

Sefton Family Hubs



Our Timetable
April - July 2026
Support. Grow. Thrive.



Sefton Family Hubs

Our Family Hubs, Your Family Hubs

Our Family Hubs are open Monday-Friday 9am-5pm for anyone to drop in and speak to one of the team. They host sessions delivered by our Early Help team and our partners.

We know that family life has its challenges; our Family Hubs are place to come when you need a chat, a cuppa and some advice and support. We are here to support you and your family.

Our Timetables

Our timetables set out what is on offer in our hubs, make sure to keep an eye out as we add new sessions to support our families in Sefton. We run some sessions as drop ins and some are bookable by emailing the hub, details at the bottom of each timetable.

We host casual tea and toast sessions throughout the week at all our Hubs but if you are ever passing and think we could offer you some help or you need some advice, just drop in, there will always be someone around to help. We can help with foodbank vouchers, warmer homes items, free sanitary products and vitamins for pregnant people and little ones so just come in and find some support if you need it.

Make sure to look out for special events that aren't in our usual timetable. Check the website and social media for school holidays and half term special events. We also have lots of fun days around Easter, Halloween and Christmas!

Sefton Family Hubs

What do we offer at Family Hubs?

Family Hub sessions are inclusive and supportive and aim to help families with issues they may be experiencing or provide a space to meet other parents and make connections in their communities.

Our Universal sessions are open to all interested. Programmes within the universal offer are designed to cater to people from all walks of life, providing opportunities to speak to professionals, hub workers and other members of the community. We provide drop-in sessions for general advice, guidance, and/or activities, as well as appointment-led sessions for 1-1 support.

Targeted Group Programmes are available to those who have been given a referral from a professional. Our targeted programmes cover a range of themes and aim to provide more in depth support for those who need it.

We have a 'Virtual Hub' online with useful advice, links, resources, videos and support for those who wish to find support that way. You can also find us on social media on Facebook and Instagram where we post fun content from our Hubs and advertise special one off events and family fun days.

At the back of this brochure, you will find a breakdown by age of all our universal and targeted sessions with a brief description for each one about what is involved, you can also find this online at

www.sefton.gov.uk/familyhubs

Monday

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

SEN Support (Any Day
Helpline)

SEN & Inclusion Support
Service

Phone number listed in
session details (see
back of booklet)

Parenting Support
9.30- 10.30

Advice , guidance and
support for all the
family from the
Therapeutic Team
Fortnightly drop in

Tuesday

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

Mental Health Support

All day
Venus 1-1 Therapeutic
Sessions
Appointment Only

Sen Support
Making sense of my
world

7th July
12.30 -2.30
Advice, Guidance and
support from the
Therapeutic Team
Booking only

Wednesday

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

Mental Health Support

12pm-2pm
Cancer Navigator
Closed Group

Parenting Support
Bee Kind Parenting

1pm - 2:30pm
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.

Thursday

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

Domestic Abuse Support

9am - 5pm
PCN ACES
Targeted Group
Booking required

Friday

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

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

Activities for Children 0-5
Years

10am-11:30am
Little Explorers/ learning
together , including seasonal
activities for all.
Drop-in

Activities for Children 0-5
Years

12:00pm - 1:00pm
Messy Play
Drop-in
Alternate weeks
Starting the 17.04.26

Gardening club

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

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Sefton Family Hubs

Marie Clarke Family Hub

We are always here with a listening ear, any weekday

Monday

9am - 5pm

Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Sefton CAMHS

9-5pm
(Closed group)

SEN Support

10am - 12pm
Riding the Rapids
This is a 10 week parenting
course for parents of children
and young people who have a
diagnosis of Autism and/or
learning disability.
Booking Required

Sefton welfare rights

9-5pm
(Book via 0151 934 3660)

Resettlement Team

2-4pm
(Closed group)

Tuesday

9am - 5pm

Family Advice & Guidance with
essentials community
shop/pantry
Drop-in

Activities for Children 0-5

Years
10am - 11am
Baby Sensory
For babies 0-Crawling

Mental Health Support

Perinatal Mental Health Group
10-12pm
Closed group

Resettlement team

2pm- 4pm
Closed group

Domestic Abuse Support

6pm - 8pm
Caring Dads
Targeted group through
Brighter Kinder Futures
Booking Required
brighterkinderfutures@sefton.
gov.uk

Wednesday

9am - 5pm

Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Domestic Abuse Support

9am - 5pm
PCN ACEs
Closed Group

Resettlement Team

2pm-4pm
Closed group

Career connect

12-4pm
(Closed group)

Thursday

9am - 5pm

Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

9am - 5pm

Sefton CAMHS
Appointment Only

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)

CGL - M-Pact course

3-8pm
(Closed group)

Friday

9am - 5pm

Family Advice & Guidance
with essentials
community shop/pantry
Drop-in

Tea & Toast

Drop-in
9.15-10.15am

Incredible Years Course -

Venus
9-12pm
(Closed group)

Sefton welfare

9-5pm
rights (Book via 0151 934
3660)

Virtual Offer

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

Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Sefton Family Hubs

Cambridge Family Hub

We are always here with a listening ear, any weekday

Monday

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

Sefton Parent Carers
Forum

9:30am - 2:30pm
Term time drop-in

Tuesday

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

Targeted Family
Support

PCN ACE's
9:00am - 7pm
Targeted Group
Referral only

Activities for Children

0-5 Years
Little Explorers
10am - 11:30am
/Learning Together

Wednesday

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

Sefton Parent Carers
Forum

9:30am - 2:30pm
Term time only
drop-in

Thursday

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

Baby Massage

9.15-10.15
Booking only

Targeted Family
Support

2pm-4pm
Adult ACEs
Targeted Group
Booking required

Friday

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

SEN Support (Any
Day Helpline)

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

Sefton Parent Carers
Forum

9:30am - 2:30pm
Term time drop-in

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

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 22nd April -9th 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 15th April 6 week course

Booking required

Targeted Family Support

Aces – Male

2-4pm

(comm 22nd April-24th June)

Booking Required

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

Sefton Family Hubs

Litherland Family Hub
We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Parenting support

Youth Connect 5

10-11.30

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

(comm 16th June – 14th July)

Booking Required

Youth Support

10am - 12pm

ACES (Young People)

St John Bosco

Virtual Offer

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

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

Sefton Family Hubs

Netherton Family Hub

We are always here with a listening ear, any weekday

Monday

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

Parenting Support
12:45pm - 3:15pm
Breastfeeding Support
Carol.Miles@feelgoodfactory.org.uk
Drop in

ADHD Clinic
1.00-4.00pm
01512824930/ADHDQueries@alderhey.nhs.uk
Referral only by ADHD team

Activities for Children 0-5 Years
1:30 - 2:30pm
Little Explorers/Learning Together
Drop-in

Tuesday

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

Activities for Children 0-5 Years
1.30-2.30
6 steps to success- Advice and Coaching
Follow the 6 steps to success to ensure your child is confident and happy when starting reception class at school. This will support them to settle well, thrive and learn.

Moorcroft's Law Clinic –
Free Legal
10am Drop -In
Advice Monthly
14th April 12th May 16th June 14th July 15th Aug

Wednesday

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

Maternity Support
1pm-4pm
Baby Weigh-in Clinic
Appointment only

Activities for Children 0-5 Years
1:30pm - 2:30pm
Baby Explorers
Drop-in (up to 12mths)

Activities for Children 0-5 Years
1pm - 2.30pm
Baby Massage
Starting 20th May 6 week course
Booking required

Thursday

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

Activities for Children 0-5 Years
Dads Baby Sensory 0-2yrs
1.30-2.30

Sefton Carers Centre
Parent Carer Coffee morning
10:00 am – 12:00 pm (Term time only)
For parents of SEN children, offering support from the team and other parent carers

Friday

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

Activities For Children 0-5yrs
Messy Play
10-11am
Drop In

SEN Support
10am-2pm
Life is for Living
Support for adults and children
lifesforlivingsefton@yahoo.com
Drop-in

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Parenting Support

Fortnightly drop in
1.30-2.30pm
Advice, guidance, and support for all the family from the Therapeutic Team

Sen Support

Making sense of my world workshop
2nd June
12.30-2.30pm
Advice, Guidance and support from the Therapeutic Team
Booking only

Infant Feeding

9am-4pm
referral only through Health Visitor
mcn-br.infantfeeding@nhs.net

Sefton Carers Centre

Parent Carer Drop in
1pm-3pm (Term time only)
1-1 sessions for parents of SEN children, offering advice and information.
Book on only call 0151 282 1405 or email netherton.fwc@sefton.gov.uk

CAMHS

9.00 – 5.00
KATIE.JAMIESON@alderhey.nhs.uk
Appointment Only

SEN Support

10am-2pm
Life is for Living
Support for adults and children
livesforlivingsefton@yahoo.com
Drop-in

ADHD Clinic

1.00-4.00pm
01512824930/ADHDQueries@alderhey.nhs.uk
Referral only by ADHD team

Virtual Offer

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

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Sefton Family Hubs

Thornton Family Hub

We are always here with a listening ear, any weekday

Monday

Venus 1-1
Therapeutic Sessions
All Day
Appointment Only

MHST 1-1
Therapeutic Sessions
Appointment Only

Family Hub
Therapeutic Team 1-1
Therapeutic
Sessions
Appointment Only

DBT Group (CAMHS)
3-5pm
Targeted Group

Tuesday

Venus 1-1
Therapeutic
Sessions
All Day
Appointment Only

MHST 1-1
Therapeutic
Sessions
Appointment Only

Family Hub
Therapeutic Team
1-1 Therapeutic
Sessions
Appointment Only

Wednesday

Venus 1-1
Therapeutic
Sessions
All Day
Appointment Only

MHST 1-1
Therapeutic
Sessions
Appointment Only

Family Hub
Therapeutic Team
1-1 Therapeutic
Sessions
Appointment Only

Thursday

Venus 1-1
Therapeutic Sessions
All Day
Appointment Only

MHST 1-1
Therapeutic Sessions
Appointment Only

Family Hub
Therapeutic Team 1-1
Therapeutic
Sessions
Appointment Only

Riding the Rapids
ran by Venus
10-12am
Targeted Group

Friday

Venus 1-1
Therapeutic
Sessions
All Day
Appointment Only

MHST 1-1
Therapeutic
Sessions
Appointment Only

Family Hub
Therapeutic Team
1-1 Therapeutic
Sessions
Appointment Only

Stannyfield Drive, Thornton, L23 1TY | 0151 934 4991 | Thornton.FWC@sefton.gov.uk

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

Monday

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

Welfare Advice & Guidance

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

Activities for Children

0-5
Peep Learning Together
10-11
Booking required

Tuesday

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

Domestic Abuse Support

9am - 12pm
SWACA Group
Booking Required

SEN Support

Making sense of the world Workshop
12th May 12.30pm - 2.20pm drop-in workshop
Advice, Guidance and support from the Therapeutic Team
Booking required

Wednesday

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

Sefton Carers Centre Parent Carer Coffee morning

10:00 am - 12:00 pm
(Term time only)
For parents of SEN children, offering support from the team and other parent carers

Employee Advice Guidance

10am - 2pm
Careers Connect Drop-in (16-18)

Thursday

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

Domestic Abuse Support

9am - 12pm
SWACA Group
Targeted Group / Invite
Booking Required

Activities for Children 0-5

Breastfeeding support
9-12pm
1-1 breastfeeding support

Parenting Support

10am - 11am
Bee Kind Parenting
Booking Required

Friday

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

Smoking Cessation Support

12pm - 4pm
Smoke-Free Pregnancy
Booking Required

Virtual Offer

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

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

Monday

Activities for Children 0-5 Years

1pm -2:30pm
Little Explorers / Learning Together
Drop-in

Targeted Family Support
5.00pm-7.00pm
ACEs Women
Booking Required
S

Tuesday

Parenting Support

3.30pm to 4.30pm drop in sessions-fortnightly
Commencing May
Advice, Guidance and support from the Therapeutic Team

Gardening club
3.45 -4.45
Drop in
April – September
plant, grow, cook and eat from our very own Edible Garden .

Wednesday

Youth Support

1pm - 3pm
Teen ACEs Schools

Sefton parent carers

12.30pm to 5pm
one to one
appointments only

Target Family support

CGL -Change Grow Live
5pm to 8pm
(MPACT) booking required

Thursday

SEN Support

1pm to 3pm
0-5 yrs
Early Years SEN
stay and play
drop in

Activities for Children 0-5

Breastfeeding support
Group
1:30-3pm
1-1 breastfeeding support

Health Visitors

1pm - 3pm
Baby Clinic
Booking Required

Friday

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

Monday

Tuesday

Wednesday

Thursday

Friday

Activities for Children
0-5 Years
10am - 12pm
Sensory Baby
Drop in

Canning Road Methodist Church, PR9 7SS | 01704534975 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

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

Sefton Parents Careers Forum
9.15 to 11.15am
(fortnightly)

Tuesday

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

Targeted Family Support
10am - 12pm
ACEs Women
Booking required

Activities for Children
0-5 Years
1.30pm - 2.30pm
Baby Massage
Booking required
Starts in April

Wednesday

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

Parenting Support
Support
Incredible Years
Talking therapies
12 to 2.30pm
Booking Required

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

Thursday

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

Domestic Abuse Support
SWACA
10 to 2pm
Targeted group- Booking required

Sen Support
Riding the rapids
Talking Therapies
10am to 12
Booking Required

Support for young people
Career connect
10 to 2pm
(appointment only)
SEN Support

Parenting Support
Youth Connect 5
1.30-2.30
Booking Required

Friday

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

Virtual Offer

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

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

Sefton Family Hubs

First Steps Family Hubs Farnborough Road

Monday

Activities for Children 0-5 Years

9:30am - 10am &
10:15am - 11am
Rhyme Time

Suitable for babies 1 year+
Booking Required

Location: Birkdale Hub
Station Master's House
Call us to book

Activities for Children 0-5 Years

1:30pm-2:30pm
Baby Yoga
For 6 - 12 month olds
Helps with nurture & touch.
Promotes balance,
coordination and motor
skills

4-week course
£10 Booking Required

Tuesday

Activities for Children 0-3 Years

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

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

Music and movement
Facilitated by partners
Booking Required
£30 for 5 weeks

Maternity Support

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

Wednesday

Activities for Children 18m -3yrs

DANCING SONGBIRDS
9.30-10.10
Come and join Aimie for
dancing, singing and rhymes.
18m-3yrs
Drop In

Activities for Children

Baby rhyme time
10.30-11.00
Suitable from birth to crawling
Enjoy rhymes and songs with
your baby.

Activities for Children 0-5

Stay for CHILL and CHAT
11.00-12.00
Stay after Baby Rhyme Time
for a cuppa, a croissant and a
chat. Can't make Baby Rhyme
Time? No worries - come and
join us for refreshments and a
much-needed natter.
Drop in

Thursday

POSITIVE PARENTING

9.15-11.30

4 week course
Gain strategies for
managing your
child's behaviour
Booking Required

Friday

Ask us anytime about...

- Home Safety
- Speech & Language
- Behavioural Support
- Welfare Advice
- Healthy Start Vitamins

ASKUS



Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 572 579

Sefton Family Hubs

First Steps Family Hubs King's Meadow

Monday

Activities for Children 0-5

Sling tots

1.00-2.00

Sling Tots is a feel-good, baby-wearing dance inspired movement class for parents who want to get moving with nostalgic music and make new friends. Move, laugh, smile and bond with your baby snuggled in a sling or carrier.

5 week course

£50 charge

Booking required via

<https://slingtots.tappytoes.com/>

Tuesday

Activities for Children 0-5

Little Treasures

10am - 11am

Support your child's early learning through treasure baskets, songs and stories!

For birth to crawling
Drop-in

Top Tots

1:30pm-2:30pm

A physical, fun activity session to encourage large motor skills.

For 18 months +

Drop-in

NO BOOKING REQUIRED

Wednesday

10am - 12pm

Mini First Aid

£12 Booking Required

Learn all about baby and child's first aid, with techniques for what to do in an emergency. Including: CPR, choking, bumps, bleeding, breaks, burns, febrile seizures & meningitis awareness.

Thursday

Friday

Activities for Children 0-5

10am - 11am

Stay and Play

For 1 year +

Drop-in

1:30pm - 2:30pm

Baby Massage

For 6wks - 6m

4-week course

£10 Booking Required

Saturday

10am - 12pm

Dad's Club

Fun, games & snacks

Drop-in every other week

- Commencing 18.04.2026

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | c.horton.fs@schools.sefton.gov.uk

Call us to book your place on 01704 571 606

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Baby Explorers

A fun, stimulating and interactive reading and play session for children. Story makers will support your child's communication, language, and literacy development, with sessions giving you an opportunity to build on the fun in reading at home. 1 hour 30-minute sessions.

Baby Massage

Baby Massage is a 6-week programme that aims to promote attachment between baby and caregiver through infant massage, eye contact, talking to your baby and understanding the needs of your baby. The course is suitable for babies who have had their routine hip check and up to pre-crawling. Baby massage also has benefits for babies such as, improving sleep, enhancing bonding and attachment, aids digestion and strengthens the immune system. Booking required.

Baby Rhyme Time

Join us for a fun-filled hour of songs and rhymes. Help your child to learn and develop their imagination.

Sensory Baby

An ongoing drop-in session for babies aged 0-18 months, offering a playful space to explore different textures, smells and sounds that stimulate their senses and support early learning.

Baby Weighing Clinic

Parents must book their baby in with the HV team on 0151-247-6354 for an appointment.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Baby Yoga (Farnborough)

Yoga with your baby to help with nurturing and bonding. Exercises promote balance, co-ordination and motor skills. Suitable for children aged 6 months - 12 months. Courses are 4 weeks in length. Booking required.

Bloom Baby (Farnborough)

Highly interactive, multi-sensory baby classes for children aged 6 weeks -15 months. Contact Eleanor on 07967813074 for more information and to book.

Bookworms! (Farnborough)

A 4-week course of discovering books and reading with your little one. 18 months + Booking Required.

Breastfeeding Support

Breastfeeding offers benefits for mother and baby, including enhanced immunity and improved digestion as the antibodies in breastmilk are created especially for your baby, it helps reduced risks of various illnesses and diseases for baby with these benefits lasting into adulthood, preventing many illness for the mother too.

Breastfeeding also promotes bonding and attachment vital for babies' brain development as well as encourages muscle strength to support speech and language development. And its free and convenient!

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

PEEP Learning Together

PEEP Learning Together is a 6-week stay-and-play course designed for children aged 2–5 years and their parents. The sessions focus on fun, play-based activities while introducing simple communication and language strategies. PEEP Learning Together aims to support parents with practical tips to help develop their child’s speech and language at home. It’s especially helpful for children who have been identified as needing extra support and is a great first step before seeing a Speech and Language Therapist.

Dancing Songbirds (Farnborough)

Join Aimie for a morning full of dancing, singing and rhymes with your baby. Suitable for toddlers aged 18 months – 3 years old. Booking required.

Henry Programme

Support session for fussy eaters, help with stating your baby on solids and understanding behaviour. Closed group.

Jo Jingles (Farnborough)

Join Fran for a fun-filled music and movement session with your baby. Booking required.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Little Chefs

A fun and interactive cookery session for parents/carers and children! This hands-on course supports early learning and development through cooking together. It encourages personal, social, physical, and emotional growth, with a focus on communication, language, early literacy, and early maths skills. Come along and enjoy making tasty, healthy, and nutritious meals and snacks together!

Little Explorers / Peeps

A fun, stimulating and interactive play, learning and development session. This is based on Parents as the First Teachers model and supports families to build attachment and positive parenting behaviours; strengthen parent-child interaction within the Early Home Learning Environment; support school readiness.

Little Treasures (Kings Meadow)

Support your child's early learning through treasure baskets, songs and stories!

Midwife Clinic

Clinics are facilitated by the NHS on an appointment basis, made directly through your GP/midwife.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Parent Education Classes

Bookings to be made through your midwife.

Pre-school Storytime (Crosby Library)

Storytime for preschool children, where you can bond with your child through the magic of reading and get to know what types of stories you can read with your child at home. Drop-in sessions run in Crosby Library.

Sessions are for babies from birth to crawling. No booking required.

Smoke Free Pregnancy

Appointment sessions giving you advice and guidance on how to stop smoking throughout your pregnancy.

Top Tots (18months+)(Kings Meadow)

A physical fun activity session to encourage the expression of large motor skills. Sessions are suitable for toddlers aged 18month+ No booking required.

Well Baby Clinic

This is a 1-1 session with health visitors for baby weighing and to discuss anything that is concerning parents regarding their child's development. Appointments only.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All Best Start in Life

Best Start in Life

Every child's journey is shaped by the moments that matter — from first steps and first words to their first day at school. The government's Best Start in Life campaign, led by the Department for Education and the Department of Health and Social Care, aims to remove barriers and open up opportunities for every family, supporting parents and children from pregnancy through the early years and beyond.

Parenthood is full of joyful milestones, but it also comes with natural questions and concerns. Best Start in Life brings together trusted information, guidance and support to make things easier — helping families access early education and childcare, health advice, and practical assistance when they need it most.

Whether you're expecting a baby, navigating your child's early health and development, exploring childcare options, or preparing them for school, Best Start in Life is here to help. The new website includes practical tools such as a childcare checker, a map of breakfast clubs, and links to local support, all designed to simplify life for families.

From pregnancy to childcare and beyond, find reliable advice and support for your child's development at [BestStartinLife.gov.uk](https://www.BestStartinLife.gov.uk).

Sefton Family Hubs

Universal Sessions

Fearless, Fun and Active 6-11: Support For All

Art Attack (8yrs - 11yrs)

Come along for a fun afternoon of arts and crafts! We encourage children to explore their artistic creativity, with sessions aiming to provide a calm environment to relieve stress whilst they engage in a range of fun art activities. All children aged 8-11 are welcome, drop-in sessions.

Gardening Club (Edible Gardens)

Come along to one of your local family hubs and enjoy producing your own herbs, fruits, and vegetables. Edible gardening really is the best of both worlds, offering a hand-on approach to learning the origins of food, nutrition, science and sustainability, with the added bonus of being able to eat your produce. Drop-in sessions running from March - October.

Relax Kids

Relax Kids group sessions are beneficial for children who may be experiencing anxiety, low self-esteem and/ or lack of confidence. Sessions are aimed at children and teens aged 4- 16 years.

Tiger Hill Playground (Hudson)

A playground designed with safety in mind, providing a secure environment for children to explore and play.
Drop-in

Sefton Family Hubs

Universal Sessions

Next Generation 11+: Support For All

Career Connect

Drop-in session for teens providing career advice, guidance, and support.

C-Card Drop In (13-24)

The C Card is a card is available to young people aged 13 to 24 years old, providing FREE condoms. You can be of any sexuality, and you do not have to be sexually active to have a C-card. 30-minute slot

ELSA Sessions (Hudson)

6-week emotional well-being sessions to Improve Emotional Regulation, Enhance Social Skills and Increased Confidence. Call to book.

Relax Kids

Relax Kids group sessions are beneficial for children who may be experiencing anxiety, low self-esteem and/ or lack of confidence. Sessions are aimed at children and teens aged 4- 16 years.

Sefton Family Hubs

Universal Sessions Families

Bee Kind Parenting Course

Join us for a session designed to help you understand and manage your child's behaviours. This isn't just a course, it's a celebration of kindness, connection and compassion. You'll gain practical strategies and supportive guidance to help you navigate your child's social and emotional wellbeing as they grow and develop.

Coffee Morning / Tea & Toast

Drop-in and have a cuppa & a chat with our friendly early help workers for advice & guidance regarding any issues (positive or negative). All are welcome.

Dad's Club (Kings Meadow)

This is a drop-in group for dads/male carers with children aged 0-11. It gives you a chance to connect with other dads and speak to support staff.

DWP Drop In

The DWP provide tailored practical support to families open to Early Help. The team will offer information, advice and guidance to families wanting benefits support.

Integrated Care Team

Drop-in session for adults providing support and guidance for families who have health or social care needs

Sefton Family Hubs

Universal Sessions Families

Sleep Clinic

Top tips for children to get a good night's sleep.

Supporting Families

Working with families to overcome barriers in finding work, providing different options and avenues you can take in order to do so, and identifying any training that will help you into the workplace. Sessions run at the Job Centre.

Team Around the School Coffee Morning

Team Around the School offer support to families in Sefton bringing professionals from health, education, social care and more together in one place around a single school to better support families. They host a drop in coffee morning for parents/carers they work with to chat through any support they might need. These sessions are for families whose children attend schools in the Team Around the School project. Check with the headteacher of your school to learn more about the offer in your school.

Trinity Wellness

A programme designed for mums focussing on mental, physical and emotional wellbeing. Enjoy physical exercise, coaching, relaxation techniques and much more! Children welcome. 1 hour 30-minute sessions.

Sefton Family Hubs

Universal Sessions Families

Talk, Listen, Connect (TLC)

The TLC workshop aims to improve how we communicate with children. This includes:

- Helping children to talk more about how they feel, their needs and wants
- Supporting adults to reflect on their experiences
- Identifying tips and tricks when talking with children
- Using active listening with children

Sefton Family Hubs

Universal Sessions

Adults

Family Advice & Guidance

The team provide impartial and confidential information, advice and support to families.

Every Monday, 9am–5pm, at the Netherton, Marie Clarke and Talbot Hubs, our Community Shop and Pantry is open to everyone.

Drop in for free essential items in a warm, welcoming space. Enjoy a hot drink and toast, a listening ear, and access to family advice and guidance. Whether you need practical support or a friendly chat, you're always welcome.

Healthy Start Vitamins (1:1)

Pregnant women, women with a child under 12 months, and children aged up to 4 years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins. Healthy Start vitamins contain vitamins A, C and D for children aged from birth to 4 years, and folic acid and vitamins C and D for pregnant and breastfeeding women. Drop in and pick up your free 8-week supply of NHS Healthy Start vitamin tablets or drops.

Household into Work

A session for advice and guidance on how to return to work when unemployed, how to access courses and general support into the workplace.

Sefton Family Hubs

Universal Sessions

Adults

Life's For Living Parent Support Group

Join our support group for parents and carers with children who have special educational needs and/or disabilities (SEND). Chat with some of our support staff members and other parents with SEND children. Drop-in sessions, first Wednesday of each month.

Sefton Parent Carer Panel

“Your Voice Matters”: Meets monthly face to face. The forum will ensure parents and carers the opportunity to share their views and help to shape services for families in our Family Hubs.

SWACA (Men)

Session for men, providing support for surviving the impact of domestic abuse through practical and emotional help. Facilitated by one of our partners.

SWACA (Women)

Session for women, providing support for surviving the impact of domestic abuse through practical and emotional help. Facilitated by one of our partners.

Sefton Family Hubs

Universal Sessions Adults

Tea & Toast

Drop-in to any of our tea and toast sessions for a welcoming space to discuss the ups and downs of being a teenager, parent, or carer with other like-minded individuals and support staff. Every week, we will be led by you on topics of interest that you would like to discuss and we will also be linking in with our health and wellbeing calendars and partner agencies. Please check our website, online platforms and your local hubs for weekly topics of discussion. Our teams provide impartial and confidential information, advice and support to all ages.

Volunteer Programme

The 4-week volunteer programme will be delivered to individuals who are interested in volunteering at the Family Hubs. The course will increase their knowledge on the role of a volunteer, safeguarding and benefits of volunteering.

Sefton Family Hubs

Universal Sessions

Adults

Light For Life

Advice sessions to help with housing. To book, call 01704 501 256

PEEP (Learning Together)

The 5-week programme will support parents and carers with their early learning and development. The programme will focus on the 5 key strands of early years development: Personal, Social and Emotional Development (PSED), Communication and Language (CL), Early Literacy (EL), Early Maths (EM), and Health and Physical Development (HPD) embedding opportunity, recognition, interaction and modelling.

Sefton Carers 1-1

1-1 advice sessions for carers to discuss general thoughts and concerns with a professional. Appointment only.

Sefton Carers Coffee Morning

All carers are welcome to drop-in to our coffee morning groups for general advice, support, or to meet other carers.

Sefton Family Hubs

Targeted Group Programmes

Bumps, Babies and Little Ones 0-5: Targeted Support

Children's Continence Nurse

Appointment only. The service provides advice and support to children and young people with:

- Toilet Training issues
- Constipation and soiling
- Daytime and Night-time wetting
- Children and young people with additional and complex needs who may require a continence containment product.

Sefton Family Hubs

Targeted Group Programmes

Fearless, Fun and Active 6-11: Targeted Support

1-1: Healing Together Children and Young People

This 6-week programme has been put together by clinical and trauma informed experts to ensure children affected by domestic abuse are able to access early trauma informed help. Each session has been carefully crafted so children can learn about how their body and brain works together, their feelings, senses and strategies they can use to help their body and brain feel safe. The programme, delivered remotely or face to face, is suitable for children aged 5-16 years and can be delivered on a 1:1 or group basis.

Aiming High

The Aiming High team delivers a wide range of activities for children and young people aged 5 – 19 with additional support needs or disabilities. Sessions are led by highly experienced team members who work alongside our Family Hubs to hold sessions.

Sefton Family Hubs

Targeted Group Programmes

Fearless, Fun and Active 6-11: Targeted Support

Children's Continence Nurse

Appointment only. The service provides advice and support to children and young people with:

• Toilet Training issues

- Constipation and soiling
- Daytime and Night-time wetting
- Children and young people with additional and complex needs who may require a continence containment product.

Draw & Talk

12 weeks of one-to-one therapeutic session for children and young people (aged 5-19) who have experienced trauma, loss or who have underlying emotional difficulties.

MHST (Mental Health Support Team) 1-1 Sessions

The Team offer support to children and young people who are experiencing: low mood, worry, anxiety and avoidance, sleep difficulties. Referrals to come directly from schools.

Sefton Family Hubs

Targeted Group Programmes

Fearless, Fun and Active 6-11: Targeted Support

Neurodiversity

1 to 1 sessions with a specialist for children with emerging characteristics of neurodiverse conditions. Gain advice to support your child's development in a more private environment, including Autism, ADHD, sensory integration, social communication and much more. Call to book.

Portage Play

Monthly support play sessions for parents and children with special educational needs or disabilities.

Riding the Rapids (Primary)

10 -week parenting course for parents of children and young people who have a diagnosis of Autism and /or learning disabilities. Riding the Rapids targets areas to reduce challenging behaviour and improve the quality of life and emotional well-being of children and their families / carers. Primary and secondary groups available.

Umbrella Stay & Play

For children with emerging characteristics of neurodiverse conditions. Gain advice to support your child's development including Autism, ADHD, sensory integration, social communication and much more. General sessions last for 1 hour and 30-minutes, with 1-1 slots also available to book.

Sefton Family Hubs

Targeted Group Programmes

Fearless, Fun and Active 6-11: Targeted Support

VENUS

VENUS is committed to providing support and practice that protects children, young people and vulnerable adults from abuse. The workers and volunteers at VENUS accept and recognise the responsibilities to promote the welfare of children, young people and vulnerable adults and develop awareness of the issues that cause them harm. VENUS sessions run by appointments only.

Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

Aiming High

The Aiming High team delivers a wide range of activities for children and young people aged 5 – 19 with additional support needs or disabilities. Sessions are led by highly experienced team members who work alongside our Family Hubs to hold sessions.

ACEs Recovery in Schools (Young People aged 12-16)

An 8-week programme for young people who have experienced or lived with adverse childhood experiences. The programme will help to build your resilience, manage your emotions, help you to develop better coping strategies, support a healthy lifestyle, and strengthen positive relationships and a confident future. Please speak to your lead professional to be referred. 2-hour session.

DBT Group (CAMHS)

Dialectical Behaviour Therapy (DBT) with CAMHS – for children and young people up to the age of 18. The ultimate goal of DBT is to help you "break free" of seeing the world, your relationships and your life in a very narrow, rigid way that leads you to engage in harmful and self-destructive behaviour. Following assessment, CAMHS can offer interventions on a range of mental health difficulties.

Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

Interpersonal Adolescent Therapy (IPT-A)

Therapeutic sessions for 13–19-year-olds struggling with depression. The programme aims to improve interpersonal relationships & communication skills, and to reduce the frequency/intensity of depression symptoms. 12-week, 1-1 sessions.

MHST (Mental Health Support Team) 1-1 Sessions

The Team offer support to children and young people who are experiencing: low mood, worry, anxiety and avoidance, sleep difficulties. Referrals to come directly from schools.

Riding the Rapids (Teen)

10-week parenting courses for parents of young people who have a diagnosis of Autism and / or complex needs, including learning disabilities. Riding the Rapids targets areas to reduce challenging behaviour and improve the quality of life and emotional well-being of children and their families / carers. 2-hour sessions.

Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

Sefton CAMHS (Marie Clarke)

Sefton Child and Adolescent Mental Health Services (CAMHS) are our children's mental health specialists from Alder Hey. Some of the issues they can help with are anxiety, attachment difficulties, behaviour problems, depressions, OCD, psychosis, PTSD, self-harm and more complex psychological difficulties. The service works with the young people, parents, carers and partner agencies to make sure that the right care is provided to each individual, depending on their needs and circumstances. Appointments are given through referral from a professional.

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Sefton Family Hubs

Targeted Group Programmes

Families: Targeted Support

Caring Dads

The programme is suitable for males using harmful and abusive behaviours within the family unit. The programme is designed using a Cognitive Behavioural Therapy (CBT) model which provides men with understanding and insight into domestically abusive behaviours, and how these impact on children and their mother. 2-hour session. Targeted group through Brighter Kinder Futures at brighterkinderfutures@sefton.gov.uk

Incredible Years

A 14-week parenting group (of children aged 2-10) which aims to strengthen parenting skills by developing techniques which support positive child behaviour focusing on play, interaction, praise, and rewards. Aims to increase children's social skills, emotional language as well as parents and child's relationship.

IY Parenting Course

One to one parent course (with children aged 2-10) which aims to strengthen parenting skills by developing techniques to support positive child behaviour by focusing on play, interaction, praise, and rewards. Supports parenting techniques of effective limit setting, consequence and problem solving. Increases children's social skills and emotional language as well as your relationship with your child.

Sefton Family Hubs

Targeted Group Programmes

Families: Targeted Support

Lighthouse Project

This group is about the emotional side of being a parent. We help you build your own skills for seeing and understanding the feelings your baby has, so that you can know how to respond best to what your unique baby needs. Closed Group - 20-week course

Sefton Family Hubs

Targeted Group Programmes

Adults: Targeted Programmes

ACE Recovery Adult Programme

A 10-week programme for individuals who have experienced or live with adverse childhood experiences. The programme will help to build your resilience, manage your emotions, help you to develop better coping strategies, support a healthy lifestyle and strengthen positive relationships. Please speak to your lead professional to be referred. 3-hour sessions

Cancer Navigator

The Navigating Cancer Together support group is a non-tumour specific cancer support group for over 18s. Places are available for self-enrolment, or referral via your doctor. To confirm your place, please call 07593 585 975 or 0151 920 0726

Early Bird Plus Parent Programme

This is a support programme created by the National Autistic Society (NAS), offering advice and guidance to parents and carers on strategies and approaches to working with children with autism spectrum conditions.

Family Law Advice

Appointment sessions with one of our partners to provide help and support with family law and to discuss any concerns. Appointments run on the first Wednesday of each month.

Sefton Family Hubs

Targeted Group Programmes

Adults: Targeted Programmes

Healing Together

This 6-week programme has been put together by clinical and trauma informed experts to ensure children affected by domestic abuse are able to access early trauma informed help. Each session has been carefully crafted so that parents and carers can learn about how their body and brain works together, their feelings and senses. Along with strategies they can use to help themselves and the children and young people they care for, make the body and brain feel safe. 45-60 minute 1-1 sessions

PACEs

The “Think ACE Create PACES” lived experience group aims is to deliver workshops to professionals working with children, young people and families across Sefton on the principle of trauma informed practice. Our mission is to ensure individuals who have experienced trauma are identified early and practitioners know how to respond to ACE’s and Trauma effectively.

Phoenix Healing CIC

This is a group for women who have experienced domestic abuse. The group facilitates the Freedom programme, which provides support for breaking the cycle of domestic abuse. Booking required.

Sefton Family Hubs

Targeted Group Programmes

Adults: Targeted Programmes

[Sefton Welfare Rights](#)

For more information and appointments, email welfarerights.advice@sefton.gov.uk

[VENUS](#)

VENUS is committed to providing support and practice that protects children, young people and vulnerable adults from abuse. The workers and volunteers at VENUS accept and recognise the responsibilities to promote the welfare of children, young people and vulnerable adults and develop awareness of the issues that cause them harm. VENUS sessions run by appointments only.

[Youth Connect 5 in Transit](#)

This 5-week programme is aimed at parents with children Transitioning from primary to secondary school. This time can be an exciting and anxious time for both children and parents. The course gives parents and carers the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.

[Sefton SEN and Inclusion Services Advice and Support Helpline](#)

Do you work with children ages 0-5? Do you have concerns about a child's development? Are you unsure whether to refer a child to our service? Are you a parent with concerns about your child or would you like an informal chat about what to expect from our services?

For advice & support call 0151 934 2347

Sefton Family Hubs



Best Start in Life 0-5 Timetables

Best Start in Life brings together a full range of services, support and opportunities to guide parents from pregnancy, through their child's early years and childcare journey, to starting school and beyond.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All Best Start in Life

Best Start in Life

Every child's journey is shaped by the moments that matter — from first steps and first words to their first day at school. The government's Best Start in Life campaign, led by the Department for Education and the Department of Health and Social Care, aims to remove barriers and open up opportunities for every family, supporting parents and children from pregnancy through the early years and beyond.

Parenthood is full of joyful milestones, but it also comes with natural questions and concerns. Best Start in Life brings together trusted information, guidance and support to make things easier — helping families access early education and childcare, health advice, and practical assistance when they need it most.

Whether you're expecting a baby, navigating your child's early health and development, exploring childcare options, or preparing them for school, Best Start in Life is here to help. The new website includes practical tools such as a childcare checker, a map of breakfast clubs, and links to local support, all designed to simplify life for families.

From pregnancy to childcare and beyond, find reliable advice and support for your child's development at [BestStartinLife.gov.uk](https://www.BestStartinLife.gov.uk).

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children

0-5 Years

10am-11:30am

Little

Explorers/Learning

Together

Drop in

Activities for Children 0-

5 Years

1.30-2.30

Messy Play

Drop in

Alternate weeks

Starting the 17.04.26

Seaforth Family Hub, Caradoc Road, Seaforth, L21 4NB | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 0151 286 7807

Sefton Family Hubs

Best Start in Life 0-5 Marie Clarke Family Hub

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children

0-5 Years

10am - 11am

Baby Sensory

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Marie Clarke Family Hub, Linacre Lane, Bootle, L20 5AQ | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 0151 330 5260

Sefton Family Hubs

Best Start in Life 0-5 Cambridge Family Hub

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

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

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5yrs
Baby Massage
9.15-10.15
Booking Required

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Cambridge Family Hub, Cambridge Road, Bootle, L20 9LQ | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 0151 282 5436

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry
Drop – in

Activities for Children 0-5 Years

10am - 11:30am
Little Explorers/PEEPS
Drop-in

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry
Drop – in

Activities for Children 0-5 Years

1:30pm - 2:30pm
Baby Sensory
Drop-in (up to 12 months)

Baby Weigh in Clinic

1-4
(Booking required through your Health Visitor)

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry
Drop – in

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry
Drop – in

Activities for Children 0-5 Years

10am - 11am
Early Years SEN Stay & Play Group
Drop in

Midwife Clinic

9.30 – 3pm
(Booking required through your midwife)

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry
Drop – in

Activities for Children 0-5yrs

Henry Programme
10-12
Weaning and nutritional support
(book on through your Health Visitor)

Litherland Family Hub, Boundary Road, Litherland, L21 7LA | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 0151 288 6661

Monday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Parenting Support

1pm-3pm

Breastfeeding Support Group

Carol.Miles@feelgoodfactory.org.uk

Drop-In

Activities for Children 0-5 Years

1:30 - 2:30pm

Little Explorers/Learning Together Drop-in

Tuesday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years

1.30-2.30

6 steps to success- Advice and Coaching Follow the 6 steps to success to ensure your child is confident and happy when starting reception class at school. This will support them to settle well, thrive and learn.

Wednesday

Family Advice and Guidance with essentials, Healthy Start resources, community shop/pantry Drop – in

Maternity Support

1pm - 4pm

Baby Weigh-in

Activities for Children 0-5 Years

1:30pm - 2:30pm

Baby Explorers

Drop in (up to 12 months)

Activities for Children 0-5 Years

Infant Feeding

9am-4pm

Advice and Guidance

mcn-br.infantfeeding@nhs.net

Activities for Children 0-5 Years

1pm - 2.30pm

Baby Massage

Starting 20th May 6 week course

Booking required

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years

Dads Baby Sensory 0-2yrs

1.30-2.30

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities For Children 0-5yrs

Messy Play

10-11am

Drop In

Netherton Family Hub, Magdalen Square, Netherton, L30 5QH | Seftonfamilyhubdeliveryteam@sefton.gov.uk | Call your to book your place on 0151 282 1405

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years

1pm -2:30pm
Little Explorers / Learning together Drop-in

Activities for Children 0-5

Peep Learning Together
10-11
Booking required

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children 0-5 Years

1pm - 2.30pm
Baby Massage starting 20th May 6 week course
Booking required

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Health Visitors

Baby Clinic

1pm - 3pm Booking Required

SEN Support

0-5 yrs

Early Years SEN

stay and play.

1pm to 3pm drop in

Activities for Children 0-5

Breastfeeding support

9-12pm

1-1 breastfeeding support

Activities for Children 0-5

Breastfeeding support Group

1:30-3pm

1-1 breastfeeding support

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities For Children 0-5yrs

Messy Play
10-11am
Drop In

Talbot Street Family Hub, St. Andrews Place, Southport, PR8 1HR | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 01704534975

Monday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Activities for Children

0-5 Years

10am - 11:30pm

Baby Massage

Booking required

Starts April

Tuesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Wednesday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Thursday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Friday

Family Advice and Guidance with essentials Healthy Start resources, community shop/pantry Drop – in

Linaker Family Hub, 103 Linaker Street, Southport, PR8 5DQ | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 0151 288 6765

Sefton Family Hubs

Best Start in Life 0-5
Canning Road

Monday

Tuesday

Wednesday

Thursday

Friday

Activities for Children
0-5 Years
10am - 12pm
Sensory Baby

Canning Road Methodist Church, PR9 7SS | Seftonfamilyhubdeliveryteam@sefton.gov.uk
Call your to book your place on 01704534975

Sefton Council 

 **BEST
START
IN LIFE**



Best Start in Life brings together a full range of services, support and opportunities to guide parents from pregnancy, through their child's early years and childcare journey, to starting school and beyond.



Monday

Family Advice and Guidance
9.30am – 12pm
drop-in

Tuesday

Family Advice and Guidance
9.30am – 12pm
drop-in

Wednesday

Family Advice and Guidance
9.30am – 12pm
drop-in

Activities for Children 0-5 Years
9:30am - 11am
Learning Together
Early learning session focusing on the five key strands of Early Years Development.
Call to book.

Thursday

Family Advice and Guidance
9.30am – 12pm
drop-in

Activities for Children 0-5 Years

Baby Massage & Baby Yoga
10:00am -11:30am
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

Tiger Hill Playground

3:30pm – 5:00pm
SEN Playground at Tiger Hill offers a free, secure space for children with additional needs to safely play and explore.
Drop-in

Friday

Family Advice and Guidance
9.30am – 12pm
drop-in

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

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

Sefton Family Hubs

Best Start in Life 0-5
Farnborough Road

Monday

Activities for Children 0-5 Years

9:30am - 10am &
10:15am - 11am
Rhyme Time

Suitable for babies 1 year+
Booking Required
Location: Birkdale Hub
Station Master's House

Activities for Children 0-5 Years

1:30pm-2:30pm
Baby Yoga

For 6 - 12 month olds
Helps with nurture & touch.

Promotes balance,
coordination and motor
skills

4-week course
£10 to pay
Booking Required

Tuesday

Activities for Children 0-5 Years

9:30am - 10:15am
Jo Jingles

For 18months - 3yrs
10.45-11.30am
3months-18months

Come join us for
amazing music and
movement sessions
with Fran
£30 for 5 weeks
Booking required

Maternity Support

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

Wednesday

Activities for Children 18m -3yrs

DANCING SONGBIRDS
9.30-10.10

Come and join Aimie for
dancing, singing and rhymes.
18m-3yrs
Drop In

Activities for Children

BABY RHYME TIME
10.30-11.00

Suitable from birth to crawling
Enjoy rhymes and songs with
your baby

Activities for Children 0-5

Stay for CHILL and CHAT
11.00-12.00

Stay after Baby Rhyme Time for
a cuppa, a croissant and a chat.
Can't make Baby Rhyme Time?
No worries - come and join us
for refreshments and a much-
needed natter.
Drop in

Thursday

Parenting Support

POSITIVE PARENTING

9.15-11.30

4 week course
Gain strategies for
managing your
child's behaviour
Booking Required

Friday

Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 572 579

Monday

Activities for Children 0-5

Sling tots

1.00-2.00

Sling Tots is a feel-good, baby-wearing dance inspired movement class for parents who want to get moving with nostalgic music and make new friends. Move, laugh, smile and bond with your baby snuggled in a sling or carrier.

5 week course

£50 charge

Booking required via

<https://slingtots.tappytoes.com/>

Tuesday

Activities for Children 0-5

Little Treasures

10am - 11am

Support your child's early learning through treasure baskets, songs and stories!

For birth to crawling

Drop-in

Top Tots

1:30pm-2:30pm

A physical, fun activity session to encourage large motor skills.

For 18 months +

Drop-in

Wednesday

Thursday

Friday

Activities for Children 0-5

10am - 11am

Stay and Play

For 1 year +

Drop-in

Baby Massage

1:30pm - 2:30pm

Age 6 weeks to 6months

4-week course

£10 Booking Required

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | c.horton.fs@schools.sefton.gov.uk

Call us to book your place on 01704 571 606

Sefton Family Hubs

Our Partners



Support. Grow. Thrive.

