

# 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  
Targeted Group

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9:30am - 11am  
Read/Sing/Play

9am - 3pm  
Midwife Clinic

9am - 5pm  
Advice Guidance

10am - 12pm  
Umbrella Stay &  
Play

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

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

12:30pm - 2pm  
Flow Fitness

IPTA - A  
1-1 Session  
Appointment Only

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

12pm - 1pm  
Neurodiversity  
Targeted Group

1pm - 2:30pm  
Youth Connect 5  
(Parent)

Boundary Road, Litherland, L21 7LA | 0151 288 6661 | [Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)

# Sefton Family Hubs

Netherton Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9am - 5pm  
Advice Guidance

9:30am - 11am  
Tea and Toast

10am - 12pm  
SWACA Drop-in

10am - 12pm  
Riding the Rapids  
Targeted Group

10:30am - 12:30pm  
Compassion Corner @  
Feel Good Factory

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

10am - 12pm  
Understanding Your  
Emotions @  
Feelgood Factory

Healing Together  
Targeted Group

10am - 1pm  
Households into Work  
Fortnightly, starting  
7/2/25

Healing Together  
Appointment Only

Healing Together  
Appointment Only

Afternoon

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

12pm - 4pm  
Sefton Carers  
1-1 Appointment

1pm-4pm  
Baby Weighing Clinic

1pm - 3pm  
DWP Drop-in  
Staff and Families

1pm - 1:45pm  
Mindful Movements  
6-week course @  
Feelgood Factory

1pm - 3pm  
Grow Your  
Confidence @ Feel  
Good Factory  
6-week course

1:30pm - 3pm  
Baby Explorers

5pm - 8pm  
Caring Dads  
Targeted Group

Magdalen Square, Netherton, L30 5QH | 0151 282 1405 | [Netherton.FWC@sefton.gov.uk](mailto:Netherton.FWC@sefton.gov.uk)

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

NVR Group  
Mental Health Support  
Team (MHST)  
Appointment Only  
Starts 29/1/25

10am - 11:30am  
Understanding  
Challenging  
Behaviour with MHST  
Targeted Group  
Starts 6/3/25

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

Early Help  
Therapeutic Team  
1-1 Sessions  
Appointment Only

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

10am - 12pm  
Riding the Rapids  
with VENUS  
Targeted Group

All Day  
Venus 1-1  
Therapeutic Session  
Appointment Only

MHST 1-1 Sessions  
Appointment Only

Afternoon

3pm-5pm  
DBT Group (CAMHS)  
Targeted group

Stannyfield Drive, Thornton, L23 1TY | 0151 934 4991 | Thornton.FWC@sefton.gov.uk

# Sefton Family Hubs

Hudson Family Hub

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

9:30am - 12pm  
Advice and Guidance  
Drop-in

Children's  
Continence Nurse  
Appointment Only

11am - 12pm  
Relax Kidz  
Call us to book

10:30am-12pm  
Baby Massage  
Call us to book

Midwife  
Appointment  
Book through your  
GP

9:30am-11:30am  
Sefton Community  
Learning  
Call us to book

9:15am - 10:30am  
Coffee Morning -  
Chill and Chat

9:30am - 5pm  
Healthy Start  
Vitamins

10:30am - 12pm  
Riding the Rapids  
Targeted Group

Afternoon

1pm - 2pm  
ELSA Sessions  
Call us to book

2:30pm - 3:30pm  
Integrated Care  
Team  
Drop-in

3:30pm - 5pm  
Tiger Hill Playground  
Drop-in Play Session

Moorhey Road, Maghull. L31 5LE | 0151 526 1568 | [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk)