

# Sefton Family Hubs

Talbot Street Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:15am - 10:30am  
Tea and Toast  
All Parents/Carers  
welcome

9am - 11:30am  
Portage SEN Stay and Play  
with Early Years

9am - 3pm  
Sefton Welfare Rights  
Appointment Only

10am - 11:30pm  
Henry Programme  
Facilitated by Health  
Visitors

10am - 12pm  
Household into Work

Light for Live  
Book via 01704-501-  
256

10am -12pm  
Sefton  
Parents/Carers  
Coffee Morning

10am -2pm  
Careers Connect  
Drop-in

Monthly Family Law  
Advice  
Appointment Only

9:30am - 11:30am  
Well Baby Clinic @  
Canning Road site,  
PR9 7SS  
Facilitated by Health  
Visitors  
Appointment Only

10am - 11:30am  
Sefton Breastfeeding  
Support Group @  
Canning Road site,  
PR9 7SS

Afternoon

1pm -2:30pm  
Little Explorers  
For ages 0-4

SWACA Group  
Invitation Only

12:30pm - 5pm  
Sefton Parent Carers  
1-1 Drop-in

12:30pm - 3pm  
Baby Clinic  
Facilitated by Health  
Visitors

1pm - 3pm  
Supporting Families  
via Job Centre  
Call Job Centre to  
book

Information, Advice,  
and Guidance Drop-in  
Vitamins/Sign Posting

12pm - 4pm  
Smoke Free Pregnancy  
Specialist Midwife

Information, Advice,  
and Guidance Drop-in  
Vitamins/Sign Posting

St. Andrews Place, Southport, PR8 1HR | 01704534975 | TalbotSt.FWC@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:15am-11:30am  
Sefton Parent Carers  
Forum  
Drop-in for parents  
and children  
Fortnightly from 24/2

10:30am - 12:30pm  
Riding the Rapids -  
Primary  
Targeted Group  
  
Phoenix Healing CIC  
Freedom Programme  
By appointment via  
07368 686 730

Daily: Drop-in  
sessions for  
Information, Advice,  
and Guidance,  
Free vitamins for  
children 0-5 & Sign  
Posting

9:30am - 10:30am  
Baby Massage  
Call us to book

9am - 12pm  
Early Bird Plus Parent  
Programme  
Contact Lindsey @  
socialcom@sefton.gov.uk

9:30am - 11:30am  
Baby Clinic  
By appointment only via  
Health Visitors @ Canning  
Road Methodist Church, PR9  
7SS

10am - 11:30am  
Sefton Breastfeeding Support  
Group @ Canning Road  
Methodist Church, PR9 7SS

10am - 1pm  
SWACA  
Drop-in for Women

1pm - 2:30pm  
Mums the Word  
Call 07955 405 831 to book  
Starting 28/2

Afternoon

1pm - 5pm  
Midwife Appointments  
Booking Only

ACEs (Men)  
Referral Only

6pm - 8pm  
Parent Ed Classes  
Bookings through your  
midwife

12pm - 5pm  
Stop Smoking in  
Pregnancy  
Appointment Only

3:30pm-5pm  
Relax Kids  
Booking required via  
email to Talbot  
Street

12pm-2pm  
SWACA for Men  
1-1 Drop-in

1:30pm-2:30pm  
Chattertime  
Referral only via  
Health Visitor &  
Speech and Language  
professional

103 Linaker Street, Southport, PR8 5DQ | 0151 288 6765 | TalbotSt.FWC@sefton.gov.uk

# Sefton Family Hubs

## First Steps Family Hubs

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 10am &  
10:15am - 11am  
Toddler Rhyme Time At  
Birkdale Station Master's  
House - call to book

10:15am & 11:20am  
Bloom Baby  
Booking Required

9:30am - 10:15am  
Jo Jingles  
For 18m - 3yrs

10:45am - 11:30am  
Jo Jingles  
For 3m - 18m

14/1 - 11/2 - £25 (5wks)  
25/2 - 1/4 - £30 (6wks)  
Facilitated by partners  
Booking Required

9:30am - 10:10am  
Dancing Songbirds  
For 18m-3yrs

10:30am - 11am  
Baby Rhyme Time  
For birth to crawling

Afternoon

1:30pm-2:30pm  
Baby Yoga  
For 6 - 12 month olds  
Facilitated by partners  
£10 Booking Required

1pm-3pm  
Baby Weigh-in  
Book with your health  
visitor

1:30pm - 2:15pm  
Toddler Book Club  
For 18 months +  
Booking Required

4-week course  
15/1 - 5/2 & 5/3 - 26/3

1pm - 3pm  
Positive Parenting Course  
Booking Required

Runs from 23/1 - 13/2

1:30pm - 2:30pm  
Baby Massage  
For 6wks - 6m  
Facilitated by partners  
£10 Booking Required

4-week course  
17/1 - 7/2 & 7/3 - 28/3

Farnborough Road Infant School | 01704 572 579 | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)

# Sefton Family Hubs

## First Steps Family Hubs

Monday

Tuesday

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Morning

10am - 11am  
Little Treasures  
For birth to crawling  
Drop-in

9:30am - 11:30am  
Life's for Living Sefton  
Drop-in  
  
Sessions run on 26/2 &  
26/3

10:30am - 11:30am  
Little Chefs  
For 2 - 5 year olds  
Facilitated by partners  
£10 Booking Required  
  
5-week course  
17/1-14/2 & 7/3 - 4/4

Afternoon

1pm - 2pm  
Baby Weigh-in  
Book with your health  
visitor

1:30pm-2:30pm  
Top Tots  
For 18 months +  
Drop-in

Saturday

10am - 12pm  
Dad's Club

Sessions run on the  
following dates:  
8/2, 22/2. 8/3, 22/3 &  
5/4

Kings Meadow Primary School | 01704 571606 | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)