

MONDAY

Mindful Mummies Drop-in

09:30-11:00

6th July

28th Sept

Baby Sensory

(0-12 months)

09:30 - 10:30

13th July , 14th Sept

Booking only

Baby Sensory Summer

Special (0-12 months)

09:30 11:30

10th Aug Booking only

Baby Sensory Next Steps

(12-24 months)

11:00 - 12:00

13th July, 14th Sept

Booking Only

Trinity Wellness

Postnatal Wellbeing

12:30-1400

until 24th Aug

TUESDAY

Bump & Baby Drop-in

New Hutte Family Hub

09:30 - 1100

Term time

from 15th Sept

Bump & Baby Drop-in

13:00 - 14:30

Every Tuesday

WEDNESDAY

Bump & Baby Drop-in

The Pride Family Hub

09:30- 11:00

Term time

NEW From 16th Sept

Bump & Baby Drop-in

Tesco Prescot Community Room

13:00 - 14:30

No sessions in August

Wednesday Wellness

at New Hutte Family Hub

09:30 - 11:00 Until 15th July

Baby Sensory Next Steps

Summer Special

(12-24 months)

09:30-11:30

12th Aug Booking only

Parent and Baby Yoga

PRE Crawling

09:30-10-30

11th Sept 4 weeks

Booking only

THURSDAY

Bump & Baby Drop-in

The Pride Family Hub

13:00 - 14:30

(Term-time) Until 16th July

Trinity Wellness

Postnatal Wellbeing

12:30-1400

Starts 3rd Sept

FRIDAY

Singing Mamas Drop-in

10:30-1200

New Hutte Family Hub

11th July

The Salvation Army

28th Aug

Home-Start Knowsley

18th Sept

Singing Mamas Course

10 Weeks

10:30-1200

Starts 25th Sept

***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 Simmonswood Lane, Kirkby, L35 5YP
New Hutte Family Hub, Lichfield Road, Halewood, L26 1TT**

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

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.

Trinity Wellness

Postnatal Health & Wellbeing Sessions
Focusing on mental & emotional wellbeing,
children welcome to join

Amy 07703512170

Singing Mamas Drop In

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



1ST JUNE 2026 - 30TH SEPTEMBER 2026

THE JIGSAW PROJECT QUARTERLY TIMETABLE



MONDAY

**SEND Peer Support
Coffee Morning**
09:30 - 11:30
at Home-Start
21st Sept

TUESDAY

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

WEDNESDAY

Parent SEND Drop-in
09:30 - 12:00
Hilltop Children's Centre
15th July, 19th Aug,
16th Sept

New Hutte Family Hub
22nd July, 26th Aug,
23rd Sept

THURSDAY

Parent SEND Drop-in
09:30 - 12:00
The Pride Family Hub
9th July, 13th Aug,
10th Sept

George Howard Centre
2nd July, 6th Aug,
3rd Sept

FRIDAY

Jigsaw Sensory
10:00 - 12:00
The Pride Family Hub
Term time
Finishes 17th July
Starts 18th Sept

Jigsaw Families
10:00 - 12:00
31st July
7th Aug
21st Aug
28th Aug
Booking Only

SATURDAY

Jigsaw Saturdays
10:00 - 12:00
at Home-Start
Dates TBC
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





The Jigsaw Project

1ST JULY 2026 - 30TH SEPTEMBER 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



1ST JULY 2026 - 30TH SEPTEMBER 2026
HOME-START KNOWSLEY QUARTERLY TIMETABLE



MONDAY

Volunteer Training

3 weeks training course

09:30 - 12:30

starting 14th Sept

Contact Kelly on

07494 641668

What Now?

Monthly Peer support
for neurodiverse adults

13:00 - 14:30

20th July, 10th Aug,
14th Sept

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

Invite only

WEDNESDAY

Counselling Service

09:00 - 16:00

THURSDAY

Parent & Toddler Group

09:30 - 11:30

Term time

Finishes 17th July

Starts 3rd Sept

Counselling Service

09:00 - 12:00

FRIDAY

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1ST JULY 2026 - 30TH SEPTEMBER 2026
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 13 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



Volunteer Training

An essential training programme to prepare volunteers with the knowledge, skills and confidence to support families effectively.



Find out more about our offer at

www.homestartknowsley.org.uk