

Monday

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

ELSA sessions

1:00pm – 2:00pm

Focusing on feelings, friendships, confidence and coping skills. Usually in small groups or 1:1, to support children's emotional wellbeing and development.
Call to book.

Relax Kidz

2:00pm – 3:00pm

Sessions help children feel calm, build confidence and manage stress through relaxation and mindfulness activities
Call to book

Enquiries@hudsonprimary.co.uk

0151 526 1568

Universal session

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
1pm-4pm

Wednesday

Continence Nurse
9am - 12pm
Appointment Only

PEEP Sessions

9:30am -11:00pm
Early Learning sessions focusing on the five key strands of Early Years Development.
Call to book.
0151 526 1568
Call to book

Level Up program

9:30am – 2:30pm
DISCOVER short courses with Crosby Training to help you build skills, confidence, and wellbeing. Training, support session for adults with a free salon treatment included.
Call to Book
0151 526 1568

Thursday

Activities for Children 0-5 Years

Baby Massage and Baby Yoga sessions support bonding, relaxation, and your baby's development through gentle movement and touch.
Call to book
0151 526 1568

Drop-in Play Session

3:30pm – 5pm
Tiger Hill Playground SEN Playground at Tiger Hill offers a free, secure space for children with additional needs to safely play and explore.
Drop-in

Friday

Maternity Support
Midwifery Clinic
Book through your GP
9am-3pm

Level Up program

9:30am – 2:30pm
DISCOVER short courses with Crosby Training to help you build skills, confidence, and wellbeing. Training, support session for adults with a free salon treatment included.
Call to Book
0151 526 1568

Riding the Rapids

12:30pm – 2:30pm
Targeted SEN parenting programme that supports parents with strategies to understand and manage their child's needs.
Call to book

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