

Sefton Family Hubs



Our Timetable
January - March 2026
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 school holidays and half term special events. We also have lots of 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

Sefton Family Hubs

Seaforth Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

Mental Health Support
All day
Venus 1-1 Therapeutic Sessions
Appointment Only

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

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

Domestic Abuse Support
9am - 5pm
PCN ACES
Targeted Group
Booking required

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

10am - 11:30am
Tea & Toast
Drop-in

Activities for Children 0-5 Years
10am-11:30am
Little Explorers/PEEP
Drop-in

Afternoon

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

Mental Health Support
12pm-2pm
Cancer Navigator
Closed Group

Parenting Support
1pm - 2:30pm
Bee Kind Parenting

Caradoc Road, Seaforth L21 4NB | 0151 286 7807 | Seftonfamilyhubdeliveryteam@sefton.gov.uk

Sefton Family Hubs

Marie Clarke 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

SEN Support
10am - 12pm
Riding the Rapids
Booking Required

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

Activities for Children 0-5 Years
10am - 11am
Sensory Baby

Targeted Family Support 0-5 Years
11:30am - 12:30pm
Baby Massage
Booking Required

Early Language Support
1:30pm-2:30pm
Baby Rhyme Time
Drop-in

Youth Offer
3:45pm - 5pm
Hub Club (After School)

2pm - 4pm
Resettlement Group

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

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

Domestic Abuse Support
9am - 5pm
PCN ACEs
Closed Group

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

9am - 5pm
Sefton CAMHS
Appointment Only

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

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

Afternoon

2pm - 4pm
Resettlement Group

Family Wellbeing Support
Monday 9th February
12:30pm - 3:30pm
Talk, Listen, Connect (TLC) Workshop
Booking required

2pm - 4pm
Resettlement Group

Nutrition and Weight Management
3:30pm-4:30pm
Little Chefs

Mental Health Support
MHM Support Group
12:30pm - 2:30pm
Closed Group

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

Virtual Offer

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

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

Sefton Family Hubs

Cambridge Family Hub

We are always here with a listening ear, any weekday

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

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

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

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

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

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

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

Activities for
Children 0-5 Years

10am - 11:30am
Little Explorers /
PEEPS

Youth Support
10am - 12pm
Teen ACEs
Hillside

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

Targeted Family Support
12:30pm-4pm
Adult ACEs
Targeted Group
Booking required

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

Afternoon

Cambridge Road, Bootle, L20 9LQ | 0151 282 5436 | Seftonfamilyhubdeliveryteam@sefton.gov.uk