

**HILLTOP CHILDREN'S CENTRE - 0151 443 5301**

	MON	TUES	WED	THURS	FRI
A M	Counselling Level 2 9.30am - 11.30am	Baby Massage (B) 10.00am - 11.00am	Managing Minor illness (B) 9.30am - 11.30am 02/05/2018 27/06/2018	Baby Bump & Me (B) 10.00am - 12.00pm  Little Adventurers (D) 10.00am - 11.30am	Mental Health Level 2 9.30 - 11.30am
P M		Baby Massage (B) 1.00pm - 2.00pm			

**JUBILEE CHILDREN'S CENTRE - 0151 443 5226**

	MON	TUES	WED	THURS	FRI
A M	Community Allotment (D) 11.00am - 1.00pm	Baby Explorers (D) 10.00am - 11.00am  Floristry Course 9.30am - 12.00pm	Dressmaking 9.15am - 11.15am	Literacy 9.30am - 11.30am	Little Adventurers (D) 10.00am - 11.30am
P M	Baby Massage (B) 1.30pm - 2.30pm	Little Adventurers (D) 1.00pm - 2.30pm  Numeracy 1.00pm - 3.00pm	Baby Massage (B) 1.00pm - 2.00pm	Home Start Knowsley Breast Feeding Drop in Group 1.30pm - 3.00pm	Cake Decorating Course 1.00pm - 3.00pm

**STOCKBRIDGE CHILDREN'S CENTRE - 0151 443 2540**

	MON	TUES	WED	THURS	FRI
A M				Baby Massage (B) 10.00am - 11.00am	
P M		Baby Explorers (D) 1.30pm - 2.30pm		Little Adventurers (D) 1.00pm - 2.30pm	

**NEW HORIZONS CHILDREN'S CENTRE - 0151 477 8600**

	MON	TUES	WED	THURS	FRI
A M			Baby Massage (B) 10.00am - 11.00am	Maths & English 9.15am - 12.00pm  Baby Explorers (D) 10.00am - 11.00am	
P M			Little Adventurers (D) 1.00pm - 2.30pm		

**OAK TREE CHILDREN'S CENTRE - 0151 443 2191**

	MON	TUES	WED	THURS	FRI
A M	Home Start Knowsley Breast Feeding Drop in Group 10.00am - 12.00pm	Baby Explorers (D) 10.00am - 11.00am	Halewood Childminders (D for childminders only) 9.30am - 11.30am  Baby Massage (B) 10.00am - 11.00am		Jolly Tots Stay & Play (D) 10.00am - 11.30am 0-4 years
P M	Little Adventurers (D) 1.00pm - 2.30pm	Managing Minor Illness (B) 1.00pm - 3.00pm 15/05/2018 10/07/2018		Little Adventurers (D) 1.00pm - 2.30pm	

**COMMUNITY VENUES**

	MON	TUES	WED	THURS	FRI
A M	Baby Club 9.30am - 11.15am Manor Farm Clinic			Baby Club 9.30am - 11.00am North Huyton PCRC	
P M	Baby Club 1.30pm - 3.00pm The Halewood Centre	Baby Club 3.00pm - 4.00pm The Halewood Centre	Baby Club 1.30pm - 3.00pm Stockbridge Health Centre		

**Please Note**  
We now have a new key colour for our activities & below is what the colours mean:

**Red - (B) Need to book a place**  
**Blue - (D) Drop in**  
**Green - Adult Education Courses**  
**Purple - (C) Community Led**  
**Black - Health Led Sessions**

**M.A.T.C.H**  
(Men and their Children)

A Community Led Stay and Play Session for Dads, Grandads, Uncles and all male carers to come along with their children aged 0 - 5 years.  
This session takes place every **Saturday 10.00-11.30am at Tesco Community Space, Cables Retail Park, Prescot**

**Invitation only Early Years time limited activities.**

All children and adults learn and develop differently, occasionally some facilities benefit from an activity with limited numbers in attendance, the following activities offer this opportunity.

Baby Explorers - a 6 week course for babies aged 0 - 12 months of age focusing on aspects of child development including: personal, social and emotional development, physical development, communication & literacy, maths.

Chatterbox - An early years course to support pre-school children aged 2 - 3 years with their speech and language development

*If you feel you and your family would benefit from accessing one of the above activities please contact your local Children's Centre and speak to a Family and Child Development Practitioner. Alternatively you and your family can attend the drop in sessions as advertised on the timetable.*

Understanding your child's behaviour - a 10 week parenting group for parents with children 0-5 years old. The course covers understanding your child's feelings, understanding your child's development, how to respond to your child's needs, play and having fun together, parenting styles, supporting sleep, managing anger and temper tantrums and how to cope when things go wrong. The programme focuses on promoting a nurturing and sensitive parent-child relationship, promoting positive communication with parents and children, and establishing healthy routines. Limited crèche places are available. Places are bookable only please contact one of our centres to book a place.

Mellow Parenting (referral only) - a 14 week attachment and relationship based course for parents who have babies and young children. Mixtures of reflective and practical techniques are used to allow parents to address their personal challenges and the challenges they face with their children. A typical group might run between 10am and 2:30pm. Children participate in a children's group while the parents meet together. Parents require a professional referral to this programme, and will receive an initial home visit and pre course assessment before starting the programme.

ACE Recovery Toolkit programme is a 10 week course aimed at parents who have experienced adverse childhood experiences, which have affected their wellbeing. The programme aims to support parents to build resilience through CBT approaches, motivational interviewing techniques and trauma-informed practice. The aim is to support parents in reducing the impact of their own ACEs on their parenting style, and build protective factors for their children to reduce the chance of inter-generational ACEs. This programme is bookable / referral only. Limited crèche available.

Parenting workshops - One-workshops covering different themes including behaviour management, toileting and school readiness, and Supporting children with Special Education Needs. Workshops will be delivered every half term and will be delivered in partnership with Children's Centres and Health Practitioners. Workshops are bookable only, please contact one of our centres to book your place.

### Adult Education:

A wide range of Adult Education courses take place within all Children's Centres across Knowsley—if you would like any further information about courses available and how to book on please contact a member of Knowsley's FACE team 0151 443 2026 or have a look at the course booklet online <http://www.knowsleyface.org.uk/>



Monday 12pm - 2.30pm St George's Church,  
Primrose Drive, L36 8DW

Tuesday 12pm - 2pm Page Moss Baptist Church,  
Page Moss Lane, L14 0LX

Wednesday 11.30am --2pm The Community Hub,  
The Croft, Stockbridge Village, L28 1NR

Thursday 11am - 2pm St Dominic's Church,  
Southdean Road, L14 8UL

Friday 11.30am - 2pm Huyton Parish Church,  
Bluebell Lane, L36 7SA

Saturday 12pm - 2pm St Mary's Church,  
Leathers Lane, L26 9TS

Contact the foodbank: 0151 546 0470 or 07731789794  
Email: [info@knowsley.foodbank.org.uk](mailto:info@knowsley.foodbank.org.uk)  
Website: [www.knowsley.foodbank.org.uk](http://www.knowsley.foodbank.org.uk)

Hilltop & Oak Tree are registered voucher holders

Like us on Huyton Children's Centres

Like us on Halewood Children's Centres

Follow us on @huyton\_cc

Follow us on @Halewood\_CC

Follow us on @huytonchildrenscentres

Hilltop & Oak Tree Children's Centres have beautiful sensory rooms  
To book, please contact the individual centres

### SESSION DESCRIPTIONS

#### Drop in Sessions:

**Baby Explorers** – for babies aged 0 – 12 months of age. Activities for you and your baby including sensory play, song time and more.

**Little Adventurers** - for children aged 0 - 5. Fun filled sessions where you and your children can meet other families in a warm & welcoming environment and engage in quality play time. You will also be provided with activity ideas you can take home with you to do with your child.

*In all our drop in sessions we have 'Circle Time' at the beginning of each session to welcome all children and sing 'Hello' - could we ask where possible families arrive as close to the start time.*

#### Bookable sessions:

**Baby Massage** - this is a 5 week course for infants aged 4 weeks - 6 months. The course promotes bonding and helps reduce difficulties such as wind, colic, constipation and irregular sleeping patterns.

**Getting to know your baby** - Helping identify ways to comfort baby while learning how they will develop, learn and grow.

#### Health Sessions:

**Baby Club** - Parents/carers can bring their babies to be weighed and measured as well as speak to a Health Visitor or Child Health Nurse about your baby.

**Home Start Knowsley Breast Feeding Drop in Group** - A session for ante-natal and post natal parents to receive information and support. Siblings are welcome to.

**Bump Baby & Me** - A 7 week pregnancy course, start any time after your 12 week scan. Please call 0151 443 5301 to enquire about attending.

**Managing Minor illness in your child** - Fever, thrush, chickenpox, rashes, impetigo, eye infections, rotavirus & eczema - What is it? What are the symptoms? How to manage it.

Come along to a warm and friendly 2 hour session. Delivered by a Health Visitor & Children's Centre Practitioner.

# Knowsley Children's Centres

**“Supporting Children and Families to Reach their Full Potential”**

## Huyton & Halewood

### TIMETABLE

### 16th April to 20th July 2018

Hilltop Children's Centre  
Bedford Close,  
Huyton,  
L36 1XH  
0151 443 5301

Jubilee Children's Centre  
Twig Lane,  
Huyton,  
L36 2LF  
0151 443 5226

Oak Tree Children's Centre,  
Litchfield Road,  
Halewood,  
L26 1TT  
0151 443 2191

New Horizons Children's Centre  
Knowsley Lane,  
Huyton,  
L36 8DB  
0151 477 8600

Stockbridge Village Children's Centre  
The Withens,  
Stockbridge Village,  
L28 1AB  
0151 443 2540

[www.knowsleychildrenscentres.co.uk](http://www.knowsleychildrenscentres.co.uk)

