HUB SHOWCASE

Sefton Family Hubs Showcase
- *Merseyside*

Background:

Sefton Family Hubs are dedicated to supporting families across the borough through early help, wellbeing interventions, and targeted services. Their mission is to nurture the emotional health of children and families, equipping them with lifelong tools for emotional resilience.

Vision:

To build resilient, emotionally healthy communities where children and families thrive.

Core Values:

Care: Placing children and families at the centre of all they do
Connection: Fostering trust and collaboration across services
Support: Providing practical, therapeutic tools that make a real difference

Relax Kids Training and Programme Implementation:

Two cohorts of staff trained, totalling around 40 professionals

Sessions delivered across a variety of settings:
One-to-one support in schools
Family intervention to support anxious children
Community-based sessions in homes, nurseries, parks, and tents during Sefton's HAF programme.

Why Relax Kids?

Sefton Family Hubs identified a clear gap in early mental health intervention. There was no specific programme in place to support emotional wellbeing. Relax Kids was chosen for its flexible, evidence-based framework, designed to meet a wide range of emotional needs in both preventative and responsive settings.

Programme integration:

Initially delivered in school settings for one-to-one support
Now also used as a referral-based intervention within the Family Hub's therapeutic wellbeing service.

Sessions adapted for children with additional needs, including those experiencing anxiety.

Practitioners tailor each session to the child's interests, often adjusting on the spot for maximum engagement
Delivered alongside other therapeutic services such as Lego Therapy as part of a broader wellbeing offer.

Locations and reach:

Locations: Schools, Family Hubs, homes, community centres, and outdoor spaces

Frequency: Typically delivered as a 4–6 week programme

Age Groups: Mixed groups including primary and secondary children

©2025 Relax Kids Ltd - All enquiries, email info@relaxkids.com

Recovery response:

Relax Kids sessions have been run to help the local community deal with a number of tradegies.

A session for Safie Roussos's class following the Manchester bombing.

Delivery as part of the response to the Southport tragedy in July 2024.

Sessions have been run in unconventional spaces, from classrooms and community halls to tents and parks.

Future plans:

Sefton Family Hubs hope to:
Expand the reach of the programme to more families across the borough

Continue to integrate Relax Kids within their therapeutic wellbeing team offer

Develop new themed sessions tailored to specific needs and community events

Voices from the team

Helen Morris, Intervention Worker at Sefton Family Hubs in Southport:

"I was trained by Marneta 15 years ago, and what started as a reluctant training turned into a passion. Relax Kids has helped children through national tragedies and local heartbreak. I honestly can't think of another programme that is so flexible and powerful."

Helen and her colleagues have delivered sessions in schools, halls, homes, and even tents—supporting countless children, teenagers, and adults across Sefton. Relax Kids continues to be an essential part of the wellbeing journey for many families.

Outcomes and Impact:

"A child who used to only say negative things was able to finish the programme by saying something positive about themselves."
"Children now use breathing techniques to calm anxiety."
"A number of children have grown in confidence and are now able to speak more positively about themselves."

"Parents have reported that learning Relax Kids strategies has helped them respond more calmly at home."

Contribution to Sefton's mission:

Relax Kids has helped Sefton Family Hubs move closer to their aim of supporting the whole family. The programme not only benefits children directly, but also strengthens parent-child relationships and gives families practical tools to support emotional regulation.

Staff feedback

"The Relax Kids session was amazing and that they found it really helpful. It has helped reduce the little girls anxiety to a more manageable level."

Follow Sefton Family Hubs:
https://www.facebook.com/SeftonFamilyWellbeing/?locale=en_GB

If you would like more information about introducing Relax Kids into your family hub or organisation please contact us: info@relaxkids.com

Or send us a Whatsapp - +44(0)7378968920

©2025 Relax Kids Ltd - All enquiries, email info@relaxkids.com