

# Sefton Family Hubs



**Our May - July 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](http://www.sefton.gov.uk/familyhubs)

# Sefton Family Hubs

Seaforth Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

11am - 1pm  
Caring Dads  
Targeted Group

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

9am - 12pm  
Well Baby Clinic  
Appointment Only

10:30am - 12pm  
Chatter Time

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

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

9am-7pm  
PCN ACE's  
Targeted Group

Riding the Rapids (10-  
12)  
Targeted Group

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

10am-11:30am  
Little Explorers (0-4)  
Drop-in

Afternoon

12pm-2pm  
Cancer Navigator  
Closed Group

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | [Seaforth.FWC@sefton.gov.uk](mailto:Seaforth.FWC@sefton.gov.uk)

# Sefton Family Hubs

Marie Clarke Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

Healing 9-5 Together  
Targeted Group

9am - 10am  
Tea & Toast  
Drop-in

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

9am - 5pm  
Venus  
Targeted Group

Healing 9-5 Together  
Targeted Group

9:30am - 11am  
Youth Connect 5 Transition

9:30am - 12pm  
DWP Advice  
Targeted Group

10am - 12pm  
Incredible Years Course  
Targeted Group

10am - 12pm  
Riding the Rapids  
Targeted Group

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

9am - 5pm  
Venus  
Targeted Group

Healing 9-5 Together  
Targeted Group

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

9am - 5pm  
Venus  
Targeted Group

Healing 9-5 Together  
Targeted Group

9am - 5pm  
CAHM's PCN  
Targeted Group

9:30am - 12pm  
Perinatal Group  
Targeted Group

10am - 12pm  
Households into Work  
Appointment Only

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

9am - 5pm  
Venus  
Targeted Group

Healing 9-5 Together  
Targeted Group

9am - 10am  
Tea & Toast  
Drop-in

Linacre Lane, Bootle L20 5AQ | 0151 330 5260 | MarieClarke.FWC@sefton.gov.uk

# Sefton Family Hubs

Marie Clarke Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Afternoon

1pm - 4pm  
Career Connect  
Targeted Group

5pm - 8pm  
Parent Carer Forum  
Virtual Session

1pm - 2:30pm  
Chatter Time

3:30pm - 5pm  
Art Attack

5pm - 8pm  
CGL M Pact Programme  
Targeted Group

1pm - 2pm  
Baby Massage

1pm - 3pm  
Volunteer Programme

12:30pm - 2pm  
Perinatal Group  
Targeted Group

5pm - 8pm  
Caring Dads  
Targeted Group

1:30pm - 3pm  
Peep  
Targeted Group

Virtual Offer  
Information, Advice,  
and Guidance

Breastfeeding  
Support

Parent Carer Panel

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

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

9:30am - 2:30pm  
Sefton Parent Carers  
Forum  
Term time drop-in

10am - 11:30am  
Little Explorers (0-4)  
Drop-in

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

9:30am - 7pm  
PCN ACE's  
Targeted Group

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

9am-2:30pm  
Sefton Parent Carers  
Forum  
Term time drop-in

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

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

9:30am-2:30pm  
Sefton Parent Carers  
Forum  
Term time drop-in

Afternoon

12:30pm-2:30pm  
ACE's  
Targeted Group

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | [Cambridge.FWC@sefton.gov.uk](mailto: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 (Primary)  
Targeted Group

9am - 5pm  
Advice Guidance

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

9am - 5pm  
Advice Guidance

9:30am - 11am  
Chatter Time  
Drop-in

9am - 3pm  
Midwife Clinic

9am - 5pm  
Advice Guidance

9:30am - 11:30am  
Peep Programme

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  
Closed Group

12:30pm - 2pm  
Trinity Wellness

1pm - 2pm  
Volunteer Programme

IPTA - A  
1-1 Session  
Appointment Only

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

5pm - 8pm  
Parent Carer Forum  
Online

1pm - 3:30pm  
Caring Dads  
Targeted Group

Virtual Offer  
Information advice  
and Guidance

Breastfeeding support

Parent Carer Panel

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

Healing 9-5 Together  
Targeted Group

10:30am - 11:30am  
Baby Massage

9am - 5pm  
Advice Guidance

Healing 9-5 Together  
Targeted Group

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

9:30am - 11am  
Youth Connect 5

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

9am - 5pm  
Advice Guidance

10am - 12pm  
SWACA Drop-in

Healing 9-5 Together  
Targeted Group

9am - 5pm  
Advice Guidance

Healing 9-5 Together  
Targeted Group

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

10am - 12pm  
Riding the Rapids  
Targeted Group

10am - 12pm  
Little Chefs

1pm - 2:30pm  
Chatter Time

1pm - 3pm  
DWP Drop-in

5pm - 8pm  
Parent Carer Forum  
Online

9am - 5pm  
Advice Guidance

Healing 9-5 Together  
Targeted Group

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

Afternoon

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

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

1pm-4pm  
Baby Weighing Clinic  
Booking Required

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

Virtual Offer  
Information advice  
and Guidance

Breastfeeding support

Parent Carer Panel

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | Netherton.FWC@sefton.gov.uk

# Sefton Family Hubs

Talbot Street Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

**Healing 9-5 Together Targeted Group**  
  
9:15am - 11:30am  
**Parent Carer Forum Drop-in**  
  
9am - 3pm  
**Sefton Welfare Rights Appointment Only**  
Enquiries to [welfare.rights@sefton.gov.uk](mailto:welfare.rights@sefton.gov.uk)

**Healing 9-5 Together Targeted Group**  
  
9:30am - 11:30pm  
**Henry Programme Booking via Health Visitors**

**Healing 9-5 Together Targeted Group**  
  
10am -12pm  
**Sefton Parents/Carers Group Coffee Morning**  
Last Wednesday of the month, drop-in  
  
10am -2pm  
**Careers Connect Drop-in (16-18)**

**Healing 9-5 Together Targeted Group**  
  
10am - 12pm  
**Little Chefs Targeted Group**

**Healing 9-5 Together Targeted Group**  
  
9:30am - 11:30am  
**Baby Clinic**  
By appointment only via Health Visitors @ Canning Road Methodist Church, PR9 7SS  
  
9:30am - 11:30am  
**Sefton Breastfeeding Support Group @ Canning Road Methodist Church, PR9 7SS**

Afternoon

**Volunteer Programme**

**1pm - 5pm Family Law Advice Appointment Only**

**12:30pm - 5pm Sefton Parent Carer 1-1 Drop-in**

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

Virtual Offer

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

**6pm - 8pm Caring Dads Targeted Group**

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

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

St. Andrews Place, Southport, PR8 1HR | 01704534975 | [TalbotSt.FWC@sefton.gov.uk](mailto:TalbotSt.FWC@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  
starting in June

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

10am - 12pm  
Riding the Rapids  
Targeted Group

10am - 12pm  
ACES

Phoenix Healing CIC  
Freedom Programme  
By appointment via  
07368 686 730

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

Parent Carer Panel  
Online

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

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  
Referral only via  
Health Visitor &  
Speech and Language  
professional

1pm - 3pm  
Peep Programme  
Booking required  
June start

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

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 Hub Station  
Master's House - call to  
book

10:10am & 11:10am  
Bloom Baby  
Sessions run on 28/4, 12/5,  
19/5  
Call 07967813074 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)

# 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

Breastfeeding offers benefits for mother and baby, including enhanced immunity and improved digestion as the antibodies in breastmilk are created especially for your baby, it helps reduced risks of various illnesses and diseases for baby with these benefits lasting into adulthood, preventing many illness for the mother too. Breastfeeding also promotes bonding and attachment vital for babies brain development as well as encourages muscle strength to support speech and language development. And its free and convenient!

#### 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

#### Baby Rhyme Time

The Course will support parents and carers with their early learning and development. The focus will be based on 4 key elements opportunity, recognition, interaction and modelling. Supports personal, social, health, physical and emotional development with a focus on communication, language, early literacy and early maths.

#### 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.

#### Bookworms! (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.

#### Little Explorers

A fun, stimulating and interactive play, learning and development session. This is based on Parents as the First Teachers model and supports families to build attachment and positive parenting behaviours; strengthen parent-child interaction within the Early Home Learning Environment; support school readiness.

# Sefton Family Hubs

## Universal Sessions

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

#### 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.

#### Baby Massage

Baby Massage is a 6-week programme that aims to promote attachment between baby and caregiver through infant massage, eye contact, talking to your baby and understanding the needs of your baby. The course is suitable for babies who have had their routine hip check and up to pre-crawling. Baby massage also has benefits for babies such as, improving sleep, enhancing bonding and attachment, aids digestion and strengthens the immune system.. 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.

# Sefton Family Hubs

## Universal Sessions

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

#### 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.

#### Little Chefs (Kings Meadow)

The Course will support parents and carers with their early learning and development. The focus will be based on 4 key elements opportunity, recognition, interaction and modelling. Supports personal, social, health, physical and emotional development with a focus on communication, language, early literacy and early maths.

A fun and interactive cookery session for parents/carers and children. Come along and create some tasty, healthy, and nutritious meals and snacks.

#### Henry Programme

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

# Sefton Family Hubs

## Targeted Group Programmes

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

#### Chatter Time

The programme is aimed at families with children under 4 years old. The course will develop and support a child's early speech, language and communication skills.

#### 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

#### 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

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

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 (Primary)

10 -week parenting course for parents of children and young people who have a diagnosis of Autism and /or 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. Primary and secondary groups available.

#### 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

12 weeks of one-to-one therapeutic session for children and young people (aged 5-19) who have experienced trauma, loss or who have underlying emotional difficulties.

# 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

## Targeted Group Programmes

### Fearless, Fun and Active 6-11: Targeted Support

#### 1-1: Healing Together Children and Young People

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 children can learn about how their body and brain works together, their feelings, senses and strategies they can use to help their body and brain feel safe. The programme, delivered remotely or face to face, is suitable for children aged 5-16 years and can be delivered on a 1:1 or group basis.

# 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 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 (Teen)

10-week parenting courses for parents of young people 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

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

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

### 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

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

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

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

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

# Sefton Family Hubs

## Universal Sessions Families

### Supporting Families

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

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

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

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

#### Incredible Years

A 14-week parenting group (of children aged 2-10) which aims to strengthen parenting skills by developing techniques which support positive child behaviour focusing on play, interaction, praise, and rewards. Aims to increase children's social skills, emotional language as well as parents and child's relationship.

# Universal Sessions

## Adults

### Sefton Parent Carer Panel

“Your Voice Matters”: Meets monthly face to face. The forum will ensure parents and carers the opportunity to share their views and help to shape services for families in our Family Hubs.

### Information Advice Support Service

The team provide impartial and confidential information, advice and support to families.

### Life's For Living Parent Support Group

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

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. The team provide impartial and confidential information, advice and support to families.

#### Youth Connect 5 in Transit

This 5-week programme is aimed at parents with children Transitioning from primary to secondary school. This time can be an exciting and anxious time for both children and parents. The course gives parents and carers the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.

# Sefton Family Hubs

## Universal Sessions

### Adults

#### Healthy Start Vitamins (1:1)

Pregnant women, women with a child under 12 months, and children aged up to 4 years who are receiving Healthy Start vouchers are entitled to free Healthy Start vitamins. Healthy Start vitamins contain vitamins A, C and D for children aged from birth to 4 years, and folic acid and vitamins C and D for pregnant and breastfeeding women. Drop in and pick up your free 8-week supply of NHS Healthy Start vitamin tablets or drops.

#### Peep (Learning Together):

The 5-week programme will support parents and carers with their early learning and development. The programme will focus on the 5 key strands of early years development PSED, CL, EL, EM, HPD embedding opportunity, recognition, interaction and modelling.

#### Volunteer Programme

The 4-week volunteer programme will be delivered to individuals who are interested in volunteering at the Family Hubs. The course will increase their knowledge on the role of a volunteer, safeguarding and benefits of volunteering.

# 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

## 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

#### ACE Recovery Adult Programme

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

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](mailto: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

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

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.

