

Sefton Family Hubs



Our Timetable
September - December
Support. Grow. Thrive.



Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

10am - 11:30am
Little Explorers/Peeps (0-4 years)
Drop-in

11am - 1pm
Draw & Talk
1-1 Session
Targeted Session

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

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

10am - 12pm
Riding the Rapids (Primary)
Targeted Group
Booking required

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

9am - 5pm
IAPT
1-1 Session
Appointment Only

11:30am - 1:30pm
PACE's
Targeted Group

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

9am - 3pm
Midwife Clinic
Appointment Only

10am - 11am
Bee Kind Parenting Course
Booking required

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

9:30am - 11:30am
Peep Programme
Targeted Group
Booking required

10am - 11am
The Neurodiversity Project
Umbrella Stay & Play
Drop In Session for 1-5yrs

Afternoon

1pm - 5pm
C-Card
Drop-in

6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures -
brighterkinderfutures@sefton.gov.uk

10am - 12pm
ACES (Young People)
Targeted Group in Schools
Booking required

1pm - 2pm
Sensory Baby
Drop-in

1pm-4pm
Baby Weigh-in Clinic
Appointment Only

12:30pm - 2pm
Trinity Wellness
Drop-in

12pm - 3pm
ACES (Female)
Targeted Group Booking required

1pm - 3pm
Baby Massage
Booking required

1:30pm - 3pm
Volunteer Programme
Booking required

12:30pm-3pm
ACES (Male)
Targeted Group
Booking required

5pm - 8pm
Parent Carer Forum
Online Twilight Session

11am - 2.30pm
Neurodiversity Parent /Carer
Advice session
A bookable one to one session

Virtual Offer

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

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Family Advice & Guidance

Healing Together 1-1
Targeted Group
Booking required

9am - 5pm
Family Advice & Guidance

Healing Together 1-1
Targeted Group
Booking required

9:30am - 11am
Youth Connect 5
Targeted Group
Booking required

10am - 11:30am
Sefton Carers
Drop-in

12pm - 4pm
Sefton Carers 1-1
Appointment Only

9am - 5pm
Family Advice & Guidance

Healing Together 1-1
Targeted Group
Booking required

10am - 12pm
SWACA Drop-in

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

1:30pm - 3pm
Baby Explorers
Drop-in

9am - 5pm
Family Advice & Guidance

Healing Together 1-1
Targeted Group
Booking required

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

1pm - 2:30pm
Chattertime
Booking required

1pm - 3pm
DWP Drop-in

3:30pm - 4:30pm
Little Chefs
Booking required

5pm - 8pm
Parent Carer Forum
Online Twilight Session

9am - 5pm
Family Advice &
Guidance

Healing Together 1-1
Targeted Group
Booking required

10am - 1pm
Households into Work
Fortnightly Drop-in

Virtual Offer
Information, Advice and
Guidance

Breastfeeding support

Parent Carer Panel

Afternoon

3:30pm - 4:30pm
Art Attack
Ages 8 - 11
Drop-in

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

All Day
Venus 1-1
Therapeutic Session
Appointment Only

MHST 1-1 Sessions
Appointment Only

Early Help
Therapeutic Team
1-1 Sessions
Appointment Only

All Day
Venus 1-1
Therapeutic Session
Appointment Only

MHST 1-1 Sessions
Appointment Only

All Day
Venus 1-1
Therapeutic Session
Appointment Only

MHST 1-1 Sessions
Appointment Only

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

All Day
Venus 1-1
Therapeutic Session
Appointment Only

MHST 1-1 Sessions
Appointment Only

Afternoon

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

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

Sefton Family Hubs

Hudson Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

Children's
Continence Nurse
Appointment Only

9:30am-11:30am
Sefton Community
Learning
Call us to book

9:30am - 5pm
Healthy Start
Vitamins

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

11am - 12pm
Relax Kidz
Call us to book

10:30am-12pm
Drawing and Talking
Call us to book

Midwife
Appointment
Book through your
GP

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

10:30am - 12:30pm
Riding the Rapids
Targeted Group

Afternoon

1pm - 2pm
ELSA Sessions
Call us to book

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

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