

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

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

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

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

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

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

Sefton Family Hubs

Linaker Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:15am-11:30am
Sefton Parent Carers
Forum
Drop-in
Fortnightly

9am - 2pm
Riding the Rapids -
Primary
Targeted Group

Drop-in Sessions for
Information, Advice,
and Guidance,
Vitamins/Sign
Posting & Business
Support

9:30am - 10:30am
Baby Massage
Booking required

9am - 12pm
Early Bird Plus Parent
Programme

1pm - 5 p.m
Midwife Appointments
- bookings only

9:30am - 12pm
Phoenix Healing CIC
Booking required

6pm - 8pm
Parent Ed Classes
Bookings through your
midwife

12pm - 5pm
Stop Smoking in
Pregnancy
Appointment Only

12pm-2pm
SWACA for Men
Drop-in

5:30pm - 7:30pm
Virtual Riding the
Rapids
Appointment Only

1pm - 2:30pm
Mums the Word
Call 07955 405 831 to
book

Afternoon

Drop-in Session for
Information, Advice,
and Guidance,
Vitamins/Sign Posting
&
Business Support

3pm-5pm
Relax Kids

1:30pm-2:30pm
Chattertime

Drop-in Sessions for
Information, Advice,
and Guidance,
Vitamins/Sign Posting
& Business Support

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

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