



Sefton Family Hubs Timetable

TALBOT STREET FAMILY HUB

St. Andrews Place, Southport, PR8 1HR Tel: 01704534975 Email: TalbotSt.FWC@sefton.gov.uk

Monday

9.15-10.30am
Parent Forum
Chill & Chat

Drop in to chat about
New Family Hubs &
Family Life Starts 7th
October

Emerging Futures

Supporting friends and
family members who have
been impacted by a
loved one's addiction
contact : 07592 502690

Tuesday

10.00am-12.00pm
Henry Programme
Healthy Start Brighter
Future

for further details
and to book on to
courses contact
your Health Visitor

Phoenix Healing CIC
appointments only
call 07368 686730

Wednesday

10.00am-12.00pm
Sefton Parent Carers
Parent/Carer Coffee
& Chat Morning Drop in
last Wednesday of the
month, children welcome.

10.00am-12.00pm
Careers Connect
Aged 16-18,
Not in Education,
Employment or Training
Drop in for a chat for
guidance.

Thursday

Breastfeeding Support
1:1
by appointment only

Talking Therapies
1:1 by appointment only
help and guidance on
children's behaviour

5th December 2024
SEND 9.30-11am
Drop in a chance to talk to
our SEND team to discuss
queries about SEND
inclusion, schools
and EHCP's

Friday

CANNING ROAD
METHODIST CHURCH
9.30-11.30am
BABY CLINIC
by appointment via
Health Visitors

AND AT CANNING ROAD
10.00-11.30am
BREASTFEEDING GROUP
drop in support and advice
from Sefton Breastfeeding
Support

Sefton Welfare Rights
by appointment only
enquiries to
welfare.rights@sefton.gov.uk

1.00-2.30pm
Best Start in Life
Stay and Play Group
Come along, meet
new friends,
advice & information
on all sorts of issues
for starting nursery
and school
starts 7th October

10.00am-12.00pm
ACES for Women at
Canning Road
Methodist Church
Referral only

Light for Life
help and advice with
housing referral only

1.00-2.00pm
Baby Massage
Booking required

1.00-4.00pm
SEN Parent Advice
Drop in

1.00-2.30pm
Mums the Word
booking only wellbeing for new
mums and babies

1.00-4.00pm
Solicitors (monthly)
Family Legal Advice
by appointment only

1.00-3.00pm
Baby Clinic
by appointment only
via Health Visitor

1.00-2.30pm
Breastfeeding Group
Drop in
supported by
Infant Feeding Team
and Early Help
starting 3rd October

No Smoking in
Pregnancy
Appointment only
via referral

Household in to Work
Help to return to work,
retraining and advice
referral only

FREE VITAMINS AVAILABLE
FOR CHILDREN UNDER
THE AGE OF 5



Sefton Family Hubs Timetable

Family Advice & Guidance (including Vitamins, Foodbank Vouchers, Warmer Homes items, Sanitary Products)
Drop-in available Mon-Fri between 9.00am-4.00pm

Some Bookable Room Spaces available for professionals Mon-Fri between 9.00am-5.00pm. Please call or email to enquire. Please note: All room bookings will only be confirmed upon receipt of a completed booking form.

MONDAY - FRIDAY

9.00am-5.00pm

Barnardo's SENDIASS

We offer advice and support around various topics relating to Special Educational Needs and disabilities (SEND) for children and young people aged 0-25 living in the Sefton Area and their families. We currently offer telephone and email advice, information packs and casework.

Telephone: 0333 323 8003

Email: sefton.sendiass@barnardos.org.uk

MONDAY TO FRIDAY

9.00am-5.00pm

Talking Therapies - Autism Specific

121 Therapeutic sessions for young people 6-19 with a diagnosis of autism/on the pathway - Focusing on improving the mental health & wellbeing of the young person .

Interpersonal Adolescent Therapy (IPT-A)

12 week 121 therapeutic sessions for 13-19 year olds struggling with depression

The 2 main aims are - improve interpersonal relationships & communication skills & reduce the frequency/intensity of depression symptoms

Home coaching 1-1

10 week Therapeutic parent support sessions for 2-10 year olds focusing on parent child interactions and promote positive attachments support parents to use positive behaviours management strategies.

REFERRAL ONLY - Email: Thornton.FWC@sefton.gov.uk



Sefton Family Hubs Timetable

LINAKER FAMILY HUB

103 Linaker Street, Southport, PR8 5DQ Tel: 0151 288 6765 Email: TalbotSt.FWC@sefton.gov.uk

Monday

9.15-11.30am

**Sefton Parent Carers
Forum for parents and
children**

Parent led drop in
Fortnightly from
16.09.2024

10.00-11.30am

Portage Stay and Play
Invitation only
Monthly support
sessions for children with
SEND

Tuesday

10.30am-12.30pm

**Riding the Rapids
Teens**

booking only
10 week course for
parents who have
teenage children with
additional needs

Wednesday

STAFF TRAINING

Thursday

10.30am-12.00pm

Riding the Rapids

booking only
10 week parenting
Autism Specific
Referral only

Friday

**CANNING ROAD
METHODIST CHURCH**

**9.30-11.30am
BABY CLINIC**
by appointment via
Health Visitors

**AND AT CANNING ROAD
10.00-11.30am**

BREASTFEEDING GROUP
drop in support and advice
Sefton Breastfeeding
Support

12.00-5.00pm
Midwife Appointments
appointment only.

6.00-8.00pm
Antenatal Classes
arranged via your
midwife to book on

**No Smoking in
Pregnancy**
by referral
Appointment through
midwife

3.30-5.00pm
Relax Kids
booking only
Email Talbot St (see
above) for further
information and
details.

12.00-2.00pm
SWACA for Men
DROP IN

1.30-2.30pm
Chattertime
referral only via
professional

**FREE VITAMINS
AVAILABLE FOR
CHILDREN UNDER
THE AGE OF 5**

10.00am-2.00pm
SWACA for women
DROP IN



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Sefton Family Hubs Timetable

FIRST STEPS FAMILY WELLBEING CENTRES

Farnborough Road Infant School, Farnborough Road, Birkdale, PR8 3DF.

Tel: 01704 572 579 Email: c.horton.fs@schools.sefton.gov.uk

Monday

10.15-11.00am

Toddler Rhyme Time

At the Birkdale Hub Station
Master's House next to
Birkdale Station Booking
Required

1.30-2.30

Baby Yoga

23/9-14/10 6m-12m

4-week course. Helps with
nurture and bonding.
Promotes balance, co-
ordination and motor skills.
£10 to pay - Booking Required

Tuesday

Jo Jingles 10/9-22/10

18m -3yrs 9.30-10.15

3m-18m 10.45-11.30

amazing music and
movement session

With Fran £35 - 7 weeks

Booking Required

1.00-3.00pm

Baby weigh in

Contact your Health
Visitor to
book on

Wednesday

9.30-10.10am

Dancing Songbirds

Come and join Aimie for
dancing, singing and
rhymes. 18m-3yrs

10.30-11.00

Baby Rhyme Time

Birth to crawling
Enjoy rhymes and songs
with your baby

Thursday

Drop-in available Mon-

Fri between 9.00am-

4.00pm

Family Advice &
Guidance (including
Vitamins, Foodbank
Vouchers, Warmer
Homes items, Sanitary
Products)

Friday

1.30 - 2.30pm

Baby Massage

4/10 - 25/10

6 weeks-6months

A 4-week course. A chance
for you and your baby to
bond while encouraging
better sleep patterns.

£10 to pay - Booking
Required

[Kings Meadow Primary School, Meadow Lane, Ainsdale, PR8 3RS](#)

Tel: 01704 571606 Email: c.horton.fs@schools.sefton.gov.uk

10.00-11.00am

Little Treasures

Support your child's early
learning through treasure
baskets, songs and stories!
For babies birth to
crawling, no need to book.

1.00-2.00pm

BABY WEIGH IN

Contact your Health Visitor
to book on

10.00-11.00am

Mini Movers

suitable for babies
/crawlers and cruisers.
Discovery session to explore
in a safe soft space. Songs
and story to finish. No need
to book.

1.30-2.30

TOP TOTS

A physical fun activity session
to encourage large motor
skills suitable for aged
18months+, No need to book

1.00-1.45pm

Tiny Club

18/9 - 23/10

A 6 week course of
discovery classes for you
and your baby. Through
activities and play you will
learn about tummy time,
reading to baby, bonding
and much more. Suitable
from birth-crawling
Booking Required

Drop-in available Mon-

Fri between 9.00am-

4.00pm

Family Advice &
Guidance (including
Vitamins, Foodbank
Vouchers, Warmer
Homes items, Sanitary
Products)

10.30-11.30

Little Chefs

20/9 - 25/10

Suitable for aged 2-5

A brilliant activity to do with
your child. A chance for your
child to experiment with food.
£12 for 6 week course. Booking
Required

Saturdays

10.00am-12.00pm

Dad's Club is back!

Join Scott for fun and games
21/9 5/10 19/10 2/11
NO BOOKING REQUIRED



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