

# Sefton Family Hubs



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



# Sefton Family Hubs

## Our Family Hubs, Your Family Hubs

Our Family Hubs are open Monday-Friday 9am-5pm for anyone to drop in and speak to one of the team. They host sessions delivered by our Early Help team and our partners.

We know that family life has its challenges; our Family Hubs are place to come when you need a chat, a cuppa and some advice and support. We are here to support you and your family.

## Our Timetables

Our timetables set out what is on offer in our hubs, make sure to keep an eye out as we add new sessions to support our families in Sefton. We run some sessions as drop ins and some are bookable by emailing the hub, details at the bottom of each timetable.

We host casual tea and toast sessions throughout the week at all our Hubs but if you are ever passing and think we could offer you some help or you need some advice, just drop in, there will always be someone around to help. We can help with foodbank vouchers, warmer homes items, free sanitary products and vitamins for pregnant people and little ones so just come in and find some support if you need it.

Make sure to look out for special events that aren't in our usual timetable. Check the website and social media for school holidays and half term special events. We also have lots of fun days around Easter, Halloween and Christmas!

# Sefton Family Hubs

## What do we offer at Family Hubs?

Family Hub sessions are inclusive and supportive and aim to help families with issues they may be experiencing or provide a space to meet other parents and make connections in their communities.

Our Universal sessions are open to all interested. Programmes within the universal offer are designed to cater to people from all walks of life, providing opportunities to speak to professionals, hub workers and other members of the community. We provide drop-in sessions for general advice, guidance, and/or activities, as well as appointment-led sessions for 1-1 support.

Targeted Group Programmes are available to those who have been given a referral from a professional. Our targeted programmes cover a range of themes and aim to provide more in depth support for those who need it.

We have a 'Virtual Hub' online with useful advice, links, resources, videos and support for those who wish to find support that way. You can also find us on social media on Facebook and Instagram where we post fun content from our Hubs and advertise special one off events and family fun days.

At the back of this brochure, you will find a breakdown by age of all our universal and targeted sessions with a brief description for each one about what is involved, you can also find this online at

[www.sefton.gov.uk/familyhubs](http://www.sefton.gov.uk/familyhubs)

# Sefton Family Hubs

## Seaforth Family Hub

We are always here with a listening ear, any weekday

### Monday

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

SEN Support (Any Day  
Helpline)  
SEN & Inclusion Support  
Service  
Phone number listed in  
session details (see  
back of booklet)

### Tuesday

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

Mental Health Support  
All day  
Venus 1-1 Therapeutic  
Sessions  
Appointment Only

### Wednesday

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

Mental Health Support  
12pm-2pm  
Cancer Navigator  
Closed Group

Parenting Support  
1pm - 2:30pm  
Bee Kind Parenting

### Thursday

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

Activities for Children 0-5  
Years  
9:30am - 10:30am  
Baby Sensory/Rhyme  
Time  
Drop-in

Domestic Abuse Support  
9am - 5pm  
PCN ACES  
Targeted Group  
Booking required

### Friday

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

10am - 11:30am  
Tea & Toast  
Drop-in

Activities for Children  
0-5 Years  
10am-11:30am  
Little Explorers/  
learning together  
Drop-in

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)



### Monday

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

**SEN Support**  
**10am - 12pm**  
**Riding the Rapids**  
**Booking Required**

**2pm - 4pm**  
**Resettlement Group**

**Family Wellbeing Support**  
**Monday 9<sup>th</sup> February**  
**12:30pm - 3:30pm**  
**Talk, Listen, Connect (TLC) Workshop**  
**Booking required**

### Tuesday

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

**Activities for Children 0-5 Years**  
**10am - 11am**  
**Sensory Baby**

**Targeted Family Support 0-5 Years**  
**11:30am - 12:30pm**  
**Baby Massage**  
**Booking Required**

**Early Language Support**  
**1:30pm-2:30pm**  
**Baby Rhyme Time**  
**Drop-in**

**Youth Offer**  
**3:30pm - 4.30pm**  
**Hub Club (After School)**

**2pm - 4pm**  
**Resettlement Group**

**Domestic Abuse Support**  
**6pm - 8pm**  
**Caring Dads**  
**Targeted group through Brighter Kinder Futures**  
**Booking Required**  
[brighterKinderfutures@sefton.gov.uk](mailto:brighterKinderfutures@sefton.gov.uk)

### Wednesday

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

**Domestic Abuse Support**  
**9am - 5pm**  
**PCN ACEs**  
**Closed Group**

**2pm - 4pm**  
**Resettlement Group**

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

### Thursday

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

**9am - 5pm**  
**Sefton CAMHS**  
**Appointment Only**

**Mental Health Support MHM**  
**Support Group**  
**12:30pm - 2:30pm**  
**Closed Group**

**Activities for Children 0-5 Years**  
**1:30pm - 2:30pm**  
**Messy Play**  
**Drop-in**

**SEN Support (Any Day Helpline)**  
**SEN & Inclusion Support Service**  
**Phone number listed in session details (see back of booklet)**

### Friday

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

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

**Virtual Offer**

- **Information, Advice & Guidance**
- **Breastfeeding Support**
- **Parent Carer Panel**

Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

### Monday

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

### Tuesday

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

9:15am - 10:15am  
Tea & Toast  
Drop-in

Activities for  
Children 0-5 Years  
10am - 11:30am  
Little Explorers  
/Learning Together

Youth Support  
10am - 12pm  
Teen ACEs  
Hillside

### Wednesday

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

Domestic Abuse  
Support  
6pm - 8pm  
Caring Dads  
Targeted Group  
through Brighter  
Kinder Futures  
-  
[brighterkinderfuture  
s@sefton.gov.uk](mailto:brighterkinderfuture<br/>s@sefton.gov.uk)  
Booking Required

### Thursday

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

Activities for  
Children 0-5 Years  
9:15am - 10:00am  
Baby Sensory/Rhyme  
Time  
Drop-in

Targeted Family  
Support  
12:30pm-4pm  
Adult ACEs  
Targeted Group  
Booking required

### Friday

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

SEN Support (Any  
Day Helpline)  
SEN & Inclusion  
Support Service  
Phone number listed  
in session details  
(see back of booklet)

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

### Monday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

10am - 11:30am

Little Explorers/Learning Together Drop-in

SEN Support (Any Day Helpline)

SEN & Inclusion Support Service  
Phone number listed in session details (see back of booklet)

### Tuesday

9am - 5pm

Family Advice & Guidance Drop-in

SEN Support

10am - 12pm

Riding the Rapids Targeted Group  
Booking Required

Youth Support

10am - 12pm

ACES (Young People) Chesterfield

Targeted Family Support

12pm - 2:30pm

ACEs (Male)  
Booking Required  
Commencing in April

Activities for Children 0-5 Years

1:30pm - 2:30pm

Baby Sensory (up to 12mths)

### Wednesday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

1pm - 3pm

Baby Massage  
Booking required

Targeted Family Support

1pm - 3pm

ACE Recovery and Bee Kind Parenting  
1-1 Support  
Booking Required

### Thursday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

10am - 11am

Early Years SEN Stay & Play Group  
Drop-in

Targeted Family Support

12pm - 2:30pm

ACEs Women  
Booking Required  
Starts 29/1

Youth Support

4pm - 5pm

Hub Club 6+  
(After School Club)

### Friday

9am - 5pm

Family Advice & Guidance Drop-in

Early Language Support

10am - 11am

PEEP Learning Together Session

Family Wellbeing Support

1pm - 3pm

Talk, Listen, Connect Workshop (TLC)  
Booking Required  
Commences February

Virtual Offer

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

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

### Monday

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

Parenting Support  
12:45pm - 3:15pm  
Breastfeeding Support  
Group

Activities for Children 0-5  
Years  
1:30pm - 2:30pm  
Messy Play  
Drop-in

SEN Support  
1pm - 4:30pm  
ADHD Clinic  
Call to book: 0151 282 4930

Relax and Craft  
3:30pm - 4:30pm  
Art Attack  
Drop-in

### Tuesday

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

9am - 2:30pm  
Adult Learning Level 1 & 2  
Teaching Assistant  
Qualification  
Realise Training

Book onto the course via  
Natalie.Mcdermott@realise  
training.com

Parenting Support  
10am - 11:30am  
Bee Kind Parenting  
Booking Required  
3<sup>rd</sup> Feb - 10<sup>th</sup> March

Parenting Support  
1:30pm - 3pm  
Bee Kind Parenting - Teens  
Booking Required

### Wednesday

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

Domestic Abuse Support  
9am - 1pm  
SWACA Course  
Booking Required

Maternity Support  
1pm-4pm  
Baby Weigh-in Clinic  
Appointment only

Activities for Children 0-5  
Years  
1:30pm - 2:30pm  
Baby Explorers  
Drop-in ( up to 12mths)

### Thursday

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

SEN Support one to one  
1 - 12  
Sefton Carers Centre  
Booking Required  
SEN Support  
coffee morning 10-12 drop in  
Targeted Family Support  
9:30am - 10:30am  
ACEs Recovery  
1-1 Support  
Booking required

SEN Support (Any Day  
Helpline)  
SEN & Inclusion Support  
Service  
Phone number listed in  
session details (see back of  
booklet)

### Friday

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

SEN Support  
10am-2pm  
Life is for Living  
Support for adults and  
children  
Drop-in

SEN Support  
1pm - 4:30pm  
ADHD Clinic  
Call to book: 0151 282  
4930

Virtual Offer

- Information, Advice and Guidance
- Breastfeeding support
- Parent Carer

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

## Monday

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

NVR Group  
Mental Health Support  
Team (MHST)  
Appointment Only

10am - 11:30am  
Understanding  
Challenging  
Behaviour with MHST  
Targeted Group

3pm-5pm  
DBT Group (CAMHS)  
Targeted group

## Tuesday

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

Early Help  
Therapeutic Team  
1-1 Sessions  
Appointment Only

## Wednesday

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

## Thursday

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

10am - 12pm  
Riding the Rapids  
with VENUS  
Targeted Group

## Friday

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

SEN Support (Any  
Day Helpline)  
SEN & Inclusion  
Support Service  
Phone number  
listed in session  
details (see back of  
booklet)

Stannyfield Drive, Thornton, L23 1TY | 0151 934 4991 | Thornton.FWC@sefton.gov.uk

### Monday

9:30am - 12pm  
Family Advice and  
Guidance  
Drop-in

9am - 12:30pm  
Empowering Women  
Programme

A free 4-week course  
run by Crosby  
Training for mums to  
build confidence and  
skills.

Participants will  
receive a £75 High  
Street voucher upon  
completion!

1pm - 2pm  
ELSA Sessions  
Call us to book

### Tuesday

Monthly Guest  
Speakers  
Opportunities to  
hear from  
experienced  
professionals.  
Call us for more  
details.

Health and  
Wellbeing  
C-Card Drop in  
Available every day

### Wednesday

9am - 12pm  
Continence Nurse  
Appointment Only

Activities for Children  
0-5 Years

9:30am - 11am  
Learning Together  
Early learning  
session focusing on  
the five key strands  
of Early Years  
Development.  
Call to book.

Activities for Children  
0-5 Years

11am - 12pm  
Relax Kids  
Call to book

### Thursday

Activities for  
Children 0-5 Years

10am - 11:30pm  
Baby Massage  
Followed by a 4-  
week Baby Yoga  
course

3:30pm - 5pm  
Drop-in Play Session  
Tiger Hill Playground

### Friday

Maternity Support  
Midwifery Clinic  
Book through your GP

9:15am - 10:30am  
Coffee Morning - Chill  
and Chat

SEN Support  
12:30pm - 2:30pm  
Riding the Rapids  
Targeted Group

SEN Support (Any Day  
Helpline)  
SEN & Inclusion  
Support Service  
Phone number listed  
in session details (see  
back of booklet)

Moorhey Road, Maghull. L31 5LE | 0151 526 1568 | enquiries@hudsonprimary.co.uk

## 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

### Activities for Children 0-5 Years

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

### Targeted Family Support

5pm - 7pm  
Male ACEs

### Nutrition and Weight Management

3.30-4.30  
(5-11yrs)  
Edible Gardens  
Commencing after Feb 1/2 term

## Tuesday

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

### Nutrition and Weight Management

9am - 12pm  
Henry Programme  
Targeted Group  
Booking via Health Visitors  
Runs monthly

### Domestic Abuse Support

9am - 12pm  
SWACA Group  
Booking Required

### SEN Support (Any Day Helpline)

SEN & Inclusion Support Service  
Phone number listed in session details (see back of booklet)

## Wednesday

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

### Employee Advice Guidance

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

### Youth Support

1pm - 3pm  
Teen ACEs Schools

## 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

### Parenting Support

10am - 11am  
Bee Kind Parenting  
Booking Required

### Health Visitors

1pm - 3pm  
Baby Clinic  
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



Monday

Tuesday

Wednesday

Thursday

Friday

Activities for Children

0-5 Years

10am - 12pm

Sensory Baby

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



### Monday

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

Activities for Children  
0-5 Years

10am - 11:30pm  
Baby Massage  
Booking required  
Starts in April

SEN Support (Any Day  
Helpline)

SEN & Inclusion  
Support Service  
Phone number listed in  
session details (see  
back of booklet)

### Tuesday

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

Targeted Family Support

10am - 12pm  
ACEs Women  
Commencing April

Family Wellbeing Support

Tuesday 10<sup>th</sup> February  
12:30pm - 3:30pm  
Talk, Listen, Connect (TLC)  
Workshop  
Booking Required

### Wednesday

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

Domestic Abuse Support

6pm - 8pm  
Caring Dads  
Targeted Group through  
Brighter Kinder Futures  
-

Booking required via  
[brighterkinderfutures@sefton.gov.uk](mailto:brighterkinderfutures@sefton.gov.uk)

### Thursday

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

Activities for Children 0-5  
Years

1:30pm - 2:30pm  
Learning Together Stay &  
Play / Chattertime  
Drop-in

SEN Support

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

### 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)

### 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 0-5 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

#### Maternity Support

1pm-3pm

Baby Weigh-in

Book with your Health  
Visitor

### Wednesday

#### 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

### Thursday

#### Parenting Support

9:15am - 11:30am

Positive Parenting

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

ASK US



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

### Monday

Ask us anytime about...

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

ASK US



### Tuesday

10am - 11am  
Little Treasures

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

For birth to crawling  
Drop-in

1:30pm-2:30pm  
Top Tots

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

For 18 months +  
Drop-in

### Wednesday

10am - 12pm  
Mini First Aid

4<sup>th</sup> 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.

### Thursday

### Friday

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  
Dates: 10/1, 24/1, 7/2

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

# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All

#### Baby Explorers

A fun, stimulating and interactive reading and play session for children. Story makers will support your child's communication, language, and literacy development, with sessions giving you an opportunity to build on the fun in reading at home. 1 hour 30-minute sessions.

#### Baby Massage

Baby Massage is a 6-week programme that aims to promote attachment between baby and caregiver through infant massage, eye contact, talking to your baby and understanding the needs of your baby. The course is suitable for babies who have had their routine hip check and up to pre-crawling. Baby massage also has benefits for babies such as, improving sleep, enhancing bonding and attachment, aids digestion and strengthens the immune system. Booking required.

#### Baby Rhyme Time

Join us for a fun-filled hour of songs and rhymes. Help your child to learn and develop their imagination.

#### Sensory Baby

An ongoing drop-in session for babies aged 0-18 months, offering a playful space to explore different textures, smells and sounds that stimulate their senses and support early learning.

#### Baby Weighing Clinic

Parents must book their baby in with the HV team on 0151-247-6354 for an appointment.

# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All

#### Baby Yoga (Farnborough)

Yoga with your baby to help with nurturing and bonding. Exercises promote balance, co-ordination and motor skills. Suitable for children aged 6 months - 12 months. Courses are 4 weeks in length. Booking required.

#### Bloom Baby (Farnborough)

Highly interactive, multi-sensory baby classes for children aged 6 weeks -15 months. Contact Eleanor on 07967813074 for more information and to book.

#### Bookworms! (Farnborough)

A 4-week course of discovering books and reading with your little one. 18 months + Booking Required.

#### Breastfeeding Support

Breastfeeding offers benefits for mother and baby, including enhanced immunity and improved digestion as the antibodies in breastmilk are created especially for your baby, it helps reduced risks of various illnesses and diseases for baby with these benefits lasting into adulthood, preventing many illness for the mother too. Breastfeeding also promotes bonding and attachment vital for babies' brain development as well as encourages muscle strength to support speech and language development. And its free and convenient!

# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All

#### PEEP Learning Together

PEEP Learning Together is a 6-week stay-and-play course designed for children aged 2–5 years and their parents. The sessions focus on fun, play-based activities while introducing simple communication and language strategies. PEEP Learning Together aims to support parents with practical tips to help develop their child's speech and language at home. It's especially helpful for children who have been identified as needing extra support and is a great first step before seeing a Speech and Language Therapist.

#### Dancing Songbirds (Farnborough)

Join Aimie for a morning full of dancing, singing and rhymes with your baby. Suitable for toddlers aged 18 months – 3 years old. Booking required.

#### Henry Programme

Support session for fussy eaters, help with stating your baby on solids and understanding behaviour. Closed group.

#### Jo Jingles (Farnborough)

Join Fran for a fun-filled music and movement session with your baby. Booking required.

# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All

#### Little Chefs

A fun and interactive cookery session for parents/carers and children! This hands-on course supports early learning and development through cooking together. It encourages personal, social, physical, and emotional growth, with a focus on communication, language, early literacy, and early maths skills. Come along and enjoy making tasty, healthy, and nutritious meals and snacks together!

#### Little Explorers / Peeps

A fun, stimulating and interactive play, learning and development session. This is based on Parents as the First Teachers model and supports families to build attachment and positive parenting behaviours; strengthen parent-child interaction within the Early Home Learning Environment; support school readiness.

#### Little Treasures (Kings Meadow)

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

#### Midwife Clinic

Clinics are facilitated by the NHS on an appointment basis, made directly through your GP/midwife.

# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All

#### Parent Education Classes

Bookings to be made through your midwife.

#### Pre-school Storytime (Crosby Library)

Storytime for preschool children, where you can bond with your child through the magic of reading and get to know what types of stories you can read with your child at home. Drop-in sessions run in Crosby Library.

Sessions are for babies from birth to crawling. No booking required.

#### Smoke Free Pregnancy

Appointment sessions giving you advice and guidance on how to stop smoking throughout your pregnancy.

#### Top Tots (18months+)(Kings Meadow)

A physical fun activity session to encourage the expression of large motor skills. Sessions are suitable for toddlers aged 18month+ No booking required.

#### Well Baby Clinic

This is a 1-1 session with health visitors for baby weighing and to discuss anything that is concerning parents regarding their child's development. Appointments only.



# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All Best Start in Life

#### Best Start in Life

Every child's journey is shaped by the moments that matter — from first steps and first words to their first day at school. The government's Best Start in Life campaign, led by the Department for Education and the Department of Health and Social Care, aims to remove barriers and open up opportunities for every family, supporting parents and children from pregnancy through the early years and beyond.

Parenthood is full of joyful milestones, but it also comes with natural questions and concerns. Best Start in Life brings together trusted information, guidance and support to make things easier — helping families access early education and childcare, health advice, and practical assistance when they need it most.

Whether you're expecting a baby, navigating your child's early health and development, exploring childcare options, or preparing them for school, Best Start in Life is here to help. The new website includes practical tools such as a childcare checker, a map of breakfast clubs, and links to local support, all designed to simplify life for families.

From pregnancy to childcare and beyond, find reliable advice and support for your child's development at [BestStartinLife.gov.uk](https://BestStartinLife.gov.uk).

# Sefton Family Hubs

## Universal Sessions

### Fearless, Fun and Active 6-11: Support For All

#### Art Attack (8yrs - 11yrs)

Come along for a fun afternoon of arts and crafts! We encourage children to explore their artistic creativity, with sessions aiming to provide a calm environment to relieve stress whilst they engage in a range of fun art activities. All children aged 8-11 are welcome, drop-in sessions.

#### Gardening Club (Edible Gardens)

Come along to one of your local family hubs and enjoy producing your own herbs, fruits, and vegetables. Edible gardening really is the best of both worlds, offering a hand-on approach to learning the origins of food, nutrition, science and sustainability, with the added bonus of being able to eat your produce. Drop-in sessions running from March - October.

#### Relax Kids

Relax Kids group sessions are beneficial for children who may be experiencing anxiety, low self-esteem and/ or lack of confidence. Sessions are aimed at children and teens aged 4- 16 years.

#### Tiger Hill Playground (Hudson)

A playground designed with safety in mind, providing a secure environment for children to explore and play. Drop-in

# Sefton Family Hubs

## Universal Sessions

### Next Generation 11+: Support For All

#### Career Connect

Drop-in session for teens providing career advice, guidance, and support.

#### C-Card Drop In (13-24)

The C Card is a card is available to young people aged 13 to 24 years old, providing FREE condoms. You can be of any sexuality, and you do not have to be sexually active to have a C-card. 30-minute slot

#### ELSA Sessions (Hudson)

6-week emotional well-being sessions to Improve Emotional Regulation, Enhance Social Skills and Increased Confidence. Call to book.

#### Relax Kids

Relax Kids group sessions are beneficial for children who may be experiencing anxiety, low self-esteem and/ or lack of confidence. Sessions are aimed at children and teens aged 4- 16 years.

# Sefton Family Hubs

## Universal Sessions Families

### Bee Kind Parenting Course

Join us for a session designed to help you understand and manage your child's behaviours. This isn't just a course, it's a celebration of kindness, connection and compassion. You'll gain practical strategies and supportive guidance to help you navigate your child's social and emotional wellbeing as they grow and develop.

### Coffee Morning / Tea & Toast

Drop-in and have a cuppa & a chat with our friendly early help workers for advice & guidance regarding any issues (positive or negative). All are welcome.

### Dad's Club (Kings Meadow)

This is a drop-in group for dads/male carers with children aged 0-11. It gives you a chance to connect with other dads and speak to support staff.

### DWP Drop In

The DWP provide tailored practical support to families open to Early Help. The team will offer information, advice and guidance to families wanting benefits support.

### Integrated Care Team

Drop-in session for adults providing support and guidance for families who have health or social care needs

# Sefton Family Hubs

## Universal Sessions Families

### Sleep Clinic

Top tips for children to get a good night's sleep.

### Supporting Families

Working with families to overcome barriers in finding work, providing different options and avenues you can take in order to do so, and identifying any training that will help you into the workplace. Sessions run at the Job Centre.

### Team Around the School Coffee Morning

Team Around the School offer support to families in Sefton bringing professionals from health, education, social care and more together in one place around a single school to better support families. They host a drop in coffee morning for parents/carers they work with to chat through any support they might need. These sessions are for families whose children attend schools in the Team Around the School project. Check with the headteacher of your school to learn more about the offer in your school.

### Trinity Wellness

A programme designed for mums focussing on mental, physical and emotional wellbeing. Enjoy physical exercise, coaching, relaxation techniques and much more! Children welcome. 1 hour 30-minute sessions.

# Sefton Family Hubs

## Universal Sessions Families

### Talk, Listen, Connect (TLC)

The TLC workshop aims to improve how we communicate with children. This includes:

- Helping children to talk more about how they feel, their needs and wants
- Supporting adults to reflect on their experiences
- Identifying tips and tricks when talking with children
- Using active listening with children

# Sefton Family Hubs

## Universal Sessions Adults

### Family Advice & Guidance

The team provide impartial and confidential information, advice and support to families.

Every Monday, 9am–5pm, at the Netherton, Marie Clarke and Talbot Hubs, our Community Shop and Pantry is open to everyone.

Drop in for free essential items in a warm, welcoming space. Enjoy a hot drink and toast, a listening ear, and access to family advice and guidance. Whether you need practical support or a friendly chat, you're always welcome.

### Healthy Start Vitamins (1:1)

Pregnant women, women with a child under 12 months, and children aged up to 4 years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins. Healthy Start vitamins contain vitamins A, C and D for children aged from birth to 4 years, and folic acid and vitamins C and D for pregnant and breastfeeding women. Drop in and pick up your free 8-week supply of NHS Healthy Start vitamin tablets or drops.

### Household into Work

A session for advice and guidance on how to return to work when unemployed, how to access courses and general support into the workplace.

# Sefton Family Hubs

## Universal Sessions Adults

### Life's For Living Parent Support Group

Join our support group for parents and carers with children who have special educational needs and/or disabilities (SEND). Chat with some of our support staff members and other parents with SEND children. Drop-in sessions, first Wednesday of each month.

### Sefton Parent Carer Panel

“Your Voice Matters”: Meets monthly face to face. The forum will ensure parents and carers the opportunity to share their views and help to shape services for families in our Family Hubs.

### SWACA (Men)

Session for men, providing support for surviving the impact of domestic abuse through practical and emotional help. Facilitated by one of our partners.

### SWACA (Women)

Session for women, providing support for surviving the impact of domestic abuse through practical and emotional help. Facilitated by one of our partners.



# Sefton Family Hubs

## Universal Sessions Adults

### Tea & Toast

Drop-in to any of our tea and toast sessions for a welcoming space to discuss the ups and downs of being a teenager, parent, or carer with other like-minded individuals and support staff. Every week, we will be led by you on topics of interest that you would like to discuss and we will also be linking in with our health and wellbeing calendars and partner agencies. Please check our website, online platforms and your local hubs for weekly topics of discussion. Our teams provide impartial and confidential information, advice and support to all ages.

### Volunteer Programme

The 4-week volunteer programme will be delivered to individuals who are interested in volunteering at the Family Hubs. The course will increase their knowledge on the role of a volunteer, safeguarding and benefits of volunteering.

# Sefton Family Hubs

## Universal Sessions Adults

### Light For Life

Advice sessions to help with housing. To book, call 01704 501 256

### PEEP (Learning Together)

The 5-week programme will support parents and carers with their early learning and development. The programme will focus on the 5 key strands of early years development: Personal, Social and Emotional Development (PSED), Communication and Language (CL), Early Literacy (EL), Early Maths (EM), and Health and Physical Development (HPD) embedding opportunity, recognition, interaction and modelling.

### Sefton Carers 1-1

1-1 advice sessions for carers to discuss general thoughts and concerns with a professional. Appointment only.

### Sefton Carers Coffee Morning

All carers are welcome to drop-in to our coffee morning groups for general advice, support, or to meet other carers.

# Sefton Family Hubs

## Targeted Group Programmes

### Bumps, Babies and Little Ones 0-5: Targeted Support

#### Children's Continence Nurse

Appointment only. The service provides advice and support to children and young people with:

- Toilet Training issues
- Constipation and soiling
- Daytime and Night-time wetting
- Children and young people with additional and complex needs who may require a continence containment product.

# Sefton Family Hubs

## Targeted Group Programmes

### Fearless, Fun and Active 6-11: Targeted Support

#### 1-1: Healing Together Children and Young People

This 6-week programme has been put together by clinical and trauma informed experts to ensure children affected by domestic abuse are able to access early trauma informed help. Each session has been carefully crafted so children can learn about how their body and brain works together, their feelings, senses and strategies they can use to help their body and brain feel safe. The programme, delivered remotely or face to face, is suitable for children aged 5-16 years and can be delivered on a 1:1 or group basis.

#### Aiming High

The Aiming High team delivers a wide range of activities for children and young people aged 5 – 19 with additional support needs or disabilities. Sessions are led by highly experienced team members who work alongside our Family Hubs to hold sessions.

# Sefton Family Hubs

## Targeted Group Programmes

### Fearless, Fun and Active 6-11: Targeted Support

#### Children's Continence Nurse

Appointment only. The service provides advice and support to children and young people with:

• Toilet Training issues

- Constipation and soiling
- Daytime and Night-time wetting
- Children and young people with additional and complex needs who may require a continence containment product.

#### Draw & Talk

12 weeks of one-to-one therapeutic session for children and young people (aged 5-19) who have experienced trauma, loss or who have underlying emotional difficulties.

#### MHST (Mental Health Support Team) 1-1 Sessions

The Team offer support to children and young people who are experiencing: low mood, worry, anxiety and avoidance, sleep difficulties. Referrals to come directly from schools.

# Sefton Family Hubs

## Targeted Group Programmes

### Fearless, Fun and Active 6-11: Targeted Support

#### Neurodiversity

1 to 1 sessions with a specialist for children with emerging characteristics of neurodiverse conditions. Gain advice to support your child's development in a more private environment, including Autism, ADHD, sensory integration, social communication and much more. Call to book.

#### Portage Play

Monthly support play sessions for parents and children with special educational needs or disabilities.

#### Riding the Rapids (Primary)

10 -week parenting course for parents of children and young people who have a diagnosis of Autism and /or learning disabilities. Riding the Rapids targets areas to reduce challenging behaviour and improve the quality of life and emotional well-being of children and their families / carers. Primary and secondary groups available.

#### Umbrella Stay & Play

For children with emerging characteristics of neurodiverse conditions. Gain advice to support your child's development including Autism, ADHD, sensory integration, social communication and much more. General sessions last for 1 hour and 30-minutes, with 1-1 slots also available to book.

# Sefton Family Hubs

## Targeted Group Programmes

### Fearless, Fun and Active 6-11: Targeted Support

#### VENUS

VENUS is committed to providing support and practice that protects children, young people and vulnerable adults from abuse. The workers and volunteers at VENUS accept and recognise the responsibilities to promote the welfare of children, young people and vulnerable adults and develop awareness of the issues that cause them harm. VENUS sessions run by appointments only.

# Sefton Family Hubs

## Targeted Group Programmes

### Next Generation 11+: Targeted Support

#### Aiming High

The Aiming High team delivers a wide range of activities for children and young people aged 5 – 19 with additional support needs or disabilities. Sessions are led by highly experienced team members who work alongside our Family Hubs to hold sessions.

#### ACEs Recovery in Schools (Young People aged 12-16)

An 8-week programme for young people who have experienced or lived with adverse childhood experiences. The programme will help to build your resilience, manage your emotions, help you to develop better coping strategies, support a healthy lifestyle, and strengthen positive relationships and a confident future. Please speak to your lead professional to be referred. 2-hour session.

#### DBT Group (CAMHS)

Dialectical Behaviour Therapy (DBT) with CAMHS – for children and young people up to the age of 18. The ultimate goal of DBT is to help you "break free" of seeing the world, your relationships and your life in a very narrow, rigid way that leads you to engage in harmful and self-destructive behaviour. Following assessment, CAMHS can offer interventions on a range of mental health difficulties.



# Sefton Family Hubs

## Targeted Group Programmes

### Next Generation 11+: Targeted Support

#### Interpersonal Adolescent Therapy (IPT-A)

Therapeutic sessions for 13–19-year-olds struggling with depression. The programme aims to improve interpersonal relationships & communication skills, and to reduce the frequency/intensity of depression symptoms. 12-week, 1-1 sessions.

#### MHST (Mental Health Support Team) 1-1 Sessions

The Team offer support to children and young people who are experiencing: low mood, worry, anxiety and avoidance, sleep difficulties. Referrals to come directly from schools.

#### Riding the Rapids (Teen)

10-week parenting courses for parents of young people who have a diagnosis of Autism and / or complex needs, including learning disabilities. Riding the Rapids targets areas to reduce challenging behaviour and improve the quality of life and emotional well-being of children and their families / carers. 2-hour sessions.

# Sefton Family Hubs

## Targeted Group Programmes

### Next Generation 11+: Targeted Support

#### Sefton CAMHS (Marie Clarke)

Sefton Child and Adolescent Mental Health Services (CAMHS) are our children's mental health specialists from Alder Hey. Some of the issues they can help with are anxiety, attachment difficulties, behaviour problems, depressions, OCD, psychosis, PTSD, self-harm and more complex psychological difficulties. The service works with the young people, parents, carers and partner agencies to make sure that the right care is provided to each individual, depending on their needs and circumstances. Appointments are given through referral from a professional.

#### VENUS

VENUS is committed to providing support and practice that protects children, young people and vulnerable adults from abuse. The workers and volunteers at VENUS accept and recognise the responsibilities to promote the welfare of children, young people and vulnerable adults and develop awareness of the issues that cause them harm. VENUS sessions run by appointments only.

# Sefton Family Hubs

## Targeted Group Programmes

### Families: Targeted Support

#### Caring Dads

The programme is suitable for males using harmful and abusive behaviours within the family unit. The programme is designed using a Cognitive Behavioural Therapy (CBT) model which provides men with understanding and insight into domestically abusive behaviours, and how these impact on children and their mother. 2-hour session. Targeted group through Brighter Kinder Futures at [brighterkinderfutures@sefton.gov.uk](mailto:brighterkinderfutures@sefton.gov.uk)

#### Incredible Years

A 14-week parenting group (of children aged 2-10) which aims to strengthen parenting skills by developing techniques which support positive child behaviour focusing on play, interaction, praise, and rewards. Aims to increase children's social skills, emotional language as well as parents and child's relationship.

#### IY Parenting Course

One to one parent course (with children aged 2-10) which aims to strengthen parenting skills by developing techniques to support positive child behaviour by focusing on play, interaction, praise, and rewards. Supports parenting techniques of effective limit setting, consequence and problem solving. Increases children's social skills and emotional language as well as your relationship with your child.

# Sefton Family Hubs

## Targeted Group Programmes

### Families: Targeted Support

#### Lighthouse Project

This group is about the emotional side of being a parent. We help you build your own skills for seeing and understanding the feelings your baby has, so that you can know how to respond best to what your unique baby needs. Closed Group - 20-week course

# Sefton Family Hubs

## Targeted Group Programmes

### Adults: Targeted Programmes

#### ACE Recovery Adult Programme

A 10-week programme for individuals who have experienced or live with adverse childhood experiences. The programme will help to build your resilience, manage your emotions, help you to develop better coping strategies, support a healthy lifestyle and strengthen positive relationships. Please speak to your lead professional to be referred. 3-hour sessions

#### Cancer Navigator

The Navigating Cancer Together support group is a non-tumour specific cancer support group for over 18s. Places are available for self-enrolment, or referral via your doctor. To confirm your place, please call 07593 585 975 or 0151 920 0726

#### Early Bird Plus Parent Programme

This is a support programme created by the National Autistic Society (NAS), offering advice and guidance to parents and carers on strategies and approaches to working with children with autism spectrum conditions.

#### Family Law Advice

Appointment sessions with one of our partners to provide help and support with family law and to discuss any concerns. Appointments run on the first Wednesday of each month.

# Sefton Family Hubs

## Targeted Group Programmes

### Adults: Targeted Programmes

#### Healing Together

This 6-week programme has been put together by clinical and trauma informed experts to ensure children affected by domestic abuse are able to access early trauma informed help. Each session has been carefully crafted so that parents and carers can learn about how their body and brain works together, their feelings and senses. Along with strategies they can use to help themselves and the children and young people they care for, make the body and brain feel safe. 45-60 minute 1-1 sessions

#### PACES

The “Think ACE Create PACES” lived experience group aims is to deliver workshops to professionals working with children, young people and families across Sefton on the principle of trauma informed practice. Our mission is to ensure individuals who have experienced trauma are identified early and practitioners know how to respond to ACE’s and Trauma effectively.

#### Phoenix Healing CIC

This is a group for women who have experienced domestic abuse. The group facilitates the Freedom programme, which provides support for breaking the cycle of domestic abuse. Booking required.

# Sefton Family Hubs

## Targeted Group Programmes

### Adults: Targeted Programmes

#### Sefton Welfare Rights

For more information and appointments, email [welfarerights.advice@sefton.gov.uk](mailto:welfarerights.advice@sefton.gov.uk)

#### VENUS

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#### Youth Connect 5 in Transit

This 5-week programme is aimed at parents with children Transitioning from primary to secondary school. This time can be an exciting and anxious time for both children and parents. The course gives parents and carers the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.

#### Sefton SEN and Inclusion Services Advice and Support Helpline

Do you work with children ages 0-5? Do you have concerns about a child's development? Are you unsure whether to refer a child to our service? Are you a parent with concerns about your child or would you like an informal chat about what to expect from our services?

**For advice & support call 0151 934 2347**



# Sefton Family Hubs



## Best Start in Life 0-5 Timetables

Best Start in Life brings together a full range of services, support and opportunities to guide parents from pregnancy, through their child's early years and childcare journey, to starting school and beyond.



# Sefton Family Hubs

## Universal Sessions

### Bumps, Babies and Little Ones 0-5: Support For All Best Start in Life

#### Best Start in Life

Every child's journey is shaped by the moments that matter — from first steps and first words to their first day at school. The government's Best Start in Life campaign, led by the Department for Education and the Department of Health and Social Care, aims to remove barriers and open up opportunities for every family, supporting parents and children from pregnancy through the early years and beyond.

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From pregnancy to childcare and beyond, find reliable advice and support for your child's development at [BestStartinLife.gov.uk](https://BestStartinLife.gov.uk).

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Parenting Support  
1pm - 2:30pm  
Bee Kind Parenting  
Booking required

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
10am-11:30am  
Little Explorers/Learning Together  
Drop in

Seaforth Family Hub, Caradoc Road, Seaforth, L21 4NB | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)  
Call your to book your place on 0151 286 7807

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Activities for Children

##### 0-5 Years

10am - 11am

Sensory Baby (up to 12 months )

#### Targeted Family

##### Support 0-5 Years

11:30am - 12:30pm

Baby Massage

Booking Required

#### Early Language Support

1:30pm-2:30pm

Baby Rhyme Time

Drop-in

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Activities for Children

##### 0-5 Years

1.30-2.30

Messy Play

Drop in

Marie Clarke Family Hub, Linacre Lane, Bootle, L20 5AQ | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

Call your to book your place on 0151 330 5260

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
10am - 11:30am  
Little Explorers/Learning together  
Drop -in

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
9.15am-10:00am  
Baby Sensory/Rhyme Time Drop-in

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Cambridge Family Hub, Cambridge Road, Bootle, L20 9LQ | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)  
Call your to book your place on 0151 282 5436

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
10am - 11:30am  
Little Explorers/PEEPS Drop-in

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
1:30pm - 2:30pm  
Baby Sensory Drop-in (up to 12 months)

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
1pm - 3pm  
Baby Massage Booking required

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
10am - 11am  
Early Years SEN Stay & Play Group Drop in Commencing Feb

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Early Language Support  
10am - 11am  
PEEP Learning Together Session Booking required

Litherland Family Hub, Boundary Road, Litherland, L21 7LA | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)  
Call your to book your place on 0151 288 6661

### Monday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Parenting Support  
12.45pm – 3.15pm  
Breastfeeding Support Group

Activities for Children 0 – 5 Years  
1:30pm – 2:30pm  
Messy Play  
Drop in

### Tuesday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Parenting Support  
10am – 11:30am  
Bee Kind Parenting  
Booking required

### Wednesday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Maternity Support  
1pm – 4pm  
Baby Weigh-in

Activities for Children 0-5 Years  
1:30pm – 2:30pm  
Baby Explorers  
Drop in (up to 12 months)

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years  
9:30am – 10:30am  
Sensory Baby Rhyme Time  
Drop in

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Netherton Family Hub, Magdalen Square, Netherton, L30 5QH | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk) |  
Call your to book your place on 0151 282 1405

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Activities for Children 0-5 Years

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

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Parenting Support

10am - 11am  
Bee Kind Parenting  
Booking Required

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Talbot Street Family Hub, St. Andrews Place, Southport, PR8 1HR | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)  
Call your to book your place on 01704534975

### Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Activities for Children 0-5 Years

10am - 11:30pm

Baby Massage

Booking required

Starts April

### Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

### Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

#### Activities for Children 0-5 Years

1:30pm - 2:30pm

learning Together

Stay & Play/ Chatter time

Booking required

### Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

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

Call your to book your place on 0151 288 6765



Monday

Tuesday

Wednesday

Thursday

Friday

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

Canning Road Methodist Church, PR9 7SS | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)  
Call your to book your place on 01704534975

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Activities for Children 0-5 Years

9:30am - 11am  
Learning Together  
Early learning session  
focusing on the five key  
strands of Early Years  
Development.  
Call to book.

Activities for Children 0-5 Years

11am - 12pm  
Relax Kids  
Call to book

Activities for Children 0-5 Years

10am - 11:30pm  
Baby Massage  
Followed by a 4-week  
Baby Yoga course

3:30pm - 5pm  
Drop-in Play Session  
Tiger Hill Playground

Maternity Support  
Midwifery Clinic  
Book through your GP

Moorhey Road, Maghull. L31 5LE | 0151 526 1568 | [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk)

# Sefton Family Hubs

**Best Start in Life 0-5**  
**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  
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  
Farnborough Road Infant

## Tuesday

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

## Wednesday

## Thursday

TEXT

## Friday

TEXT

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**10am - 11am**  
**Little Treasures**  
Support your child's  
early learning through  
treasure baskets,  
songs and stories!  
For birth to crawling  
Drop-in

**1:30pm-2:30pm**  
**Top Tots**  
A physical, fun activity  
session to encourage  
large motor skills.  
For 18 months +  
Drop-in

**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

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

# Sefton Family Hubs

## Our Partners



Sefton  
Sexual Health  
Service



Sefton Council



Sefton CVS  
Supporting Local Communities



Sefton Council



Support. Grow. Thrive.

