



1<sup>ST</sup> APRIL 2026 - 30<sup>TH</sup> JUNE 2026

## FLOURISHING FUTURES QUARTERLY TIMETABLE



**Knowsley**

### MONDAY

#### Mindful Mummies Drop-in

**12:30 - 14:00**

20<sup>th</sup> Apr, 18<sup>th</sup> May, 15<sup>th</sup> Jun

#### Baby Sensory

(0-12 months)

**09:30 - 10:30**

13<sup>th</sup> Apr, 11<sup>th</sup> May, 29<sup>th</sup> Jun

Booking only

#### Baby Sensory Next Steps

(12-24 months)

**11:00 - 12:00**

13<sup>th</sup> Apr, 11 May, 29<sup>th</sup> Jun

Booking Only

#### Breastfeeding Event

at St George's Hall

**meet at 11:15**

22<sup>nd</sup> Jun

### TUESDAY

#### Bump and Baby Drop-in

**13:00 - 14:30**

### WEDNESDAY

#### Wednesday Wellness

at New Hutte Family Hub

**09:30 - 11:00 (Term-time)**

#### Parent and Baby Yoga

Tesco Prescot Community Room

**09:30 - 10:30**

15<sup>th</sup> Apr for 5 weeks

Booking only

#### Love, Grow & Bond

**10:00 - 12:00**

3<sup>rd</sup> Jun for 8 weeks

Booking only

#### Flourishing Minds

Tesco Prescot Community Room

**10:00 - 12:00**

10<sup>th</sup> Jun for 5 weeks

Booking only

#### Bump and Baby Drop-in

Tesco Prescot Community Room

**13:00 - 14:30**

### THURSDAY

#### Bump and Baby Drop-in

The Pride Family Hub

**13:00 - 14:30**

(Term-time) starts 16<sup>th</sup> Apr

### FRIDAY

#### Reading Folk

**10:30 - 12:00**

17<sup>th</sup> Apr for 5 weeks

5<sup>th</sup> Jun for 5 weeks

Booking only

#### Singing Mamas Drop-in

The Pride Family Hub

**10:30 - 12:00**

17<sup>th</sup> Apr

#### Singing Mamas course

The Pride Family Hub

**10:30 - 12:00**

24<sup>th</sup> Apr for 10 weeks

Booking only

#### Perinatal Mental Health Celebration

**12:30 - 14:30**

8<sup>th</sup> May

#### Flourishing Futures 1<sup>st</sup> Birthday Garden Party

**12:30 - 14:30**

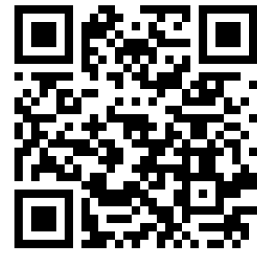
12<sup>th</sup> Jun

\*Unless stated all groups will be delivered at Home-Start Knowsley, L36 9TB



Support During The First 1001 Days

**BOOK NOW**



### 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**

### 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:

**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**

### Baby Sensory

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

**(places must be booked)**

#### Baby Sensory - Next Steps

Monthly Sensory focused sessions for parents/carers and their babies 12-24 months. Younger siblings are welcome, but must be supervised at all times.

### Love, Grow and Bond

#### 7- week course (places must be booked)

Sessions focus on bonding with your baby. Includes taster sessions of Baby Sensory, Baby Massage and Parent & Baby Yoga. Suitable for parents with babies between 6 weeks and 6 months.

**Contact Helen on 07724620009 for more details.**

### Singing Mamas

#### (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.

**Contact Rachel for more information 07747446048**

**[Rachel@singingmamas.org](mailto:Rachel@singingmamas.org)**

### Flourishing Minds

#### 5 week course (places must be booked)

Delivered by 12 Million Minds. For parent/s and baby focusing on mental wellbeing during the perinatal period .  
(pregnancy-2 years)

**Contact Helen on 07724620009 for more details**

### Mindful Mummies Drop In

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

### Wednesday Wellness

Weekly mindfulness sessions for mums and their babies in a relaxed and friendly environment at

**New Hutte Family Hub, Halewood, L26 1TT**

### Singing Mamas Drop In

Monthly singing drop in sessions for **parents with children 0-5 years** across different venues.



# 1<sup>ST</sup> APRIL 2026 - 30<sup>TH</sup> JUNE 2026

## THE JIGSAW PROJECT QUARTERLY TIMETABLE



### MONDAY

**SEND Peer Support  
Coffee Morning**  
09:30 - 11:30

at Home-Start

20<sup>th</sup> Apr  
18<sup>th</sup> May  
15<sup>th</sup> Jun

### TUESDAY

**Jigsaw Sensory**  
10:00 - 12:00  
at Home-Start

### WEDNESDAY

**Parent SEND Drop-in**  
09:30 - 12:00

at  
Hilltop Children's  
Centre  
15<sup>th</sup> Apr  
20<sup>th</sup> May  
17<sup>th</sup> Jun

at  
New Hutte Family Hub  
22<sup>nd</sup> Apr  
27<sup>th</sup> May  
24<sup>th</sup> Jun

### THURSDAY

**Parent SEND Drop-in**  
09:30 - 12:00

at  
The Pride Family Hub  
9<sup>th</sup> Apr  
14<sup>th</sup> May  
11<sup>th</sup> Jun

at  
George Howard Centre  
2<sup>nd</sup> Apr  
7<sup>th</sup> May  
4<sup>th</sup> Jun

### FRIDAY

**Jigsaw Sensory**  
10:00 - 12:00  
at  
The Pride Family Hub  
(starts 17<sup>th</sup> Apr)  
term time

### SATURDAY

**Jigsaw Saturdays**  
10:00 - 12:00  
at Home-Start  
11<sup>th</sup>, 25<sup>th</sup> Apr  
9<sup>th</sup>, 30<sup>th</sup> May  
6<sup>th</sup>, 20<sup>th</sup> Jun  
**Booking only**

\*Unless stated all groups will be delivered at Home-Start Knowsley, L36 9TB

Home-Start Knowsley - 55 Rupert Road, Huyton, L36 9TB

Tel - 01514803910

[info@homestartknowsley.org.uk](mailto:info@homestartknowsley.org.uk)





The Jigsaw Project

# 1<sup>ST</sup> APRIL 2026 - 30<sup>TH</sup> JUNE 2026

## THE JIGSAW PROJECT QUARTERLY TIMETABLE



### SEND Peer Support Coffee Morning

Peer support drop-in coffee morning for parents with neurodiverse children, with or without diagnosis

### Jigsaw Sensory

Weekly sensory focused drop-in for parent/carer and children up to the age of 5 with complex needs

### Parent SEND drop-in

Drop-in for parents/carers with children with complex needs with or without a diagnosis. Delivered by Home-Start, Health. Education Psychologist now present at all drop-ins

Hilltop Children's Centre, Huyton L36 1XH  
New Hutte Family Hub, Halewood L26 1TT  
The Pride Family Hub, Kirkby L33 5YP  
The George Howard Centre, Whiston L35 3SR

### Jigsaw Saturdays

Monthly family activity sessions for children with SEND, their parents/carers and siblings

**Booking only**

**BOOK NOW**



1<sup>ST</sup> APRIL 2026 - 30<sup>TH</sup> JUNE 2026  
HOME-START KNOWSLEY QUARTERLY TIMETABLE



**MONDAY**

**What Now?**  
Monthly Peer support  
for neurodiverse adults  
**13:00 - 14:30**

**Counselling Service**  
**17:00 - 19:30**

**TUESDAY**

**Counselling Service**  
**09:00 - 16:00**

**Stay Well Drop-in**  
Monthly peer support  
following counselling  
**13:00 - 14:30**  
14<sup>th</sup> Apr  
12<sup>th</sup> May  
9<sup>th</sup> Jun

**WEDNESDAY**

**Counselling Service**  
**09:00 - 16:00**

**THURSDAY**

**Parent & Toddler Group**  
**09:30 - 11:30**  
(term-time)

**Counselling Service**  
**09:00 - 12:00**

**FRIDAY**

**Flourishing Futures  
Volunteer Training**  
(Babies Welcome)  
**12:30 - 14:30**  
17<sup>th</sup> April, 24<sup>th</sup> April, 1<sup>st</sup> May

**Jigsaw (SEND)  
Champion Training**  
**09:30 - 12:30**  
5<sup>th</sup> June, 12<sup>th</sup> June

**Safeguarding Training**  
**09:30 - 11:00**  
19<sup>th</sup> June

Contact Kelly on  
07494 641668

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**HOME-START KNOWSLEY QUARTERLY TIMETABLE**



**What Now?**

Peer support group for adults who have recently been diagnosed or on the pathway for neurodivergent conditions

**Counselling service**

Student and qualified counsellor sessions for adults and children (aged 7 and above)

Refer for counselling



**Stay Well Drop-in**

Monthly peer support group for those who have completed their counselling sessions

**Parent and Toddler Group**

Play session for children aged 0-4 and their parents/carers - term time

Sign up here



**For further information on our other services please visit**  
**[www.homestartknowsley.org.uk](http://www.homestartknowsley.org.uk)**