

THE PRIDE CHILDREN'S CENTRE - 0151 443 3257

	MON	TUES	WED	THURS	FRI
A M	English (Level 2) 9.30am - 11.30am	Little Explorers 9.30am - 10.30am Managing Minor Illness 26/02/19 9.30am - 11.30pm Health & Social Care 9.30am - 12.30pm	Mentoring (Level 2) 9.15am - 12.00pm	Little Adventurers 9.30am - 11.00am	Baby Explorers 9.30am - 10.30pm
P M		Baby Massage 1.30pm - 2.30pm		Knowsley Breastfeeding Drop In Group 1.00pm - 3.00pm Infant Feeding Workshop (1st Thursday of the month) 3:15pm - 5:00pm	Understanding Autism 12.00pm - 3.00pm

THE STAR CHILDREN'S CENTRE - 0151 443 5666

	MON	TUES	WED	THURS	FRI
A M	Mental Health (Level 2) 9.30am - 12.30pm Baby Explorers 10:00am - 11:00am	Little Adventurers 9.30am - 11.00am	Baby Massage 10.0am - 11.00am	Stay & Play 9.30am - 11.00am	
P M	Support Work in Schools 12.30pm - 3.00pm	Little Explorers 1.30pm - 2.30pm Baby Club 1st Tuesday of the month (Starts 04/02/19) 5:00pm - 7:00pm			

THE EDEN CHILDREN'S CENTRE 0151 443 5666

	MON	TUES	WED	THURS	FRI
A M			Little Adventures 9.30am - 11.00am	Baby Massage 9:30am - 10:30am	
P M	Understanding Your Childs Behaviour Workshop 14/01/19 12.30pm - 2.30pm	Baby Explorers 1.30pm - 2.30pm		Understanding Your Childs behaviour Starts 24/01/19 until 04/04/19 1.00pm - 3.00pm	

SOUTHMEAD CHILDREN'S CENTRE - 0151 443 4531

	MON	TUES	WED	THURS	FRI
A M			Little Explorers 9:30am - 10:30am	Whiston Childminders (Childminders only) 9.30am - 10.00am Mentoring (Level 2) 9.15am - 12.00pm Baby Box 10:00am - 12:00pm	Support Work in School 9.15am - 12.00pm
P M	Getting to know your baby (Starts 14/01/19 for 4 weeks) 1.00pm - 3.00pm	Baby Explorers 1:00pm - 2:00pm	Little Adventurers 1.30pm - 3.00pm		Managing Minor Illness 01/03/19 1.00pm - 3.00pm Baby Massage 1.30pm - 2.30am
					SUN M.A.T.C.H 10:00am - 11:30am

COMMUNITY VENUES

	MON	TUES	WED	THURS	FRI
A M		Knowsley Breastfeeding Drop In Group 11.00am - 1.00pm Tesco, Prescot		Baby Explorers 9.30am - 10.30am & 11.00am - 12.00pm Tesco, Prescot	
P M		Baby Club 1.00pm - 3.00pm Whiston Resource Centre Baby Massage 2.00pm - 3.00pm Tesco, Prescot Infant Feeding Workshop (Tesco) (2nd Tuesday of the month) 3:00pm - 5:00pm Breastfeeding Workshop (Midwifery lead) 5.30pm - 7.00pm St Chad's Health Centre (Last Tuesday of the month)		Little Explorers 1.30pm - 2.30pm Tesco, Prescot Baby Club 1.00pm - 3.00pm Prescot Resource Centre Baby Club 1.00pm - 2.45pm St. Chad's Health Centre	Baby Club 1.00pm - 2.30pm Tower Hill SAT Clinic

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.

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.

Bookable sessions:

Baby Massage

This is a 6 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 & your child. Tots Talking is an 8 week programme for 1 ½ hours per week to support parents/carers to develop their child's communication & language skills. There is lots of talk, shared ideas & play involved in the sessions. There is a crèche provided for your children during the course. This will start February 2019. if it sounds like something you could be interested in, please call Cathy on 0151 443 4321.

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.
This session takes place every
Sunday 10.00am - 11.30am
Southmead Children's Centre,
Sherwood Drive, Whiston, L35 3XZ

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.

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.

Breastfeeding Support Group

These groups are an opportunity to meet other mums and babies and to build social networks. You can also access skilled peer support to help you to continue breastfeeding for as long as you wish.

Infant Feeding Workshops

These workshops are an opportunity to meet other parents to be, a relaxed environment where there will be health care professionals on hand to discuss responsive infant feeding and relationship building.

Knowsley Breast Feeding Drop in Group

A session for ante-natal and post natal parents to receive information and support. Siblings are welcome to.

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.

Parenting Courses:

Understanding your child's behaviour course

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.

Understanding your child's behaviour 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.

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

Green - Adult Education Courses

Purple - Community Led Sessions

Orange - Health Led Sessions

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 12am - 2pm The Pride Children's Centre
There will also be someone available to offer debt advice.

Wednesday 12am - 2pm Salvation Army Prescott,
Warrington Road, Prescott, L35 2UA

Friday 11am - 2pm Changing Lives,
101 - 105a Cherryfield Drive, Kirkby, L32 8SA

Contact the foodbank on :
0151 482 6089 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's



TIMETABLE 9th January 2019 to 29th March 2019

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
Melverley Road, Westvale, Kirkby, L32 0RQ
0151 443 5666

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

