

Monday

Tuesday

Wednesday

Thursday

Friday

5th August 2025

Marie Clarke 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!

6th August 2025

<u>Cambridge Family</u> Hub

11am - 1pm Nature Workshop

Bring the outside in for family fun

7th August 2025

Marie Clarke Family
Hub

11am - 1pm Teddy Bears' Picnic

Bring your teddy for a family picnic





12th August 2025

Marie Clarke 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!

13th August 2025

Cambridge Family Hub

11am - 1pm Pirate Funday

Become your very own pirate for the day!

14th August 2025

Marie Clarke Family Hub

11am - 1pm Jungle Day

Become the King or Queen of the Jungle!





Please contact your local hub to book your place
Marie Clarke Family Hub: Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | MarieClarke.FWC@sefton.gov.uk
Seaforth Family Hub: Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | Seaforth.FWC@sefton.gov.uk
Cambridge Family Hub: Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | Cambridge.FWC@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

19th August 2025

Marie Clarke 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!

20th August 2025

<u>Cambridge Family</u> Hub

11am - 1pm Teddy Bears' Picnic

Bring your teddy for a family picnic

21st August 2025

Marie Clarke Family
Hub

11am - 1pm Nature Day Arts & Crafts

Create your own nature patch



Week 4

26th August 2025

Marie Clarke Family Hub

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

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

27th August 2025

Cambridge Family Hub

11am - 1pm Jungle Day

Become the King or Queen of the Jungle!

28th August 2025

<u>Marie Clarke Family Hub</u>

11am - 1pm Pirate Funday

Become your very own pirate for the day!





Please contact your local hub to book your place

Marie Clarke Family Hub: Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | MarieClarke.FWC@sefton.gov.uk Seaforth Family Hub: Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | Seaforth.FWC@sefton.gov.uk Cambridge Family Hub: Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | Cambridge.FWC@sefton.gov.uk

Monday

Tuesday

Wednesday

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Friday



5th August 2025

11am - 1pm Magic-themed Craft Day

Join us for magical crafts

6th August 2025

11am - 1pm Sensory Workshop

Slime making, bubble foam play, gloop and moon sand! 7th August 2025

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!



Week 2
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12th August 2025

11am - 1pm Nature Hunt

Be at one with nature at our nature hunt



13th August 2025

11am - 1pm Teddy Bears' Picnic

Bring your teddy for a family picnic



14th August 2025

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

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



Tuesday Wednesday **Thursday Friday** Monday **19th August 2025 20th August 2025 21st August 2025** 11am - 1pm 11am - 1pm 11am - 3pm **Bubble-themed Craft Bubble Man** Arts, Crafts and **Creative Fun** Fantastic bubble tricks Day and lots of fun! Get creative and have Fun-filled crafts day with all things some fun! Including lunch, bubbles! refreshments, arts & crafts, and lots of fun for all the family! 27th August 2025 26th August 2025 **28th August 2025** 11am - 1pm 11am - 3pm 11am - 1pm Summer Festival with Summer Swap **Summer Bingo Circus Skills** Celebrate summer at Out with the old and Eyes down and win our festival day with a in with the new with some prizes - join the fantastic circus show! fun with bingo for swap-tastic summer fun! everyone! Including lunch, refreshments, arts &

> crafts, and lots of fun for all the family!

Monday

Tuesday

Wednesday

Thursday

Friday



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



Veek



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

<u>Linaker Family Hub</u>

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

Monday

Tuesday

Wednesday

Thursday

Friday

19th August 2025

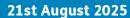
10am - 12pm Day out at Hesketh Park



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!



Linaker Family Hub

11am - 1pm Family Fun with Arts & Crafts





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

<u>Linaker Family Hub</u> 11am - 1pm Family Crafts Day

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

Marie Clarke

Litherland

Talbot

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



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



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Friday 22th 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





5 Way to Wellbeing Free Family Activities Litherland

Week 1 Week 2 Week 3 Week 4 Week 5

Tuesday 29th July 2025

Connect

10:30am - 12pm

Get to meet new friends make new connections and play fun team building activities Tuesday 5th August 2025

Be Active

10:30am - 12pm

Fun through sports and games



Tuesday 12th August 2025

Take Notice

10:30am - 12pm

Take part in some mindful fun activities with lots of creativity



Tuesday 19th August 2025

Keep Moving

10:30am - 12pm

Learn how to spell your name in sign language and learn how some creative activities Tuesday 26th August 2025

Give

10:30am - 12pm

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









EMBRACE NEW EXPERIENCES, SEE OPPORTUNITS SURPRISE YOURS



Your time, your words, your presence









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







WHAT YOU CAN, JOY WHAT YOU DO, VE YOUR MOOD



MBER IMPLE GS THAT YOU JOY











