

Support. Grow. Thrive.

Sefton Family Hubs



Baby Massage

👩‍👧 6-week programme that aims to promote attachment between baby and caregiver through infant massage, eye contact, talking to your baby and understanding their needs. 🧠

Baby massage can:

Improve sleep 🧘

Enhance bonding 👤

Aids digestion 🍴

Strengthens the immune system ❤️💊



Tuesdays @ 11:30pm -12:30pm
Marie Clarke Family Hub
Linacre Lane, Bootle L20 5AQ

To book, please contact seftonfamilyhubdeliveryteam@sefton.gov.uk

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Baby Rhyme Time

🎵 Join us for a fun and friendly session filled with songs and rhymes that help your little one learn, play, and grow. 🌱

These gentle activities:
Support early communication 🗣️
Spark imagination ✨
Encourage bonding with your child 🤗

It's also a great opportunity to meet other families in a relaxed, welcoming space 🤝



Tuesdays @ 1:30pm- 2:30pm
Marie Clarke Family Hub
Linacre Lane, Bootle L20 5AQ

Drop-in session, no booking required!

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Bee Kind Parenting

🤝 Join us for a session designed to help you understand and manage your child's behaviours 👤

💖 This isn't just a course, it's a celebration of kindness, connection and compassion 🌻

🌱 You'll gain practical strategies and supportive guidance to help you navigate your child's social and emotional wellbeing as they grow and develop 🌻



Wednesday @ 1pm- 2:30pm
Seaforth Family Hub
Caradoc Rd, Liverpool L21 4NB




To book, please contact seftonfamilyhubdeliveryteam@sefton.gov.uk

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Hub Club 7+ years

  Join us after school for a fun and friendly session where children can unwind, get creative, and feel supported. With games to enjoy, crafts to make, and homework help on hand, Hub Club offers a relaxed space for kids to learn, play, and connect with others.  



Tuesday @ 3:45pm-5:00pm
Marie Clarke Family Hub
Linacre Lane, Bootle L20 5AQ

Drop-in session, no booking required!

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Little Explorers

 A fun, stimulating, and interactive play, learning, and development session! 

Based on the Parents as First Teachers model, this session helps to:

-  Build attachment and positive parenting behaviours
-  Strengthen parent-child interaction in the Early Home Learning Environment 
-  Support school readiness and lifelong learning 



Tuesdays @ 10am - 11:30am
Cambridge Family Hub

Fridays @ 10am - 11:30am
Seaforth Family Hub

Drop-in session, no booking required!

Sefton Council



Questions? Call for Seaforth 0151 286 7807 or
0151 282 5436 for Cambridge.



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Little Chefs

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



Wednesday @ 3:30pm-4:30pm
Marie Clarke Family Hub
Linacre Lane, Bootle L20 5AQ

To book, please contact seftonfamilyhubdeliveryteam@sefton.gov.uk

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Any questions? Call 0151 330 5260

Hubs



Baby Sensory

 Come and join us for our baby sensory sessions, where babies can explore a variety of textures, smells, and sounds that stimulate their senses and encourage early learning 🎵



Tuesday @ 10am- 11am
Marie Clarke Family Hub
Linacre Lane, Bootle L20 5AQ

To book, please contact seftonfamilyhubdeliveryteam@sefton.gov.uk

Sefton Council



Any questions? Call 0151 330 5260

