

# Sefton Family Hubs

## Litherland Family Hub

We are always here with a listening ear, any weekday

### Monday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

10am - 11:30am

Little Explorers/Learning Together Drop-in

Hub Club

Seasonal Activities for all the family

3.30-4.45pm

Drop in Gardening club April – September plant, grow, cook and eat from our very own Edible Garden .

### Tuesday

9am - 5pm

Family Advice & Guidance Drop-in

Baby Weigh in Clinic

1-4

(Booking required through your Health Visitor )

Activities for Children 0-5 Years

Baby Sensory- up to 18 months 1.30-2.30

SEN Support

Riding the Rapids

10am - 12pm

Targeted Group

Booking Required

Parenting Support

Beekind Parenting course

10-11.30am

(Booking Required comm 22<sup>nd</sup> April -9<sup>th</sup> June)

This is a 6 week parenting course that aims to further equip parents/ carers with knowledge and practical strategies to support their child's emotional and psychological well-being.

### Wednesday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children 0-5 Years

1pm - 2.30pm

Baby Massage starting 15<sup>th</sup> April 6 week course

Booking required

Targeted Family Support

Aces – Male

2-4pm

(comm 22<sup>nd</sup> April-24<sup>th</sup> June )

Booking Required

Youth Support

Custody navigators

Bike maintenance scheme

Closed group

### Thursday

9am - 5pm

Family Advice & Guidance Drop-in

Midwife Clinic

9.30 – 3pm

(Booking required through your midwife )

Activities for Children 0-5 Years

10am - 11am

Early Years SEN Stay & Play Group

Drop-in

Targeted Family Support

12.30pm - 2:30pm

ACEs Women

Booking Required

Starts 30.4.26

### Friday

9am - 5pm

Family Advice & Guidance Drop-in

Activities for Children

0-5yrs

Messy Play

10am-11am

Henry Programme

10-12

Weaning and nutritional support (book on through your Health Visitor )

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

Monday

Tuesday

Wednesday

Thursday

Friday

Parenting support

Youth Connect 5

10-11.30

(For parents who have children transitioning through their school years)

(comm 16<sup>th</sup> June – 14<sup>th</sup> July )

Booking Required

Youth Support

10am - 12pm

ACES (Young People)

St John Bosco

Virtual Offer

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

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