

Home-Start Knowsley's Timetable - 1st January to 31st March 2025

Project	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Jigsaw Project (SEND)		Jigsaw Sensory 10:00-12:00 (Term Time)	SEN parent drop-in Hilltop Children's Centre 09:30-12:00 15 th Jan, 19 th Feb, 19 th Mar SEN parent drop-in New Hutte Children & Family Hub 09:30-12:00 22 nd Jan, 26 th Feb, 26 th Mar	SEN parent drop-in at The Pride Children's Centre 09:30-12:00 9 th Jan, 13 th Feb, 13 th Mar SEN parent drop-in George Howard Centre 09:30-12:00 6 th Feb, 6 th Mar		Jigsaw Families 10:00-12:00 Limited places - please book 11 th Jan, 25 th Jan, 8 th Feb, 22 nd Feb 8 th Mar, 22 nd Mar
Pregnancy to 2 years	Baby Sensory 13:00-14:00 13 th Jan, 10 th Feb, 10 th Mar Limited places - Please book Triple P Parenting 10:00-12:00 20 th Jan for 4 weeks Mindful Mummies drop in 13:00-14:00 27 th Jan, 24 th Feb, 24 th Mar Baby Yoga 10:30-11:30 Limited places - Please book 24 th Feb for 4 weeks	Bump & Baby Drop in 13:00-14:30 (Term Time)	Bump & Baby Drop in at New Hutte Children & Family Hub 09:30-11:30 (Term Time) Bump & Baby Drop in Tesco Prescott Community Room 13:00-14:30 (Term Time)	Bump & Baby Drop in at Knowsley Family Hub at The Pride Children's Centre 13:00-14:30 (Term Time)		
Other	What Now? 13:00-14:30 6 th Jan, 3 rd Feb, 3 rd Mar MHDA (Merseyside Housing and Debt Advice) 09:30-15:30 Appointment only (see over) Starting 3 rd Feb	Counselling Service	Counselling Service	Parent & Toddler Group 09:30-11:30 (Term Time) Volunteer Training 11:00-14:00 Starts 9 th Jan for 5 weeks		

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

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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 Prescot Community Room**, Prescot, L34 5NQ,
- **Knowsley Family Hub at The Pride Children's Centre**, 2 Simonswood Lane, Kirkby, L33 5YP

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

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

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 - 4-week group programme giving you practical strategies to create the best environment for your baby's development and feel more confident as you begin your parenting journey.

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

Jigsaw SEN parent drop-in - Drop in for parents/carers with children with complex needs, with guest speakers.

Hilltop Children's Centre, Bedford Close, Huyton L36 1XH

New Hutte Children and Family Hub, Halewood L26 1TT

Knowsley Family Hub at The Pride Children's Centre, 2 Simonswood Lane, Kirkby, L33 5YP

The George Howard Centre, Lickers Lane, Whiston, L35 3SR

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.

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

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

MHDA (Merseyside Housing and Debt Advice) - 1:1 debt and housing advice, appointment only. To book an appointment please call [07749 130565](tel:07749130565) or [07376 215961](tel:07376215961)

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