

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.

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://www.BestStartinLife.gov.uk).



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.



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
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

Call your to book your place on 0151 330 5260

Sefton Family Hubs

Best Start in Life 0-5 Cambridge Family Hub

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
Call your to book your place on 0151 282 5436

Sefton Family Hubs

Best Start in Life 0-5 Litherland Family Hub

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
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 |
Call your to book your place on 0151 282 1405

Sefton Family Hubs

Best Start in Life 0-5 Talbot Street Family Hub

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
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
Call your to book your place on 0151 288 6765

Sefton Family Hubs

Best Start in Life 0-5
Canning Road

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
Call your to book your place on 01704534975



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.



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

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

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

Friday

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

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
Call us to book your place on 01704 571 606

Sefton Family Hubs

Our Partners



Support. Grow. Thrive.

