

# Sefton Family Hubs



**Our Timetable**  
**January – March 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](http://www.sefton.gov.uk/familyhubs)

# Sefton Family Hubs

## Seaforth Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

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

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

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

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/PEEP  
Drop-in

Afternoon

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)

### 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

Early Language Support  
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

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

Afternoon

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

# Sefton Family Hubs

## Litherland Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

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

Youth Support  
10am - 12pm  
ACES (Young People)  
Chesterfield

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

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

Activities for Children 0-5 Years  
10am - 11am  
Early Years SEN Stay & Play Group  
Drop-in

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

Early Language Support  
10am - 11am  
PEEP Learning Together  
Session

Afternoon

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

Targeted Family Support  
12pm - 2:30pm  
ACEs (Male)  
Booking Required  
Commencing in April

Activities for Children 0-5 Years  
1:30pm - 2:30pm  
Baby Sensory

Activities for Children 0-5 Years  
1pm - 3pm  
Baby Massage  
Booking required

Targeted Family Support  
12pm - 2:30pm  
ACEs Women  
Booking Required  
Starts 29/1

Youth Support  
4pm - 5pm  
Hub Club 6+  
(After School Club)

Family Wellbeing Support  
1pm - 3pm  
Talk, Listen, Connect  
Workshop (TLC)  
Booking Required  
Commences February

Virtual Offer

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

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Morning

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

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

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

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

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

Parenting Support  
12:45pm - 3:15pm  
Breastfeeding Support  
Group

9am - 2:30pm  
Adult Learning Level 1 & 2  
Teaching Assistant  
Qualification  
Realise Training

Domestic Abuse Support  
9am - 1pm  
SWACA Course  
Booking Required

SEN Support  
9am - 4pm  
Sefton Carers Centre  
Booking Required

SEN Support  
10am-2pm  
Life is for Living  
Support for adults and  
children  
Drop-in

Afternoon

SEN Support  
1pm - 4:30pm  
ADHD Clinic  
Call to book: 0151 282  
4930

Parenting Support  
10am - 11:30am  
Bee Kind Parenting  
Booking Required  
3<sup>rd</sup> Feb - 10<sup>th</sup> March

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

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

SEN Support  
1pm - 4:30pm  
ADHD Clinic  
Call to book: 0151 282  
4930

Relax and Craft  
3:30pm - 4:30pm  
Art Attack  
Drop-in

Parenting Support  
1:30pm - 3pm  
Bee Kind Parenting - Teens  
Booking Required

Activities for Children 0-5  
Years  
1:30pm - 2:30pm  
Baby Explorers  
Drop-in

Virtual Offer  
• Information, Advice  
and Guidance  
• Breastfeeding support  
• Parent Carer Panel

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

10am - 11:30am  
Understanding  
Challenging  
Behaviour with MHST  
Targeted Group

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

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

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Morning

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

9am - 12:30pm  
Empowering Women  
Programme

A free 4-week course  
run by Crosby  
Training for mums to  
build confidence and  
skills.  
Participants will  
receive a £75 High  
Street voucher upon  
completion!

Monthly Guest  
Speakers  
Opportunities to  
hear from  
experienced  
professionals.  
Call us for more  
details.

9am - 12pm  
Continence Nurse  
Appointment Only

Activities for Children  
0-5 Years

9:30am - 11am  
PEEP  
Early learning  
session focusing on  
the five key strands  
of Early Years  
Development.  
Call to book.

Activities for Children  
0-5 Years

11am - 12pm  
Relax Kids  
Call to book

Activities for  
Children 0-5 Years  
10am - 11:30pm  
Baby Massage  
Followed by a 4-  
week Baby Yoga  
course

Maternity Support  
Midwifery Clinic  
Book through your  
GP

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

Afternoon

1pm - 2pm  
ELSA Sessions  
Call us to book

Health and Wellbeing  
C-Card Drop in  
Available every day

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

SEN Support  
12:30pm - 2:30pm  
Riding the Rapids  
Targeted Group

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

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Morning

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

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

#### Nutrition and Weight

Management  
9am - 12pm  
Henry Programme  
Targeted Group  
Booking via Health Visitors  
Runs monthly

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

#### Employee Advice Guidance

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

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

#### Domestic Abuse Support

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

#### Parenting Support

10am - 11am

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

#### Smoking Cessation Support

12pm - 4pm  
Smoke-Free Pregnancy  
Booking Required

### Afternoon

#### Activities for Children 0-5 Years

1pm - 2:30pm  
Little Explorers / PEEP  
Drop-in

#### Targeted Family Support

5pm - 7pm  
Male ACEs

#### Domestic Abuse Support

9am - 12pm  
SWACA Group  
Booking Required

#### SEN Support (Any Day Helpline)

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

#### Youth Support

1pm - 3pm  
Teen ACEs Schools

#### Health Visitors

1pm - 3pm  
Baby Clinic  
Booking Required

#### Activities for Children 0-5 Years

1pm - 3pm  
Early Years SEN Stay & Play  
Drop-in

#### Youth Offer

4pm - 5pm  
Hub Club 6+  
(After School Club)

#### 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

Activities for Children

0-5 Years

10am - 12pm

Sensory Baby

Afternoon

Canning Road Methodist Church, PR9 7SS | 01704534975 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Morning

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

Activities for Children  
0-5 Years  
10am - 11:30pm  
Baby Massage  
Booking required  
Starts in April

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

Targeted Family Support  
10am - 12pm  
ACEs Women  
Commencing February

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

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

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

#### Afternoon

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

Family Wellbeing Support  
Tuesday 10<sup>th</sup> February  
12:30pm - 3:30pm  
Talk, Listen, Connect  
(TLC) Workshop  
Booking Required

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

Activities for Children 0-5 Years  
1:30pm - 2:30pm  
PEEP Learning Together  
Stay & Play  
Drop-in  
  
SEN Support  
5:30pm - 7:30pm  
Riding the Rapids  
Virtual Offer

Virtual Offer

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

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

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

### 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

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

### Activities for Children 0-5 Years

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

### Activities for Children 0-5 Years

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

11am - 12pm  
Chill & Chat  
Refreshments provided  
Drop-in

### Parenting Support

9:15am - 11:30am  
Positive Parenting

Gain strategies for  
managing your child's  
behaviour

Booking Required

### Ask us anytime about...

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

ASK US



Afternoon

### 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

### Maternity Support

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

Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)

Call us to book your place on 01704 572 579

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Ask us anytime about...

- Employability
- Parenting Advice
- Breastfeeding Support
- Early Help
- Domestic Abuse
- Welfare Advice

ASK US



10am - 11am  
Little Treasures

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

For birth to crawling  
Drop-in

10am - 12pm  
Mini First Aid

4<sup>th</sup> March 2026  
£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.

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

Afternoon

1:30pm-2:30pm  
Top Tots

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

For 18 months +  
Drop-in

Saturday

10am - 12pm  
Dad's Club  
Fun, games & snacks

Drop-in  
Dates: 10/1, 24/1, 7/2

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

### 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.

#### VENUS

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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](mailto: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](mailto:welfarerights.advice@sefton.gov.uk)

#### VENUS

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#### 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

## Our Partners



Support. Grow. Thrive.

