provided
Drop-in

Parenting Support

9:15am - 11:30am
Positive Parenting

Gain strategies for
managing your child's
behaviour

Booking Required

Ask us anytime about...

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

ASK US



Afternoon

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

Maternity Support

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

Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | c.horton.fs@schools.sefton.gov.uk

Call us to book your place on 01704 572 579

Monday

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Thursday

Friday

Morning

Ask us anytime about...

- Employability
- Parenting Advice
- Breastfeeding Support
- Early Help
- Domestic Abuse
- Welfare Advice

ASK US



10am - 11am
Little Treasures

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

For birth to crawling
Drop-in

10am - 12pm
Mini First Aid

4th March 2026
£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.

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

Afternoon

1:30pm-2:30pm
Top Tots

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

For 18 months +
Drop-in

Saturday

10am - 12pm
Dad's Club
Fun, games & snacks

Drop-in
Dates: 10/1, 24/1, 7/2

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 571 606