

Sefton Family Hubs



Our Timetable
September - December
Support. Grow. Thrive.



Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 11:30am
Family Advice & Guidance
Drop-in

9am - 5pm
Volunteer Programme
Booking required

9am - 3pm
Sefton Welfare Rights
Appointment Only
Enquiries to
welfare.rights@sefton.gov.uk

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

9:30am - 11:30pm
Henry Programme
Targeted Group
Booking via Health
Visitors
Runs monthly

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

10am -5pm
Sefton Parents/Carers
Group Coffee Morning
Drop-in

10am - 12pm
Careers Connect
Drop-in (16-18)

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

9:30am - 11:30am
Family Advice &
Guidance
Drop-in

Afternoon

1pm -2:30pm
Little Explorers / Peeps
For ages 0-4
Drop-in

3:30pm - 4:30pm
Gardening Club - Edible
Gardens
Drop-in (Runs September -
October)

3:30pm - 4:30pm
Little Chefs
Booking required

1pm - 5pm
Family Law Advice
Appointment Only

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

1pm - 3pm
ACEs (Young People)
Targeted Group in
schools
(Starting October 2025)

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

10am - 12pm
Sensory Baby
Drop-in

9:30am - 11am
Baby Clinic
By appointment only
via Health Visitors

9:30am - 11am
Sefton Breastfeeding
Support Group
Drop-in

Afternoon

Canning Road Methodist Church, PR9 7SS | 01704534975 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:15am - 11:30am
Parent Carer
Drop-in

9:30am - 11:30am
Youth Connect 5
Targeted Group
Booking Required

10:30am - 11:30am
Baby Massage
Booking required

9:15am - 10:15am
Tea and Toast
Drop-in

10am - 12pm
ACES (Female)
Targeted Group
Booking required

Phoenix Healing CIC
Freedom Programme
By appointment via 07368
686 730

12pm - 5pm
Midwives - Stop Smoking in
Pregnancy
Appointment Only

1pm - 5pm
Parent Carer Panel
Online Twilight Session

6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures -
brighterkinderfutures@sefto
n.gov.uk

12pm-2pm
SWACA for Men
1-1 Drop-in

12pm - 2:30pm
Incredible Years
Targeted Group
Booking required

1am - 2pm
Bee Kind Parenting
Course
Booking required
(Starting October
2025)

9:15am - 10:15am
Tea and Toast
Drop-in

10am - 12pm
Riding the Rapids
Targeted Group
Booking required

1pm - 3pm
Chattertime
Booking required

Virtual Offer

Information, Advice,
and Guidance

Breastfeeding
Support

Parent Carer Panel

Afternoon

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

Sefton Family Hubs

First Steps Family Hubs
Farnborough Road

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 10am &
10:15am - 11am
Toddler Rhyme Time at
Birkdale Hub Station
Master's House - call to
book

9:30am - 10:15am
Jo Jingles
For 18m - 3yrs

10:45am - 11:30am
Jo Jingles
For 3m - 18m

Dates: 9/9 - 21/10
Facilitated by partners
Booking Required
£42 for 7 weeks

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

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

9am - 11:30am
Positive Parenting
Course
Booking Required

Afternoon

1:30pm-2:30pm
Baby Yoga
For 6 - 12 month olds

Dates: 22/9 - 13/10
Facilitated by partners
£10 Booking Required

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

1:30pm - 2:30pm
Baby Massage
For 6wks - 6m

Dates: 26/9 - 17/10
Facilitated by partners
£10 Booking Required

Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 572 579

Sefton Family Hubs

First Steps Family Hubs King's Meadow

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
(Children)
Booking required

10am - 12pm
Life's for Living Sefton
(Adults)
Booking required

10:30am - 11:30am
Little Chefs
For 2 - 5 year olds

Dates: 19/9 - 24/10
Facilitated by partners
Booking Required
£15 for a 6-week course

Afternoon

1pm - 2pm
Baby Weigh-in
Book with your Health
Visitor

1:30pm-2:30pm
Top Tots
For 18 months +
Drop-in

1pm - 2pm
Toddler Group
For 18 months +
Drop-in

Saturday

10am - 12pm
Dad's Club
Drop-in

Dates: 4/10 & 8/10

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 571606