

Home-Start Knowsley's Timetable - 1st January to 31st March 2026

Project	Monday	Tuesday	Wednesday	Thursday	Friday
The Jigsaw Project (SEND)		Jigsaw Sensory 10:00–12:00	SEND Parent drop-in Hilltop Children's Centre 09:30–12:00 21 st Jan, 18 th Feb, 18 th Mar SEND Parent drop-in New Hutte Family Hub 09:30–12:00 28 th Jan, 25 th Feb, 25 th Mar (NEW)SEND Peer Support Drop-in 13:00–14:30 14 th , 28 th Jan, 11 th , 25 th Feb, 11 th , 25 th Mar	SEND Parent drop-in at The Pride Family Hub 09:30–12:00 8 th Jan, 12 th Feb, 12 th Mar SEND Parent drop-in George Howard Centre 09:30–12:00 5 th Feb, 5 th Mar	
Pregnancy to 2 years (Please complete Flourishing Futures Referral Form)	Mindful Mummies Drop in 12:00–13:30 23 rd Feb 09:30–11:00 16 th Mar Baby Sensory 09:30–10:30 and 11:00–12:00 19 th Jan, 9 th Feb, 16 th Mar Limited places - Please book	Bump & Baby Drop in 13:00–14:30	Wednesday Wellness (term-time) at New Hutte Family Hub 09:30–11:00 (starts 14 th Jan) Bump & Baby Drop-in Tesco Prescot Community Room 13:00–14:30 Parent & Baby Yoga 10:00–11:00 14 th Jan for 5 weeks Limited places - Please book Flourishing Minds 10:00–12:00 25 th Feb for 5 weeks Limited places - Please book	Bump & Baby Drop-in (term-time) The Pride Family Hub 13:00–14:30 (starts 15 th Jan) Books and Babies The Reader 13:00–14:00 8 th Jan for 4 weeks Limited places - Please book	Singing Mamas Monthly Drop-in at New Hutte Family Hub 10:30–12:00 9 th Jan 13:00–14:30 27 th Feb (at Home-Start) The Pride Family Hub 13:00–14:30 27 th Mar Singing Mamas course at New Hutte Family Hub 10:30–12:00 16 th Jan for 10 weeks Limited places - Please book Mindful Mummies Drop in 09:30–11:00 16 th Jan
Other	Counselling Service Volunteer Training 09:15–12:00 Venue TBC 12 th Jan for 5 weeks What Now? 13:00–14:30 12 th Jan, 9 th Feb, 9 th Mar	Counselling Service	Counselling Service Healthy Knowsley 16:00–17:00 14 th Jan for 5 weeks Limited places - Please book 18 th Feb for 3 days Limited places - Please book	Parent & Toddler Group 09:30–11:30 (term-time)	

*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,
- **The Pride Family Hub** 2 Simonswood Lane, Kirkby, L33 5YP
- **The Star Children's Centre** Saint Andrew's View, Kirkby, L33 1ZF

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.

Parent & Baby Yoga - 5-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 5 weeks with gentle yoga for parent and baby.

These sessions are suitable for babies PRE-CRAWLING

Love, Grow and Bond – 7-week programme for care leavers with babies between 6 weeks and 6 months. Contact Helen on 07724620009 for more details.

Singing Mamas - 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.

Contact Rachel for more information 07747446048 Rachel@singingmamas.org

Flourishing Minds – 5-week course for parent/s and baby focusing on mental wellbeing in the perinatal period (pregnancy-2 years)

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

Jigsaw SEND 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 SEND Peer Support Drop-in – Peer support drop-in group for parents with neurodiverse children, with or without diagnosis

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.

Healthy Knowsley – 5-week active sessions for families

Volunteer Training – 5-week course to become a Home-Start Knowsley volunteer

Counselling service – student and experienced counsellor sessions for adults and children (aged 7 and above)

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