

# Sefton Family Hubs



**Our January - March Timetable**  
Support. Grow. Thrive.



# Sefton Family Hubs

Seaforth Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

All Day  
Family Advice &  
Guidance  
Drop-in

All Day  
Family Advice &  
Guidance  
Drop-in

10am - 12pm  
Riding the Rapids  
(CAHMs)  
Weekly, from 24/2/25

All Day  
Family Advice &  
Guidance  
Drop-in

All Day  
Family Advice &  
Guidance  
Drop-in

9am-1pm  
Lighthouse Project  
Closed Group

All Day  
Family Advice &  
Guidance  
Drop-in

10am-11:30am  
Little Explorers (0-4)  
Drop-in

Afternoon

12pm-1pm  
Monthly Portage Play  
Targeted Group

12pm-2pm  
Cancer Navigator  
Closed Group

1pm-5pm  
PCN ACEs  
Targeted Group

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

# Sefton Family Hubs

Marie Clarke Family Hub

Monday

Tuesday AM

Wednesday

Thursday

Friday

Morning

All Day  
Family Advice &  
Guidance  
Drop-in

All Day  
Family Advice &  
Guidance  
Drop-in

9:30am - 11am  
Tea & Toast

10am - 12pm  
IY Parenting Course  
Targeted Group

10am - 12pm  
Riding the Rapids -  
Primary  
Targeted Group

1:30pm - 2:30pm  
Rhyme Time  
For 0 - 5 years

3:30pm - 4:30pm  
Hub Club 8+

5:30pm - 8pm  
Caring Dads  
Targeted Group

All Day  
Family Advice &  
Guidance  
Drop-in

9am - 5pm  
Sefton CAMHS  
Targeted Group

9:15am - 11am  
Sleep Clinic  
Drop-in  
Sessions runs 6/3

10am - 12pm  
Riding the Rapids -  
Teen  
Targeted Group

10am - 1pm  
Households into Work  
Sessions run  
fortnightly starting  
6/2/25

All Day  
Family Advice &  
Guidance  
Drop-in

9am-11am  
Triple P Parenting  
Programme  
Targeted Group

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

# Sefton Family Hubs

Cambridge Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

All Day  
Family Advice &  
Guidance  
Drop-in

10am - 11:30am  
Little Explorers (0-4)  
Drop-in

All Day  
Family Advice &  
Guidance  
Drop-in

9am - 5pm  
PCN Aces  
10-week programme  
for Adults  
Targeted Group

All Day  
Family Advice &  
Guidance  
Drop-in

9:30am - 11:30am  
Sefton Parent Carer  
Forum  
Drop-in  
Term time only

All Day  
Family Advice &  
Guidance  
Drop-in

9am-5pm  
ACEs  
Targeted Group

All Day  
Family Advice &  
Guidance  
Drop-in

9:30am-11:30am  
Sefton Parent Carer  
Forum  
Drop-in  
Term time only

Afternoon

12:30pm-2:30pm  
Sefton Parent Carer  
Forum  
Drop-in  
Term time only

12:30pm-2:30pm  
Sefton Parent Carer  
Forum  
Drop-in  
Term time only

12:30pm-2:30pm  
Sefton Parent Carer  
Forum  
Drop-in  
Term time only

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

# Sefton Family Hubs

Litherland Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Advice Guidance

10am - 11:30am  
Little Explorers (0-3  
years)  
Drop-in

9am - 5pm  
Advice Guidance

10am - 12pm  
Riding the Rapids  
Targeted Group

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9:30am - 11am  
Read/Sing/Play

9am - 3pm  
Midwife Clinic

9am - 5pm  
Advice Guidance

10am - 12pm  
Umbrella Stay &  
Play

Afternoon

1pm - 5pm  
C-Card Drop-in

Draw & Talk  
1-1 Session  
Appointment Only

12:30pm - 3pm  
ACES (Male)  
Targeted Group

1pm - 4pm  
Baby Weighing Clinic  
Appointment Only

5pm - 8pm  
Aiming High

11:30am - 1:30pm  
PACE's

12:30pm - 2pm  
Flow Fitness

IPTA - A  
1-1 Session  
Appointment Only

12pm - 2:30pm  
ACES (Female)  
Targeted Group

12pm - 1pm  
Neurodiversity  
Targeted Group

1pm - 2:30pm  
Youth Connect 5  
(Parent)

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | [Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)

# Sefton Family Hubs

Netherton Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9:30am - 11am  
Tea and Toast

10am - 12pm  
SWACA Drop-in

10am - 12pm  
Riding the Rapids  
Targeted Group

10:30am - 12:30pm  
Compassion Corner @  
Feel Good Factory

10am - 11:30am  
Sefton Carers Drop-  
in

10am - 12pm  
Understanding Your  
Emotions @  
Feelgood Factory

Healing Together  
Targeted Group

10am - 1pm  
Households into Work  
Fortnightly, starting  
7/2/25

Healing Together  
Appointment Only

Healing Together  
Appointment Only

Afternoon

3:30pm - 5pm  
Art Attack  
Ages 8 - 11

12pm - 4pm  
Sefton Carers  
1-1 Appointment

1pm-4pm  
Baby Weighing Clinic

1pm - 3pm  
DWP Drop-in  
Staff and Families

1pm - 1:45pm  
Mindful Movements  
6-week course @  
Feelgood Factory

1pm - 3pm  
Grow Your  
Confidence @ Feel  
Good Factory  
6-week course

1:30pm - 3pm  
Baby Explorers

5pm - 8pm  
Caring Dads  
Targeted Group

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | [Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

NVR Group  
Mental Health Support  
Team (MHST)  
Appointment Only  
Starts 29/1/25

10am - 11:30am  
Understanding  
Challenging  
Behaviour with MHST  
Targeted Group  
Starts 6/3/25

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

Early Help  
Therapeutic Team  
1-1 Sessions  
Appointment Only

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

10am - 12pm  
Riding the Rapids  
with VENUS  
Targeted Group

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

Afternoon

3pm-5pm  
DBT Group (CAMHS)  
Targeted group

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

# Sefton Family Hubs

Hudson Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 12pm  
Advice and Guidance  
Drop-in

Children's  
Continence Nurse  
Appointment Only

11am - 12pm  
Relax Kidz  
Call us to book

10:30am-12pm  
Baby Massage  
Call us to book

Midwife  
Appointment  
Book through your  
GP

9:30am-11:30am  
Sefton Community  
Learning  
Call us to book

9:15am – 10:30am  
Coffee Morning -  
Chill and Chat

9:30am - 5pm  
Healthy Start  
Vitamins

10:30am - 12pm  
Riding the Rapids  
Targeted Group

Afternoon

1pm - 2pm  
ELSA Sessions  
Call us to book

2:30pm - 3:30pm  
Integrated Care  
Team  
Drop-in

3:30pm – 5pm  
Tiger Hill Playground  
Drop-in Play Session

Moorhey Road, Maghull. L31 5LE | 0151 526 1568 | [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk)



# 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

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

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

12pm - 4pm  
Smoke Free Pregnancy  
Specialist Midwife

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

Afternoon

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

SWACA Group  
Invitation Only

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

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

Wednesday

Thursday

Friday

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)