

# Sefton Family Hubs

## Seaforth Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

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

**Mental Health Support**  
All day  
Venus 1-1 Therapeutic Sessions  
Appointment Only

**Domestic Abuse Support**  
9am - 5pm  
PCN ACES  
Targeted Group  
Booking required

10am - 11:30am  
**Tea & Toast**  
Drop-in

**Activities for Children 0-5 Years**  
10am-11:30am  
**Little Explorers/PEEP**  
Drop-in

**SEN Support (Any Day Helpline)**  
SEN & Inclusion Support Service  
Phone number listed in session details (see back of booklet)

**Mental Health Support**  
12pm-2pm  
Cancer Navigator  
Closed Group

**Parenting Support**  
1pm - 2:30pm  
Bee Kind Parenting

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

# Sefton Family Hubs

## Marie Clarke Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

**9am - 5pm**  
**Family Advice & Guidance with essentials community shop/pantry Drop-in**

**SEN Support**  
10am - 12pm  
**Riding the Rapids**  
Booking Required

**9am - 5pm**  
**Family Advice & Guidance with essentials community shop/pantry Drop-in**

**Activities for Children 0-5 Years**

10am - 11am  
**Sensory Baby**

**Targeted Family Support 0-5 Years**

11:30am - 12:30pm  
**Baby Massage**  
Booking Required

**9am - 5pm**  
**Family Advice & Guidance with essentials community shop/pantry Drop-in**

**Domestic Abuse Support**

**9am - 5pm**  
**PCN ACEs**  
**Closed Group**

**9am - 5pm**  
**Family Advice & Guidance with essentials community shop/pantry Drop-in**

**9am - 5pm**  
**Sefton CAMHS**  
**Appointment Only**

**9am - 5pm**  
**Family Advice & Guidance with essentials community shop/pantry Drop-in**

**9:15am - 10:15am**  
**Tea & Toast**  
Drop-in

Afternoon

**2pm - 4pm**  
**Resettlement Group**

**Family Wellbeing Support**  
Monday 9<sup>th</sup> February  
12:30pm - 3:30pm  
**Talk, Listen, Connect (TLC)**  
**Workshop**  
Booking required

**1:30pm-2:30pm**  
**Baby Rhyme Time**  
Drop-in

**Youth Offer**  
3:45pm - 5pm  
**Hub Club (After School)**

**2pm - 4pm**  
**Resettlement Group**

**Domestic Abuse Support**  
6pm - 8pm  
**Caring Dads**  
Targeted group through Brighter Kinder Futures  
Booking Required  
[brighterkinderfutures@sefton.gov.uk](mailto:brighterkinderfutures@sefton.gov.uk)

**2pm - 4pm**  
**Resettlement Group**

**Nutrition and Weight Management**  
3:30pm-4:30pm  
**Little Chefs**

**Mental Health Support**

**MHM Support Group**  
12:30pm - 2:30pm  
**Closed Group**

**SEN Support (Any Day Helpline)**  
**SEN & Inclusion Support Service**  
Phone number listed in session details (see back of booklet)

**Virtual Offer**

- **Information, Advice & Guidance**
- **Breastfeeding Support**
- **Parent Carer Panel**

Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

# Sefton Family Hubs

# Cambridge Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

Activities for  
Children 0-5 Years

10am - 11:30am  
Little Explorers /  
PEEPS

Youth Support  
10am - 12pm  
Teen ACEs  
Hillside

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

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

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

Domestic Abuse Support  
6pm - 8pm  
Caring Dads  
Targeted Group through  
Brighter Kinder Futures  
-  
brighterkinderfutures@  
sefton.gov.uk  
Booking Required

Targeted Family Support  
12:30pm-4pm  
Adult ACEs  
Targeted Group  
Booking required

SEN Support (Any Day  
Helpline)  
SEN & Inclusion Support  
Service  
Phone number listed in  
session details (see back  
of booklet)

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

Sefton Council 



**Support. Grow. Thrive.**

