

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

9am - 5pm  
Volunteer Programme  
Targeted Group

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

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

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

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

10am - 12pm  
Sefton Parents/Carers  
Group Coffee Morning  
Last Wednesday of the  
month, drop-in

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

10am - 12pm  
Little Chefs  
Targeted Group  
Starting in September

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

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

9:30am - 11am  
Sefton Breastfeeding  
Support Group @ Canning  
Road Methodist Church,  
PR9 7SS

Afternoon

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

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

1pm - 5pm  
Family Law Advice  
Appointment Only

6pm - 8pm  
Caring Dads  
Targeted Group through  
Brighter Kinder Futures -  
brighterkindertutures@seton.  
gov.uk

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

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

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

1pm - 3pm  
DWP (Department of  
Working Pensions)  
Drop-in

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

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

10:30am - 11:30am  
Baby Massage  
Targeted Group

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

10am - 12pm  
Riding the Rapids  
Targeted Group

10am - 12pm  
ACES  
Targeted Group

Phoenix Healing CIC  
Freedom Programme  
By appointment via 07368  
686 730

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

10am - 12pm  
Riding the Rapids  
Targeted Group

Virtual Offer

Information, Advice,  
and Guidance

Breastfeeding  
Support

Parent Carer Panel

Afternoon

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

1:30pm-2:30pm  
Chatter Time  
Targeted Group

1pm - 3pm  
Peep Programme  
Targeted Group

5:30pm - 7:30pm  
Riding the Rapids  
Targeted Group  
Online

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

1pm - 5pm  
Parent Carer Panel  
Online Twilight Session

103 Linaker Street, Southport, PR8 5DQ | 0151 288 6765 | [Seftonfamilyhubdeliveryteam@sefton.gov.uk](mailto:Seftonfamilyhubdeliveryteam@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 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

29/4 - 20/5 - £24 (4wks)  
3/6 - 15/7 - £42 (7wks)  
Facilitated by partners  
Booking Required

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

Sessions run 13/6 - 4/7

Afternoon

1:30pm-2:30pm  
Baby Yoga  
For 6 - 12 month olds  
Facilitated by partners  
£10 Booking Required

Sessions run 28/4, 12/5,  
19/5, 16/6, 7/7

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

1:30pm - 2:15pm  
Bookworms!  
For 18 months +  
Booking Required

1:30pm - 2:30pm  
Baby Massage  
For 6wks - 6m  
Facilitated by partners  
£10 Booking Required

3-week course  
9/5 - 23/5

4-week course  
13/6 - 4/7

Farnborough Road Infant School | 01704 572 579 | [c.horton.fs@schools.sefton.gov.uk](mailto: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  
(Children)  
Session runs on 25/6  
Booking required

10am - 12pm  
Life's for Living Sefton  
(Adults)  
Sessions run on 11/6 & 9/7  
Booking required

10:30am - 11:30am  
Little Chefs  
For 2 - 5 year olds  
Facilitated by partners  
Booking Required

£12 for a 5-week course  
25/4 - 23/5

£15 for a 6-week course  
6/6 - 11/7

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:  
3/5, 17/5, 31/5, 14/6,  
28/6, 12/7

Kings Meadow Primary School | 01704 571606 | [c.horton.fs@schools.sefton.gov.uk](mailto:c.horton.fs@schools.sefton.gov.uk)