

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

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