

Sefton Family Hubs



Our January - March Timetable
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 half term special events and 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

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
Drop-in
All Parents/Carers
welcome

9am - 11:30am
Portage SEN Stay and Play
Invitation Only
Contact
louise.caine@sefton.gov.uk

10am - 11:30pm
Henry Programme
Booking via Health
Visitors

10am - 12pm
Household into Work
Referral Only

Light for Live
Referral Only

10am -12pm
Sefton Parents/Carers
Group Coffee Morning
Drop-in

Children welcome on
the last Wednesday of
the month

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

9:30am - 11:30am
Thursday 6th March
SEND Coffee Morning
Drop-in to discuss
queries about SEND
inclusion, schools and
EHCPs

9:30am - 11:30am
Baby Clinic
By appointment only
via Health Visitors @
Canning Road
Methodist Church, PR9
7SS

10am - 11:30am
Sefton Breastfeeding
Support Group @
Canning Road
Methodist Church, PR9
7SS

Afternoon

Sefton Welfare Rights
Appointment Only
Enquiries to
welfare.rights@sefton.gov.uk

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

1pm - 4pm
Family Legal Advice
Monthly
Appointment Only

1pm - 4pm
Sefton Parent Carers
1-1 Drop-in

1pm - 3pm
Baby Clinic
By appointment only via
Health Visitors

1pm - 3pm
Supporting Families via
Job Centre
Call Job Centre to book

12pm - 4pm
Smoke Free Pregnancy
Specialist Midwife via
referral

Daily: Information, Advice,
and Guidance Drop-in
Vitamins/Sign Posting

St. Andrews Place, Southport, PR8 1HR | 01704534975 | TalbotSt.FWC@sefton.gov.uk

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:15am-11:30am
Sefton Parent Carers Forum
 Drop-in for parents and children
 Fortnightly from 3/3

10:30am - 12:30pm
Riding the Rapids - Primary Targeted Group

Phoenix Healing CIC Freedom Programme
 By appointment via
07368 686 730

Daily: Drop-in sessions for Information, Advice, and Guidance, Free vitamins for children 0-5 & Sign Posting

9:30am - 10:30am
Baby Massage
 Call us to book

9am - 12pm
Early Bird Plus Parent Programme
 Contact Lindsey @
socialcom@sefton.gov.uk

9:30am - 11:30am
Baby Clinic
 By appointment only via
 Health Visitors @ Canning Road Methodist Church, PR9 7SS

Afternoon

1pm - 5pm
Midwife Appointments
 Booking Only

ACEs (Men)
 Referral Only

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

12pm - 5pm
Stop Smoking in Pregnancy
 Appointment Only

3:30pm-5pm
Relax Kids
 Booking required via email to Talbot Street

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

1:30pm-2:30pm
Chattertime
 Referral only via Health Visitor & Speech and Language professional

10am - 11:30am
Sefton Breastfeeding Support Group @ Canning Road Methodist Church, PR9 7SS

10am - 1pm
SWACA
 Drop-in for Women

1pm - 2:30pm
Mums the Word
 Call 07955 405 831 to book
 Starting 28/2

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

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Baby Weighing Clinic

Parents must book their baby in with the HV team on 0151-247-6354 for an appointment.

Midwife Clinic

Clinics are facilitated by the NHS on an appointment basis, made directly through your GP/midwife.

Breastfeeding Support (Talbot - Canning Road)

A group for parents to drop-in to for advice and support on breast feeding with your baby.

Smoke Free Pregnancy

Appointment sessions giving you advice and guidance on how to stop smoking throughout your pregnancy.

Parent Ed Classes

Bookings to be made through your midwife.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Rhyme Time

Enjoy interactive songs, rhymes and stories with your baby to support their communication and language development. Suitable for babies from birth to crawling.

Jo Jingles (Farnborough)

Join Fran for a fun-filled music and movement session with your baby. Booking required.

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.

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.

Toddler Book Club (Farnborough)

A 4-week course of discovering books and reading with your little one. 18 months + Booking Required.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Ring/Sing/Play

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.

Little Treasures (Kings Meadow)

Support your child's early learning through treasure baskets, songs and stories! Sessions are for babies from birth to crawling. No booking required.

Baby Ballet

Join us at one of our baby ballet sessions where you and your baby can expect a fun dance program, designed to explore physical movement through storytelling and music. Booking required.

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.

Sefton Family Hubs

Universal Sessions

Bumps, Babies and Little Ones 0-5: Support For All

Baby Massage

A session aimed at parents with babies aged 6 weeks to 6 months. The course lasts for 4 weeks and gives parents a chance to bond with their babies through massaging techniques. 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.

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 (Talbot)

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

Bumps, Babies and Little Ones 0-5: Support For All

Little Chefs (Kings Meadow)

A brilliant activity to do with your child, and a chance for your child to experiment with food. All parents and children aged between 2 and 5 years old are welcome to attend.

This is a 5-week course with one of our partner organisations – a £10 payment is required to book on.

Henry Programme

Support session for fussy eaters, help with starting your baby on solids and understanding behaviour.

Closed group.

Sefton Family Hubs

Targeted Group Programmes

Bumps, Babies and Little Ones 0-5: Targeted Support

Chattertime

A 6-week course aimed at supporting the communication, speech, and language development of children. For toddlers aged 18-months to 3-years.

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

Universal Sessions

Fearless, Fun and Active 6-11: Support For All

Hub Club (8+)(Marie Clarke)

After school sessions for children aged 8 and above including: mindfulness sessions, homework clubs, outdoor games, confidence building and cooking.

Art Attack (8yrs - 11yrs)(Netherton)

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.

Tiger Hill Playground (Hudson)

A playground designed with safety in mind, providing a secure environment for children to explore and play.
Drop-in

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

Targeted Group Programmes

Fearless, Fun and Active 6-11: Targeted Support

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.

Neurodiversity (Litherland)

1-1 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

Aiming High (Litherland)

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

Portage Play

Monthly support play sessions for parents and children with special educational needs or disabilities.

Riding the Rapids

10-week parenting courses for parents of children (Primary) 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

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. Referral come directly from schools.

Draw & Talk (Litherland)

1-1 sessions, appointment only

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.

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

Universal Sessions

Next Generation 11+: Support For All

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.

C-Card Drop In (13-24) (Litherland)

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.

Career Connect

Drop-in session for teens providing career advice, guidance, and support.

Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

Riding the Rapids

10-week parenting courses for parents of young people (Teen) 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

Aiming High (Litherland)

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.

VENUS

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Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

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 come directly from schools.

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.

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.

Sefton Family Hubs

Targeted Group Programmes

Next Generation 11+: Targeted Support

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

Universal Sessions Families

Coffee Morning (Waterloo)

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.

Team Around the School Coffee Morning (Waterloo)

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.

Flow Fitness (Litherland)

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.

Sleep Clinic (Marie Clarke)

Top tips for children to get a good night's sleep.

Sefton Family Hubs

Universal Sessions Families

Supporting Families (Talbot Street)

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.

DWP Drop In (Netherton)

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.

Positive Parenting Course

Join us to gain strategies on how to manage your child's behaviour. Booking required.

Integrated Care Team (Hudson & Waterloo)

Drop-in session for adults providing support and guidance for families who have health or social care needs

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.

Sefton Family Hubs

Targeted Group Programmes

Families: Targeted Support

Triple P

Being a parent is challenging! Join us to learn how to juggle all aspects of parenting, with helpful strategies and support. An 8-week parenting programme suitable for families with a child aged 2-11 years.

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.

Lighthouse Project (Seaforth)

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

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

Sefton Family Hubs

Universal Sessions

Adults

Sefton Parent Carer Forum

Drop-in sessions for parents/carers providing advice, guidance, and support. We welcome any parents and carers of children with additional or complex needs. We work with local authorities, education, health and other providers to make sure the services they plan and deliver meet the needs of disabled children and families and hold regular coffee mornings across Sefton where parents can meet, chat, and get support.

Life's For Living Parent Support Group (Waterloo)

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 Carers 1-1 (Netherton)

1-1 advice sessions for carers to discuss general thoughts and concerns with a professional.
Appointment only

Sefton Family Hubs

Universal Sessions

Adults

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.

Tea & Toast

Drop-in to any of our tea and toast sessions for a welcoming family space to discuss the ups and downs of being a parent/carer with other like-minded parents and support staff.

Youth Connect 5 (Adults) (Litherland)

A help and advice programme for parents who have with children who are anxious about their transition from primary school into high school. The course gives parents and carers the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.

Healthy Start Vitamins (Hudson)

Drop in and pick up your free 8-week supply of NHS Healthy Start vitamin tablets or drops.

Sefton Family Hubs

Universal Sessions Adults

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.

Light For Life

Advice sessions to help with housing. To book, call 01704 501 256

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

Understanding Your Emotions (Netherton)

A 6-week course starting 15th January 2025 that will help you to understand, regulate and manage your own emotions, as well as understand the emotions of others. Location: Feelgood Factory, Glovers Lane, Netherton, L30 5QW. Contact Jennie or Annabel for more information and to book your place on 0151 291 8010

Grow Your Confidence (Women) (Netherton)

A 6-week course starting 14th January 2025 for women aiming to boost self-confidence. Get to know yourself and learn how to build self-esteem and positivity.

Location: Feelgood Factory, Glovers Lane, Netherton, L30 5QW

Contact Jennie for more information and to book your place on 0151 291 8010

Compassion Corner (Netherton)

Come in for cuppa and a chat with the people in your community. Wellbeing tips and advice surrounding Seasonal Affective Disorder (SAD).

Location: Feelgood Factory, Glovers Lane, Netherton, L30 5QW

Contact Jennie or Annabel to book your place on 0151 291 8010

Sefton Family Hubs

Universal Sessions

Adults

Mindful Movements (Netherton)

Join us for 6 sessions of gentle stretching and mindfulness practice starting Friday 10th January 2025. The sessions will teach you movement and breathing techniques to help you to: promote relaxation, reduce stress and anxiety, be present in the moment, and feel grounded.

Location: Feelgood Factory, Glovers Lane, Netherton, L30 5QW

Contact Jennie or Annabel for more information and to book your place on 0151 291 8010

Sefton Family Hubs

Targeted Group Programmes

Adults: Targeted Programmes

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.

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

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

Adults: Targeted Programmes

PCN Aces

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

PACEs (Litherland)

The “Think ACE Create PACES” lived experience group aims 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.

Sefton Family Hubs

Targeted Group Programmes

Adults: Targeted Programmes

Sefton Welfare Rights

For more information and appointments, email welfarerights.advice@sefton.gov.uk

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 (Linaker)

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 (Talbot Street)

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

Our Partners



Support. Grow. Thrive.

