

THE PRIDE CHILDREN'S CENTRE - 0151 443 3257

	MON	TUES	WED	THURS	FRI
A M	Tots Talking (B) 9:30am - 11:30am English (Level 2) 9.30am - 11.30am	Little Explorers (D) 9.30am - 10.30am Health & Social Care 9.30am - 12.30pm	Managing Minor Illness In your child (B) 9:30am - 11:30am 19/09/2018 Mentoring (Level 2) 9.30am - 12.30pm	Little Adventurers (D) 9.30am - 11.00am	Baby Explorers (D) 9.30am - 10.30pm Managing Minor Illness In your child (B) 9:30am - 11:30am 16/11/18
P M		Baby Massage (B) 1.30pm - 2.30pm		Knowsley Breastfeeding Drop In Group 1.00pm - 3.00pm Infant Feeding Workshop (D) 3:15pm - 5:00pm 06/09/18 04/10/18 01/11/18 06/12/18	Little Adventurers (D) 1.30pm - 3.00pm Understanding Autism 12.00pm - 3.00pm

SOUTHMEAD CHILDREN'S CENTRE - 0151 443 4531

	MON	TUES	WED	THURS	FRI
A M	Managing Minor Illness In your child (B) 9:30am - 11:30am 01/10/18 26/11/18 Baby Massage (B) 9.30am - 10.30am		Little Explorers (D) 9:30am - 10:30am	Whiston Childminders (Childminders only) (D) 9.30am - 10.00am Mentoring (Level 2) 9.15am - 12.00pm Baby Box (D) 10:00am - 12:00pm	Support Work in School 9.15am - 12.00pm
P M		Baby Explorers (D) 1:00pm - 2:00pm	Little Adventurers (D) 1.00pm - 2.30pm	Understanding your Child's Behaviour Workshop (B) 12:45pm - :00pm 01/11/18	

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.

Little Explorers

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.

Baby Box

Families receive a Baby Box once an online questionnaire has been completed, families will also receive advice around breastfeeding, smoking cessation, mental health and exercise in pregnancy. For further information come along to our session at Southmead Children's Centre.

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 as possible please

THE STAR CHILDREN'S CENTRE - 0151 443 5666

	MON	TUES	WED	THURS	FRI
A M	Mental Health (Level 2) 9.30am - 12.30pm	Little Adventurers (D) 9.30am - 11.00am	Baby Explorers (D) 9.30am - 10.30am	Stay & Play (C) 9.30am - 11.00am	Baby Massage (B) 10:00am - 11:00am Crocheting Course (Level 1) 9.30am - 12.00pm
P M		Little Explorers (D) 1.30pm - 2.30pm Baby Club 1st Tuesday of the month 5:00pm - 7:00pm		Beauty & Nail 12.00pm - 3.00pm	Maths 1.00pm - 3.00pm

COMMUNITY VENUES

	MON	TUES	WED	THURS	FRI
A M		Knowsley Breastfeeding Drop In Group 11.00am - 1.00pm (Tesco, Prescot)		Baby Explorers (D) 9.30am - 10.30am & 11.00am - 12.00pm Tesco, Prescot	Infant Feeding Clinic (Midwifery Lead) 10.00am - 12.00pm Whiston Hospital
P M		Baby Club 1.00pm - 3.00pm Whiston Resource Centre Baby Massage (B) 2.00pm - 3.00pm Tesco, Prescot Infant Feeding Workshop (Tesco) 3:00pm - 5:00pm 18/09/18 16/10/18 20/11/18 18/12/18 Breastfeeding Workshop (Midwifery lead) 5.30pm - 7.00pm St Chad's Health Centre (Last Tues of the month)		Little Explorers (D) 1.30pm - 2.30pm Tesco, Prescot	Baby Club 1.00pm - 2.30pm Tower Hill SAT Clinic SAT M.A.T.CH (D) 10:00am - 11:30am Tesco Community Space Prescot (Men and their Children)

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.

Tots Talking

Is your child approaching 2 years old or already 2 years old? Do you want to know more information about your child becoming a confident talker? If you do, we have the right course for you and your child. Tots Talking is an 8 week programme for 1 1/2 hours per week to support parents/carers to develop their child's communication and language skills. There is lots of talk, shared ideas and play involved in the sessions. There is a crèche provided for your children during the course.

THE EDEN CHILDREN'S CENTRE 0151 443 5666

	MON	TUES	WED	THURS	FRI
A M			Little Adventures (D) 9:30am - 11:00am	Baby Massage (B) 9:30am - 10:30am	
P M			Understanding your Child's Behaviour Workshop (B) 12:45pm - 3:00pm 26/09/18		

M.A.T.C.H
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.
Saturday 10.00am - 11.30am
Tesco Community Space, Cables Retail Park, Prescot

Please Note
We now have a new key colour for our activities & below is what the colours mean:
Red - Need to book a place
Blue - Drop in
Orange - Invite Only
Green - Adult Education Courses
Purple - Community Led
Black - Health Led Sessions

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.

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 your local Centres 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 - 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

Volunteer with us we are recruiting now!

What's in it for me?

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



Monday 12pm - 2pm St Andrews Church
3 St Andrews View, Kirkby, L33 1ZF

Tuesday 11am - 2pm The Pride Children's Centre
There will also be someone available to offer debt advice.

Wednesday 11.30am - 2pm Salvation Army Prescott,
Warrington Road, Prescott, L35 2UA

Friday 11am - 2.30pm Changing Lives,
101 - 105a Cherryfield Drive, Kirkby, L32 8SA

Contact the foodbank: 0151 546 0470 or 07731789794
Email: info@knowsley.foodbank.org.uk
Website: www.knowsley.foodbank.org.uk
The Pride is a registered voucher holder.

The Pride, The Star & Southmead Children's Centres have beautiful sensory rooms.
To book, please contact the relevant centre

www.knowsleychildrenscentres.co.uk

Find us on social media!



www.facebook.com/knowsleychildrenscentres



www.twitter.com/knowsley_ccs



Knowsley Children's Centres

Knowsley Children's Centres

"Supporting Children and Families to Reach their Full Potential"

Kirkby, Whiston & Prescott



TIMETABLE
10th September 2018
to 14th December 2018

The Pride
Children's Centre
2 Simonswood
Lane, Northwood,
Kirkby, L33 5YP
0151 443 3257

The Star
Children's Centre
St. Andrew's View,
Tower Hill, Kirkby,
L33 1ZF
0151 443 5666

Southmead
Children's Centre,
Sherwood Drive,
Whiston,
L35 3XZ
0151 443 4531

The Eden
Children's Centre
Milverley Road,
Westvale, Kirkby,
L32 0RQ
0151 443 5666

Tesco Community
Space,
Cables Retail Park,
Steeley Way,
Prescot
L34 5NQ

