

Home-Start Knowsley's Events Timetable

1st April 2024 – 30th June 2024



Knowsley

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday
<p>Time4Me Sessions 09:30-11:30 22nd April 20th May 24th June Limited places - Please book</p> <p>Sensory Play 10:30-11:30 15th April 13th May 17 June Limited places - Please book</p>	<p>Jigsaw Coffee Mornings (monthly – dates to be confirmed) 10:00-12:00 (Term Time)</p> <p>Jigsaw Sensory Tots 10:00-12:00 (Term Time)</p> <p>Jigsaw Families 10:00-12:00 and 13:00-15:00 Easter - 9th April Half-term - 28th May Limited places -please book</p>	<p>Bump & Baby Drop in Tesco Prescott Community Room (except 29th May 2024) 09:30-11:00</p> <p>Counselling Service Telephone for more details</p>	<p>Parent & Toddler Group 09:30-11:30 (Term Time)</p> <p>Jigsaw Coffee morning at The Pride Children's Centre 09:30 – 12:00 25th April, 9th and 23rd May</p> <p>Bump & Baby Drop in at New Hutte Children & Family Hub 10.00-11.30am (Term Time)</p> <p>Holiday Allsorts 10:00-12:00 4th April Please book</p>	<p>Volunteer training 09:30-12:30 3rd May for 5 weeks (except 31st May)</p> <p>Singing Mamas 10:30-12noon 19th April for 10 weeks (except 24th and 31st May) Limited places – Please book</p>
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Saturday
<p>What Now? 13:00-14:30 15th April 20th May 10th June</p> <p>Triple P Parenting course 18:00-20:00 10th June for 4 weeks</p>	<p>Counselling Service Telephone for more details</p> <p>Bump & Baby Drop in at Home-Start Knowsley 13:00-14:30 (Term Time except 2nd April)</p>	<p>Baby Yoga 12:30-13:30 1st May for 4 weeks Limited places - Please book</p> <p>Mindful Mummies drop in 13:30-14:30 17th April, 22nd May, 26th June</p>	<p>Bump & Baby Drop in at Knowsley Family Hub at The Pride Children's Centre 13:00-14:30 (Term Time)</p>	<p>Jigsaw Saturdays 10:00-12:00 6th April 20th April 11th May 25th May 8th June 22nd June 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



Our term-time groups will not be running week beginning 1st April, 8th April, 27th May 2024

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.

Baby Yoga – 4 week course (places must be booked) - Learn how baby yoga can benefit your baby's physical, emotional and cognitive development and how it can help you bond with your little one over 4 weeks with gentle yoga for parent and baby. These sessions are suitable for babies PRE-CRAWLING.

Triple P Parenting course – 4 week course - Are you a parent-to-be? This programme, delivered in a group setting, gives you practical strategies to create the best environment for your baby's development – and feel more confident as you begin your parenting journey. Learn ways to cope with frequent crying, set up good sleep habits, read your baby's cues, look after yourself, adapt to changes in family life, and more. It's easier with positive parenting strategies! Contact Rebecca [07766 500122](tel:07766500122) or email parenting@knowsley.gov.uk

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

What Now? – Peer support group for adults who have recently been diagnosed or on the pathway for neurodivergent conditions.

Singing mamas – 10 week course (places must be booked) - Over 10 weeks you will learn simple lullabies, songs from around the world and songs to give you strength and courage alongside other mums group for parents with babies under 1. Weekly creative sessions to help support and improve the mental health and well-being of mums and mums-to-be; proudly supported by One Knowsley and funded by The Arts Council, Renova and Improving Me. **Contact Rachel for more information 07747446048 Rachel@singingmamas.org**

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