

HILLTOP CHILDREN'S CENTRE - 0151 443 5301

	MON	TUES	WED	THURS	FRI
A M	Support Work Within Schools 9.00am - 12.00pm	Baby Massage 9.30am - 10.30am Baby Massage 11.30am - 12.30pm Understanding Your Child's Behaviour Course 9.30am - 11.30am 26/02/19	Minor Ailments Workshop (B) 9.30am - 11.30am 13/02/19 03/04/19 Understanding Your Child's Behaviour Workshop 9.30am - 11.30am 27/03/19	Baby Bump & Me (B) 10.00am - 12.00pm Starting 28/02/19 Little Adventurers 10.00am - 11.30am Starting 10/01/19	FACE course TBC 09.30am - 12.30pm
P M	Getting To Know Your Baby Ante Natal (B) 1.00pm - 3.00pm 18/03/19		Baby Explorers 1.30pm - 2.30pm	Getting To Know Your Baby Post Natal (B) 1.00pm - 3.00pm 28/02/19	Dressmaking Level 1 12.30pm - 3.00pm

JUBILEE CHILDREN'S CENTRE - 0151 443 5226

	MON	TUES	WED	THURS	FRI
A M	Community Allotment 11.00am - 1.00pm	Baby Explorers 10.00am - 11.00am Mental Health Level 3 9.30am - 12.00pm	Baby Massage 9.30am - 10.30am	Baby Explorers 10.00am - 11.00am	Little Adventurers 10.00am - 11.30am
P M		Little Adventurers 1.00pm - 2.30pm	Little Explorers 1.00pm - 2.00pm Infant Feeding Workshop 1.00pm - 3.00pm Every 3rd Wednesday of the month	Home Start Knowsley Breast Feeding Drop in Group 1.30pm - 3.00pm	Baby Massage 1.00pm - 2.00pm

STOCKBRIDGE CHILDREN'S CENTRE - 0151 443 2540

	MON	TUES	WED	THURS	FRI
P M		Baby Explorers 1.30pm - 2.30pm		Little Adventurers 1.00pm - 2.30pm	

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

NEW HUTTE CHILDREN & FAMILY HUB - 0151 443 2191

	MON	TUES	WED	THURS	FRI
A M	Home Start Knowsley Breast Feeding Drop in Group 10.00am - 12.00pm	Baby Explorers 10.00am - 11.00am	Halewood Childminders (D for childminders only) 9.30am - 11.30am		Jolly Tots Stay & Play (D) 10.00am - 11.30am 0-4 years Minor Ailments Workshop (B) 9.30am - 11.30am 15/02/19 05/04/19 Understanding Your Child's Behaviour workshop 9.30am - 11.30am 15/03/19
P M	Little Adventurers 1.00pm - 2.30pm	Little Explorers 1.00am - 2.00pm	Baby Massage 1.00pm - 2.15pm		

COMMUNITY VENUES

	MON	TUES	WED	THURS	FRI
A M		Baby Club 9.30am - 11.15am Manor Farm Clinic Home Start Knowsley Breast Feeding Drop in Group 11.00am - 1.00pm Tesco Community Room		Baby Club 9.30am - 11.00am North Huyton PCRC	
P M	Baby Club 1.30pm - 3.00pm The Halewood Centre Baby Massage (B) 1.00pm - 2.00pm Stockbridge Leisure Centre Home Start Knowsley Breast Feeding Drop in Group 1.30pm - 3.00pm Home Start, Huyton	Baby Club 3.00pm - 4.00pm The Halewood Centre Infant Feeding Workshop 5.30pm - 7.30pm 29/01/18 26/02/18 26/03/18 Home Start, Huyton	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 - Need to book a place (B)
- Blue - Drop in
- Green - Adult Education Courses
- Purple - Community Led
- Orange - Health Led Sessions

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

A Community Led Stay and Play Session for Dads, Granddads, Uncles and all male carers to come along with their children aged 0 - 5 years.
This session takes place every Sunday's 10.00-11.30am at Southmead Children's Centre, Whiston, L35 3XZ

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 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.

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 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

To support parents during pregnancy and in the early months of their baby's life to bond with their baby and learn more about their babies understanding. Also, it is a great chance for you to meet with other parents on the same journey as you, and build on your knowledge and confidence as parents together.

Invitation only Early Years time limited activities (Targeted Sessions).

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.

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 too.

Infant Feeding Workshops

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

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. **Please call Leanne on 07840172440 to book your place**

Parenting Courses:

Understanding Your Child's Behaviour

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 needs, 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-workshops covering different themes including behaviour management, toileting and school readiness, and supporting children with Special Education Needs. 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, 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



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

Website: www.knowsley.foodbank.org.uk

Hilltop & New Hutte Children & Family Hub are registered
voucher holders

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Instagram
Knowsley Children's Centres

Knowsley Children's Centres

"Supporting Children and
Families to Reach their
Full Potential"

Huyton & Halewood



TIMETABLE 9th January 2019 - 5th April 2019

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

