

Sefton Family Hubs

Talbot Street Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

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

Activities for Children 0-5
Years
1pm - 2:30pm
Little Explorers / PEEP
Drop-in

Targeted Family Support
5pm - 7pm
Male ACEs

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Nutrition and Weight
Management
9am - 12pm
Henry Programme
Targeted Group
Booking via Health Visitors
Runs monthly

Domestic Abuse Support
9am - 12pm
SWACA Group
Booking Required

SEN Support (Any Day
Helpline)
SEN & Inclusion Support
Service
Phone number listed in
session details (see back
of booklet)

9am - 5pm
Family Advice & Guidance
with essentials
community shop/pantry
Drop-in

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

Youth Support
1pm - 3pm
Teen ACEs Schools

9am - 5pm
Family Advice & Guidance
with essentials community
shop/pantry
Drop-in

Domestic Abuse Support
9am - 12pm
SWACA Group
Targeted Group / Invite
Booking Required

Parenting Support
10am - 11am

Health Visitors
1pm - 3pm
Baby Clinic
Booking Required

Activities for Children 0-5 Years
1pm - 3pm
Early Years SEN Stay & Play
Drop-in

Youth Offer
4pm - 5pm
Hub Club 6+
(After School Club)

9am - 5pm
Family Advice & Guidance
with essentials
community shop/pantry
Drop-in

Smoking Cessation
Support
12pm - 4pm
Smoke-Free Pregnancy
Booking Required

Virtual Offer

- Information, Advice, and Guidance
- Breastfeeding Support
- Parent Carer Panel

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

Sefton Family Hubs

Sefton Family Hubs Canning Road

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Activities for Children
0-5 Years
10am - 12pm
Sensory Baby

Afternoon

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

Sefton Council 



Support. Grow. Thrive.



Sefton Family Hubs

Linaker Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

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

Activities for Children
0-5 Years
10am - 11:30pm
Baby Massage
Booking required
Starts in April

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

Targeted Family Support
10am - 12pm
ACEs Women
Commencing February

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

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

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

SEN Support (Any Day
Helpline)
SEN & Inclusion Support
Service
Phone number listed in
session details (see
back of booklet)

Family Wellbeing
Support
Tuesday 10th February
12:30pm - 3:30pm
Talk, Listen, Connect
(TLC) Workshop
Booking Required

Domestic Abuse Support
6pm - 8pm
Caring Dads
Targeted Group through
Brighter Kinder Futures
-
Booking required via
brighterkinderfutures@
sefton.gov.uk

Activities for Children 0-5
Years
1:30pm - 2:30pm
PEEP Learning Together
Stay & Play
Drop-in

SEN Support
5:30pm - 7:30pm
Riding the Rapids
Virtual Offer

Virtual Offer
• Information,
Advice, and
Guidance
• Breastfeeding
Support
• Parent Carer Panel

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

Activities for Children 0-5

Years

9:30am - 10am &
10:15am - 11am

Rhyme Time

Suitable for babies 1 year+

Booking Required

Location: Birkdale Hub
Station Master's House
Call us to book

Activities for Children 0-5

Years

1:30pm-2:30pm

Baby Yoga

For 6 - 12 month olds

Helps with nurture & touch.
Promotes balance,
coordination and motor
skills

4-week course

£10 Booking Required

Activities for Children 0-5

Years

9:30am - 10:15am

Jo Jingles

For 18m - 3yrs

10:45am - 11:30am

Jo Jingles

For 3m - 18m

Music and movement

Facilitated by partners

Booking Required

£30 for 5 weeks

Maternity Support

1pm-3pm

Baby Weigh-in

Book with your Health
Visitor

Activities for Children 0-5

Years

9:30am - 10:10am

Dancing Songbirds

For 18m-3yrs

Drop-in

Activities for Children 0-5

Years

10:30am - 11am

Baby Rhyme Time

For birth to crawling

Drop-in

11am - 12pm

Chill & Chat

Refreshments provided

Drop-in

Parenting Support

9:15am - 11:30am

Positive Parenting

Gain strategies for
managing your child's
behaviour

Booking Required

Ask us anytime about...

- Home Safety
- Speech & Language
- Behavioural Support
- Welfare Advice
- Healthy Start Vitamins

ASK US



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 Council

BEST
START
IN LIFE

Support. Grow. Thrive.



Sefton Family Hubs

First Steps Family Hubs King's Meadow

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Ask us anytime about...

- Employability
- Parenting Advice
- Breastfeeding Support
- Early Help
- Domestic Abuse
- Welfare Advice



10am - 11am
Little Treasures

Support your child's
early learning through
treasure baskets,
songs and stories!

For birth to crawling
Drop-in

10am - 12pm
Mini First Aid

4th March 2026
£12 Booking Required

Learn all about baby and
child's first aid, with
techniques for what to do
in an emergency.
Including: CPR, choking,
bumps, bleeding, breaks,
burns, febrile seizures &
meningitis awareness.

10am - 11am
Stay and Play
For 1 year +
Drop-in

1:30pm - 2:30pm
Baby Massage
For 6wks - 6m
4-week course
£10 Booking Required

Afternoon

1:30pm-2:30pm
Top Tots

A physical, fun activity
session to encourage
large motor skills.

For 18 months +
Drop-in

Saturday

10am - 12pm
Dad's Club
Fun, games & snacks

Drop-in
Dates: 10/1, 24/1, 7/2

Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS | c.horton.fs@schools.sefton.gov.uk
Call us to book your place on 01704 571 606

Sefton Council

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