

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

	MON	TUES	WED	THURS	FRI
<b>A M</b>	Support Work Within Schools 9.00am - 12.00pm	Baby Massage (B) 9.30am - 10.30am  Baby Massage (B) 11.00am - 12.00pm  Healthy Lifestyle 1-1 Appointments  Understanding Your Child's Behaviour (B) 9.30am - 11.30am 25/09/2018	Managing Minor Illness (B) 9.30am - 11.30am 21/11/18	Baby Bump & Me (B) 10.00am - 12.00pm  Little Adventurers (D) 10.00am - 11.30am	Dressmaking Level 2 9.30am - 12.30pm
<b>P M</b>			Baby Explorers (D) 1.30pm - 2.30pm	Getting To Know Your Baby (B) 1.00pm - 3.00pm 29/09/18	Dressmaking Level 1 12.30pm - 3.00pm

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

	MON	TUES	WED	THURS	FRI
<b>A M</b>	Community Allotment (D) 11.00am - 1.00pm	Baby Explorers (D) 10.00am - 11.00am  Mental Health Level 3 9.30am - 12.00pm  Healthy Lifestyle 1-1 Appointments	Baby Massage (B) 9.30am - 10.30am	Literacy 9.30am - 11.30am	Little Adventurers (D) 10.00am - 11.30am
<b>P M</b>		Little Adventurers (D) 1.00pm - 2.30pm  Numeracy 1.00pm - 3.00pm	ACE Programme (B) 12.30pm - 3.00pm 19/09/18	Home Start Knowsley Breast Feeding Drop in Group 1.30pm - 3.00pm  Infant Feeding Workshop 1.00pm - 3.00pm 11/10/18 08/11/18 13/12/18	Baby Massage (B) 1.00pm - 2.00pm

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

	MON	TUES	WED	THURS	FRI
<b>P M</b>		Baby Explorers (D) 1.30pm - 2.30pm		Little Adventurers (D) 1.00pm - 2.30pm	

**NEW HUTTE CHILDREN & FAMILY HUB - 0151 443 2191**

	MON	TUES	WED	THURS	FRI
<b>A M</b>	Home Start Knowsley Breast Feeding Drop in Group 10.00am - 12.00pm  Understanding Your Child's Behaviour Workshop (B) 9.30am - 11.15am 10/12/2018	Baby Explorers (D) 10.00am - 11.00am  Healthy Lifestyle 1-1 Appointments	Halewood Childminders (D for childminders only) 9.30am - 11.30am		Jolly Tots Stay & Play (D) 10.00am - 11.30am 0-4 years
<b>P M</b>	Little Adventurers (D) 1.00pm - 2.30pm  Infant Feeding Workshop 12.00pm - 2.00pm 24/09/18 22/10/18 26/11/18	Managing Minor Illness (B) 1.00pm - 3.00pm 09/10/18 04/12/18	Baby Massage (B) 1.00pm - 2.15pm		

**COMMUNITY VENUES**

	MON	TUES	WED	THURS	FRI
<b>A M</b>		Baby Club 9.30am - 11.15am Manor Farm Clinic	Managing Minor Illness (B) 9.30am - 11.30am 26/09/18 Our Hub, Huyton	Baby Club 9.30am - 11.00am North Huyton PCRC	
<b>P M</b>	Baby Club 1.30pm - 3.00pm The Halewood Centre  Baby Massage (B) 1.00pm - 2.00pm Stockbridge Leisure 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

**Hilltop & New Hutte Children & Family Hub have beautiful sensory rooms**  
To book, please contact the individual centres

**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.

**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.

**Little Explorers**

A 6 week course for babies aged 12 - 24 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

**Smiley Days**

A programme for parents/carers of children following a referral to the Child Development Team. The Programme is co-facilitated by a Speech & Language Therapist, Portage Early Support Practitioner, Paediatric Practitioner. Invitation only Programme. Borough wide service delivered in Kirkby.

*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.*

### 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.

#### Healthy Lifestyle 1-1

1-1 to help support parents and families to eat healthier, be more active and to improve overall health and wellbeing. Contact local Centre to book an appointment.

### Parenting Courses:

#### Understanding your child's behaviour taster session

A 10 week parenting group for parents with children aged 0-5. The course covers understanding your child's feelings, understanding your child's development, how to respond to your child's behaviour and emotions, play and having fun together, parenting styles, supporting sleep, managing anger and temper tantrums and how to cope when things go wrong. Focusing 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

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-off workshops covering different themes including behaviour management, understanding your child's personal, social and emotional development, tuning into your child's behaviour and emotions, and understanding behaviour as communication. Delivered every half term 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, including Dressmaking, Support Work Within Schools, Mental Health, Numeracy and Literacy. 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 visit <http://www.knowsleyface.org.uk/>

#### Volunteer with us we are recruiting now!

What's in it for me?

Free training

You will develop new skills & gain experience

You will have an opportunity to gain qualifications

You will develop confidence

You will meet new friends

You will make a difference in your community

Most importantly, you will have fun!

For more information call Ann on 0151 443 3257 or email [ann.bennett@knowsley.gov.uk](mailto:ann.bennett@knowsley.gov.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 & New Hutte Children & Family Hub are registered  
voucher holders

Find us on social media!



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[www.twitter.com/knowsley\\_ccs](http://www.twitter.com/knowsley_ccs)



Instagram  
Knowsley Children's Centres

# Knowsley Children's Centres

“Supporting Children and  
Families to Reach their  
Full Potential”

## Huyton & Halewood

# AUTUMN

## TIMETABLE

### 10th September to 14th December 2018

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

New Hutte Children &  
Family Hub,  
Litchfield Road,  
Halewood,  
L26 1TT  
0151 443 2191

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

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

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

