

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 11:30am
Family Advice & Guidance
Drop-in

9am - 5pm
Volunteer Programme
Targeted Group

9:15am - 11:15am
Parent Carer Forum
Drop-in

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

9:30am - 11:30pm
Henry Programme
Targeted Group
Booking via Health
Visitors

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

10am - 12pm
Sefton Parents/Carers
Group Coffee Morning
Last Wednesday of the
month, drop-in

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

10am - 12pm
Little Chefs
Targeted Group
Starting in September

9:30am - 11:30am
Family Advice & Guidance
Drop-in

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

9:30am - 11am
Sefton Breastfeeding
Support Group @ Canning
Road Methodist Church,
PR9 7SS

Afternoon

9am - 3pm
Sefton Welfare Rights
Appointment Only
Enquiries to
welfare.rights@sefton.gov.uk

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

1pm - 5pm
Family Law Advice
Appointment Only

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

10am - 12pm
Careers Connect
Drop-in (16-18)

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

1pm - 3pm
Baby Clinic
By appointment only via
Health Visitors

1pm - 3pm
DWP (Department of
Working Pensions)
Drop-in

Virtual Offer

Information, Advice, and
Guidance

Breastfeeding Support

Parent Carer Panel

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

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

10:30am - 11:30am
Baby Massage
Targeted Group

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

10am - 12pm
Riding the Rapids
Targeted Group

10am - 12pm
ACES
Targeted Group

Phoenix Healing CIC
Freedom Programme
By appointment via 07368
686 730

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

10am - 12pm
Riding the Rapids
Targeted Group

Virtual Offer

Information, Advice,
and Guidance

Breastfeeding
Support

Parent Carer Panel

Afternoon

12pm - 5pm
Midwives - Stop Smoking in
Pregnancy
Appointment Only

1pm - 5pm
Parent Carer Panel
Online Twilight Session

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

1:30pm-2:30pm
Chatter Time
Targeted Group

1pm - 3pm
Peep Programme
Targeted Group

5:30pm - 7:30pm
Riding the Rapids
Targeted Group
Online

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

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

29/4 - 20/5 - £24 (4wks)
3/6 - 15/7 - £42 (7wks)
Facilitated by partners
Booking Required

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

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

9am - 11:30am
Positive Parenting
Course
Booking Required

Sessions run 13/6 - 4/7

Afternoon

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

Sessions run 28/4, 12/5,
19/5, 16/6, 7/7

1pm-3pm
Baby Weigh-in
Book with your Health
Visitor

1:30pm - 2:15pm
Bookworms!
For 18 months +
Booking Required

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

3-week course
9/5 - 23/5

4-week course
13/6 - 4/7

Farnborough Road Infant School | 01704 572 579 | c.horton.fs@schools.sefton.gov.uk

Sefton Family Hubs

First Steps Family Hubs

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

9:30am - 11:30am
Life's for Living Sefton
(Children)
Session runs on 25/6
Booking required

10am - 12pm
Life's for Living Sefton
(Adults)
Sessions run on 11/6 & 9/7
Booking required

10:30am - 11:30am
Little Chefs
For 2 - 5 year olds
Facilitated by partners
Booking Required

£12 for a 5-week course
25/4 - 23/5

£15 for a 6-week course
6/6 - 11/7

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:
3/5, 17/5, 31/5, 14/6,
28/6, 12/7

Kings Meadow Primary School | 01704 571606 | c.horton.fs@schools.sefton.gov.uk