

# Home-Start Knowsley's Events Timetable

1<sup>st</sup> January 2024 – 31<sup>st</sup> March 2024



Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday
<p><b>Introducing Solid Foods</b> 10:00-11:00 8<sup>th</sup> January, 5<sup>th</sup> February, 4<sup>th</sup> March</p>	<p><b>Jigsaw Coffee Mornings</b> 10:00-12:00 (Term Time from 9<sup>th</sup> January)</p> <p><b>Jigsaw Sensory Tots</b> 10:00-12:00 (Term Time from 9<sup>th</sup> January)</p> <p><b>Jigsaw Families</b> 10:00-12:00 13<sup>th</sup> February - Half Term Limited places -please book</p>	<p><b>Bump &amp; Baby Drop in Tesco Prescot Community Room,</b> (Term Time from 10<sup>th</sup> January) 09:30-11:00</p> <p><b>Volunteer Training</b> 09:30-12:30 – 5 sessions starting on 17<sup>th</sup> January</p> <p><b>Counselling Service</b> Telephone for more details</p>	<p><b>Parent &amp; Toddler Group</b> 09:30-11:30 (Term Time from 11<sup>th</sup> January)</p> <p><b>Bump &amp; Baby Drop in at New Hutte Children &amp; Family Hub</b> 10.00-11.30am (Term Time from 11<sup>th</sup> January)</p>	<p><b>Time4Me Sessions</b> 09:30-11.30 26<sup>th</sup> January, 23<sup>rd</sup> February, 22<sup>nd</sup> March Limited places – Please book</p>
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday
	<p><b>Counselling Service</b> Telephone for more details</p> <p><b>Bump &amp; Baby Drop in at Home- Start Knowsley</b> 13:00-14:30 (Term Time from 9<sup>th</sup> January)</p>	<p><b>Mindful Mummies drop in</b> 12:30-13:30 24<sup>th</sup> January, 28<sup>th</sup> February, 27<sup>th</sup> March</p> <p><b>Sensory Play</b> 13:00-14:00 17<sup>th</sup> January, 21<sup>st</sup> February, 20<sup>th</sup> March Limited places - Please book</p>	<p><b>Bump &amp; Baby Drop in at Knowsley Family Hub at The Pride Children's Centre</b> 13:00-14:30 (Term Time from 11<sup>th</sup> January)</p>	<p><b>Jigsaw Saturdays</b> 10:00-12:00 27<sup>th</sup> January, 24<sup>th</sup> February, 23<sup>rd</sup> March Limited places – Please book</p>

\*Unless stated groups/courses will be held at 55 Rupert Road, Huyton, L36 9TB Tel 0151 480 3910 or Email [info@homestartknowsley.org.uk](mailto:info@homestartknowsley.org.uk)



**Bump & Baby Drop Ins** – A perinatal group for parents from antenatal to when child is 2 years old. Peer support, information, infant feeding support and baby scales available at all venues. Full address of venues below:

- **New Hutte Children & Family Hub** Halewood, L26 1TT,
- **Home-Start Knowsley** 55 Rupert Road, Huyton, L36 9TB,
- **Tesco Prescott Community Room**, Prescott, L34 5NQ,
- **Knowsley Family Hub at The Pride Children's Centre**, 2 Simonswood Lane, Kirkby, L33 5YP

**Sensory Play** – Monthly Sensory focused sessions for parents/carers and their babies **0-12 months** old.

**Introducing Solid Foods** – Monthly Drop in for parents with babies **4 months old** onwards.

**Parent & Toddler Group** – Play session for children **0-4** and their Parents/carers – Term Time

**Mindful Mummies** – Monthly mindfulness sessions for mums and their babies in a relaxed and friendly environment.

**Jigsaw Sensory Tots** – Weekly Sensory focused Drop in for Parent/Carer & children up to age 5 with complex needs.

**Jigsaw Coffee Mornings** - Weekly Drop in for parents/carers with children with complex needs, with guest speakers.

**Jigsaw Families** – Activities for children with SEN and their parents/carers and siblings during school holidays.

**Jigsaw Saturdays** – Monthly family activity sessions for children with SEN and their parents/carers and siblings.

**Time4Me Sessions** – Monthly mindfulness sessions for adults - **Cooking, wellbeing, crafts etc**

Home-Start Knowsley, a company limited by guarantee. Registration no. 5197002 Registered charity no. 1107933

