

Sefton Family Hubs



Our Timetable
January - March 2026
Support. Grow. Thrive.

Sefton Family Hubs

Litherland Family Hub

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

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

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

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

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

Activities for Children 0-5
Years
9:30am - 11:30am
Little Explorers

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

Early Language Support
9:30am - 11:30am
Chattertime
Booking Required

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

Sefton Council 

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Sefton Family Hubs

Netherton Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

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

Domestic Abuse Support

9am - 1pm
SWACA Course
Booking Required

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

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

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

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

SEN Support
1pm - 5pm
ADHD Clinic

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

Book onto the course via
Natalie.Mcdermott@realisetraining.com

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

Maternity Support

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

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

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Sefton Family Hubs

Thornton Family Hub

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

3pm-5pm
DBT Group (CAMHS)
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

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

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Sefton Family Hubs

Hudson Family Hub

Monday

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!

1pm - 2pm
ELSA Sessions
Call us to book

Tuesday

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

Activities for
Children 0-5 Years
Sensory Drop-in

Wednesday

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

Thursday

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

Friday

Maternity Support
Midwifery Clinic
Book through your
GP

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

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

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

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