

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

9am - 5pm  
Family Advice & Guidance  
Drop-in

10am - 11:30am  
Little Explorers (0-3 years)  
Drop-in

Draw & Talk  
1-1 Session  
Targeted Session  
Referral only

9am - 5pm  
Family Advice & Guidance  
Drop-in

10am - 12pm  
Riding the Rapids  
(Primary)  
Targeted Group  
Referral only

9am - 5pm  
Family Advice & Guidance  
Drop-in

9am - 5pm  
IAPT  
1-1 Session  
Appointment Only

11:30am - 1:30pm  
PACE's  
Targeted Group

9am - 5pm  
Family Advice & Guidance  
Drop-in

9am - 3pm  
Midwife Clinic  
Appointment Only

9am - 5pm  
Family Advice & Guidance  
Drop-in

9:30am - 11:30am  
Peep Programme  
Referral Only  
Starting in June

**Afternoon**

1pm - 5pm  
C-Card  
Drop-in

6pm - 8pm  
Caring Dads  
Targeted Group  
Referrals only through  
Brighter Kinder Futures -  
brighterkinderfutures@sefton.gov.uk

12:30pm - 3pm  
ACES (Male)  
Targeted Group Referral only  
Starting in September

1pm - 4pm  
Baby Weigh-in Clinic  
Appointment Only

5pm - 8pm  
Aiming High  
Closed Group

12:30pm - 2pm  
Trinity Wellness  
Drop-in

1pm - 3pm  
Baby Massage  
Referral Only  
Starting in June

1:30pm - 3pm  
Volunteer Programme  
Targeted Group

12pm - 2:30pm  
ACES (Female)  
Targeted Group  
Referral only

5pm - 8pm  
Parent Carer Forum  
Online Twilight  
Session

Virtual Offer  
Information, Advice and  
Guidance

Breastfeeding support

Parent Carer Panel

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Morning

9am - 5pm  
Family Advice & Guidance

Healing Together 1-1  
Targeted Group  
Referral only

10:30am - 11:30am  
Baby Massage  
Referral Only  
Starting in June

9am - 5pm  
Family Advice & Guidance

Healing Together 1-1  
Targeted Group Referral only

9:30am - 11am  
Tea and Toast Drop-in

9:30am - 11am  
Youth Connect 5  
Referral Only  
Starting in June

9am - 5pm  
Family Advice &  
Guidance

Healing Together 1-1  
Targeted Group  
Referral only

10am - 12pm  
SWACA Drop-in

9am - 5pm  
Family Advice & Guidance

Healing Together 1-1  
Targeted Group  
Referral only

9:30am - 11am  
Tea and Toast Drop-in

10am - 12pm  
Little Chefs  
Referral Only  
Starting in June

9am - 5pm  
Family Advice &  
Guidance

Healing Together 1-1  
Targeted Group  
Referral only

10am - 1pm  
Households into Work  
Fortnightly Drop-in

#### Afternoon

3:30pm - 5pm  
Art Attack  
Ages 8 - 11  
Drop-in

10am - 11:30am  
Sefton Carers Drop-in

12pm - 4pm  
Sefton Carers 1-1  
Appointment Only

1pm - 2:30pm  
Youth Connect 5 (Transitions)  
Referral Only  
Starting in June

1pm-4pm  
Baby Weigh-in Clinic  
Appointment only  
Booking Required

1:30pm - 3pm  
Baby Explorers  
Drop-in

1pm - 2:30pm  
Chatter Time  
Referral Only  
Starting in June

1pm - 3pm  
DWP Drop-in

5pm - 8pm  
Parent Carer Forum  
Online Twilight Session

Virtual Offer  
Information, Advice  
and Guidance

Breastfeeding support

Parent Carer Panel

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@sefton.gov.uk)

**Monday**

**Tuesday**

**Wednesday**

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**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  
Family Advice and  
Guidance  
Drop-in

Children's  
Continence Nurse  
Appointment Only

9:30am-11:30am  
Sefton Community  
Learning  
Call us to book

9:30am - 5pm  
Healthy Start  
Vitamins

9:30am - 12pm  
Family Advice and  
Guidance  
Drop-in

11am - 12pm  
Relax Kidz  
Call us to book

10:30am-12pm  
Drawing and Talking  
Call us to book

Midwife  
Appointment  
Book through your  
GP

9:15am – 10:15am  
Coffee Morning -  
Chill and Chat

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

Afternoon

1pm - 2pm  
ELSA Sessions  
Call us to book

3:30pm – 5pm  
Tiger Hill Playground  
Drop-in Play Session

Moorhey Road, Maghull. L31 5LE | 0151 526 1568 | [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk)