

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