

# 1<sup>ST</sup> OCTOBER- 31<sup>ST</sup> DECEMBER 2026

## FLOURISHING FUTURES QUARTERLY TIMETABLE



**Knowsley**

### MONDAY

#### Baby Sensory

(0-12 months)

**09:30 - 10:30**

12<sup>th</sup> Oct, 16<sup>th</sup> Nov

Book via EventBrite

#### Baby Sensory Next Steps

(12-24 months)

**11:30 - 12:30**

12<sup>th</sup> Oct, 16<sup>th</sup> Nov

Book via EventBrite

#### Baby Sensory Christmas

**Special** 7<sup>th</sup> Dec

**11:00-12:30** (0-12 months)

**13:15-14:45** (12-24 months)

Book via EventBrite

#### Mindful Mummies

**Christmas up to 12mths**

**09:30-11:30**

14<sup>th</sup> Dec

#### Support from Helen drop in

**09:30-11:30**

5<sup>th</sup> Oct, 2<sup>nd</sup> Nov, 30<sup>th</sup> Nov

### TUESDAY

#### Bump & Baby Drop-in

**09:30 - 11:00**

New Hutte Family Hub

Term time

#### Mindful Mummies Back to

**Work Special**

**11:30-13:30**

St Chads Health Centre

2<sup>nd</sup> floor

20<sup>th</sup> Oct

Book via EventBrite

#### “World Cafe” Meet Services

**11:00-13:00**

20<sup>th</sup> Oct

The Star Children’s Centre

L33 1ZF

#### Bump & Baby Drop-in

**13:00 - 14:30**

### WEDNESDAY

#### Bump & Baby Drop-in

**09:30- 11:00**

The Pride Family Hub

Term time

#### Love, Grow & Bond

**09:30-11:30**

4<sup>th</sup> Nov for 7 weeks

Booking only

#### Bump & Baby Drop-in

**13:00 - 14:30**

Tesco Prescot Community Room

Term time

#### Parent and Baby Yoga

**PRE Crawling**

**13:00-14:00**

25<sup>th</sup> Nov for 4 weeks

Booking only

### THURSDAY

#### Trinity Wellness

**Postnatal Wellbeing**

**12:30-1400**

### FRIDAY

#### Singing Mamas Course

**10:30-12:00**

25<sup>th</sup> Sep for 10 weeks

Booking only

#### Mindful Mummies Drop-in

**Baby Week Special**

**13:00-14:30**

20<sup>th</sup> Nov

#### AGM 25/26

**09:30-12:00**

27<sup>th</sup> Nov

The Sensory Hive

L35 2YW

info@homestartknowsley.org.uk

#### Flourishing Futures

**Christmas Special Event**

**10:00-12:00**

11<sup>th</sup> Dec

Salvation Army

Warrington Road L35 5AD

Book via EventBrite



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



Support During The First 1001 Days

**BOOK NOW**



### **Parent & 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**

### **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 Prescott Community Room, Prescott, 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](mailto:Rachel@singingmamas.org)**

### **Support from Helen Drop-ins**

Face to face support from Helen at Home-Start Knowsley. Help to access other services or just pop in for a catch up and cuppa. Helen can be contacted on 07724620009 or [helen@homestartknowsley.org.uk](mailto:helen@homestartknowsley.org.uk)

EventBrite Link for Home-Start Events QR code below

### **Mindful Mummies**

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

***Pregnancy-12months***

### **Trinity Wellness**

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

**Amy 07703512170**





# 1<sup>ST</sup> OCTOBER- 31<sup>ST</sup> DECEMBER 2026

## THE JIGSAW PROJECT QUARTERLY TIMETABLE



### MONDAY

**SEND Peer Support  
Coffee Morning**  
**09:30 - 11:30**  
19<sup>th</sup> Oct, 23<sup>rd</sup> Nov,  
14<sup>th</sup> Dec

### TUESDAY

**Jigsaw Sensory**  
**10:00 - 12:00**  
Term time

### WEDNESDAY

**Parent SEND Drop-in**  
**09:30 - 12:00**  
**Hilltop Children's Centre**  
21<sup>st</sup> Oct, 18<sup>th</sup> Nov,  
16<sup>th</sup> Dec

**New Hutte Family Hub**  
**09:30-12:00**  
28<sup>th</sup> Oct, 25<sup>th</sup> Nov

### THURSDAY

**Parent SEND Drop-in**  
**09:30 - 12:00**  
**The Pride Family Hub**  
8<sup>th</sup> Oct, 12<sup>th</sup> Nov, 10<sup>th</sup> Dec

**George Howard Centre**  
1<sup>st</sup> Oct, 5<sup>th</sup> Nov,  
3<sup>rd</sup> Dec

**Jigsaw Families  
Halloween Party**  
**10:00 - 12:00**  
29<sup>th</sup> Oct  
**Booking only**

### FRIDAY

**Jigsaw Sensory**  
**10:00 - 12:00**  
**The Pride Family Hub**  
Term time

**AGM 25/26**  
**09:30-12:00**  
27<sup>th</sup> Nov  
The Sensory Hive  
L35 2YW  
[info@homestartknowsley.org.uk](mailto:info@homestartknowsley.org.uk)

### SATURDAY

**Jigsaw Saturdays**  
**10:00 - 12:00**  
10<sup>th</sup> Oct, 24<sup>th</sup> Oct,  
14<sup>th</sup> Nov, 28<sup>th</sup> Nov,  
12<sup>th</sup> Dec  
**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

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## 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> OCTOBER- 31 DECEMBER 2026**  
**HOME-START KNOWSLEY QUARTERLY TIMETABLE**



**MONDAY**

**Volunteer Training**

3 weeks training course  
Kirkby DTBC  
**09:30 - 12:30**  
Contact Kelly on  
07494 641668

**What Now?**

Monthly Peer support  
for neurodiverse adults  
**13:00 - 14:30**  
19<sup>th</sup> Oct, 9<sup>th</sup> Nov, 14<sup>th</sup> Dec

**Counselling Service**

**09:00 - 19:30**

**TUESDAY**

**Counselling Service**

**09:00 - 17:00**

**Stay Well Drop-in**

Monthly peer support  
following counselling  
**13:00 - 14:30**  
Invite only

**WEDNESDAY**

**Counselling Service**

**09:00 - 17:00**

**THURSDAY**

**Parent & Toddler Group**

**09:30 - 11:30**

Term time

**Counselling Service**

**09:00 - 12:00**

**FRIDAY**

**AGM 25/26**

**09:30-12:00**

**The Sensory Hive**

**L35 2YW**

**27<sup>th</sup> Nov**

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

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

**Tel - 01514803910**

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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 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](http://www.homestartknowsley.org.uk)