



# Start for Life and Beyond Timetable

Wednesday 7<sup>th</sup> January - Friday 27<sup>th</sup> March 2026



Department  
for Education



For Eventbrite bookable  
sessions scan this QR code



@knowsleystartforlifeandbeyond



/knowsleystartforlifeandbeyond

# Our Centres

**Contact:** 0151 443 5633

**Email:** [earlyyearsservice@knowsley.gov.uk](mailto:earlyyearsservice@knowsley.gov.uk)

Sessions are delivered from various centres across Knowsley

## **Northwood Family Hub at The Pride**

2 Simonswood Lane, Northwood, Kirkby, L33 5YP

## **The Star Children's Centre**

St Andrews View, Tower Hill, Kirkby, L33 1ZF

## **Hilltop Children's Centre**

Bedford Close, Huyton, L36 1XH

## **New Hutton Children and Family Hub**

Lichfield Road, Halewood, L26 1TT

## **Jubilee Family Hub**

Twig Lane, Huyton, L36 2LF

## **Stockbridge Village Children's Centre**

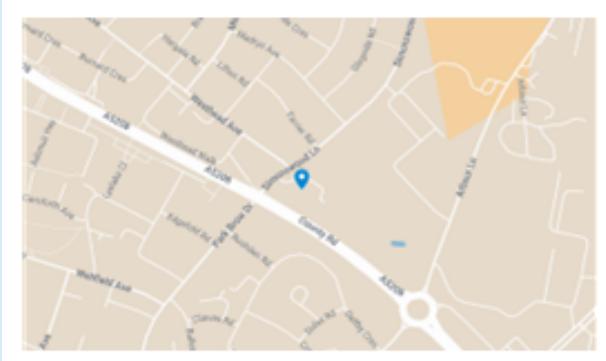
The Withens, Stockbridge Village, L28 1AB

## **George Howard Centre**

Lickers Lane, Whiston, L35 3SR

# Northwood Family Hub at The Pride

**2 Simonswood Lane, Northwood, Kirkby, L33 5YP**



## Monday

10.00am - 11.30am Little Adventurers (0-5)  
9.30am - 12.30pm Citizens Advice sessions (bookable via Citizens Advice Knowsley)  
12.30pm - 2.30pm Triple P Positive Parenting (bookable) from **23/02/26**  
1.30pm - 2.30pm Story & Rhyme Time (0-5 years)

## Tuesday

10.30am - 11.30am Tea and Talk (0-5 years) **10/03/26**  
1.00pm - 2.00pm Mini Chefs (18 months - 4 years / bookable through Eventbrite)  
1.00pm - 2.30pm Parent Wellbeing session **10/02/26**  
2.00pm - 3.00pm Tea and Talk (0-5 years) **13/01/26**

## Wednesday

10.00am - 11.00am Meet and Greet Taster Sessions (0-5 years) **28/01/26**  
12.30pm - 2.30pm HENRY 8 week course (bookable) **from 14/01/26**

## Thursday

9.30am - 12 noon SEND Parent Support Drop-In 2nd Thursday of the month  
10.00am - 11.00am Baby Explorers (0-pre crawling)  
12.30pm - 2.30pm HENRY Starting Solids workshop (bookable) **12/02/26 & 26/03/26**  
1.00pm - 2.00pm Baby Massage (babies 4 weeks to pre crawling - bookable)  
1.00pm - 2.30pm Bump and Baby Flourishing Futures (Home-Start)  
5.30pm - 7.30pm How do I? Antenatal Workshop **05/02/26**

## Friday

10am - 12noon Triple P Baby (bookable) **from 30/01/26**  
10.30am - 12.30pm The Listening Post CAMHS drop in (children and young people ages 17 and under and their families/carers)  
1.00pm - 2.30pm Singing Mamas Flourishing Futures (Home-Start) **27/03/26**

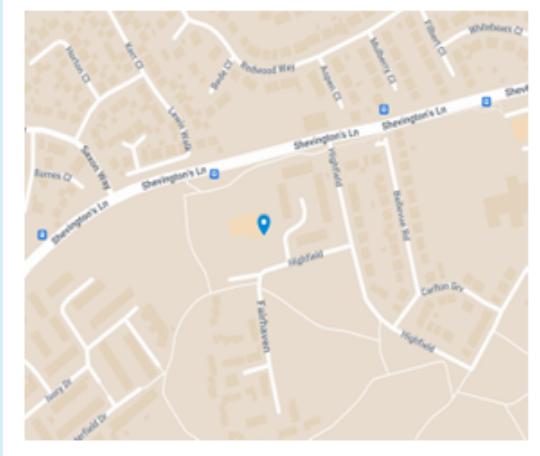
## Saturday

10.00am - 11.30am M.A.T.Ch (Men and their children) group **fortnightly from 10/01/26**

*All sessions drop in unless stated bookable, contact 0151 443 5633 for more details. Early Years Sessions term time only.*

# The Star

# **St Andrews View, Tower Hill, Kirkby, L33 1ZF**



## Monday

10.30am - 11.30am

Tea and Talk (0-5 years) 02/02/26

**Tuesday**

10.00am - 11.00am

12.30pm - 2.30pm

Baby Massage (babies 4 weeks to pre crawling - bookable)  
HENRY Starting Solids workshop (bookable) **10/02/26 & 24/03/26**

## Wednesday

10.00am - 11.30am

10.30am - 11.30am

11.30am - 12.30pm

1.00nm - 2.00nm

## Little Adventurers (0-5 years)

MamaFit Pregnancy (bookable via [www.mamafituk.com](http://www.mamafituk.com))

Mamafit Mother & Baby (bookable via [www.mamafituk.com](http://www.mamafituk.com))

Meet and Greet Taster Sessions (0-5 years) 04/03/26

Thursday

2.00pm - 4.00pm

**Liverpool Women's Hospital Ante Natal Sessions (invite only through Health) 08/01/26, 15/01/26, 22/01/26, 26/02/26, 05/03/26 & 12/03/26**

Friday

10.00am - 11.00am

1.00pm - 2.00pm

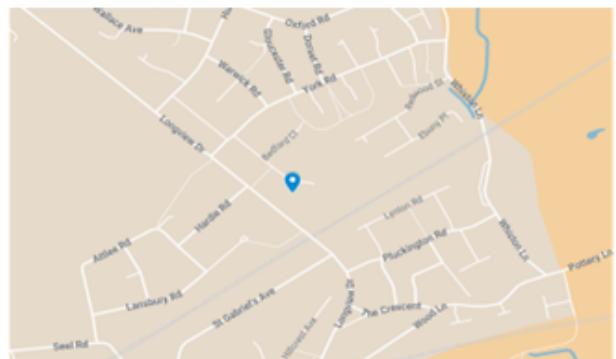
## Little Explorers (crawlers-24 months)

## Baby Explorers (0-pre crawling)

*All sessions drop in unless stated bookable, contact 0151 443 5633 for more details. Early Years Sessions term time only.*

# Hilltop

## Bedford Close, Huyton, L36 1XH



**Please note: Hilltop will reopen on Monday 12<sup>th</sup> January 2026, due to essential works that must take place.**

### Monday

10.00am - 12 noon	Everyone Health Breastfeeding Coffee and Catch Up
1.30pm - 2.30pm	Baby Massage (babies 4 weeks to pre crawling - bookable)

### Tuesday

9.30am - 11.30am	ACES (bookable) <b>from 13/01/26</b>
10.00am - 11.00am	Little Explorers (crawlers-24 months)
1.00pm - 2.30pm	Little Adventurers (0-5 years)

### Wednesday

9.30am - 12 noon	SEND Parent Support Drop-In 3rd Wednesday of the month
10.00am - 11.00am	Baby Explorers (0-pre crawling)
1.30pm - 2.30pm	Tea and Talk (0-5 years) <b>21/01/26 &amp; 18/03/26</b>

### Thursday

9.30am - 12noon	Nurture Programme (bookable) <b>from 15/01/26</b>
10.00am - 11.00am	Meet and Greet Taster Sessions (0-5 years) <b>22/01/26</b>
12.30pm - 2.30pm	HENRY Starting Solids Workshop (bookable) <b>05/02/26 &amp; 19/03/26</b>
1.00pm - 2.30pm	Physio Sessions (invite only through Health) <b>1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> Thursdays of the month</b>
5.00pm - 7.00pm	Pregnancy and Baby Event (expecting parents and babies up to 12 months) <b>12/02/26</b>

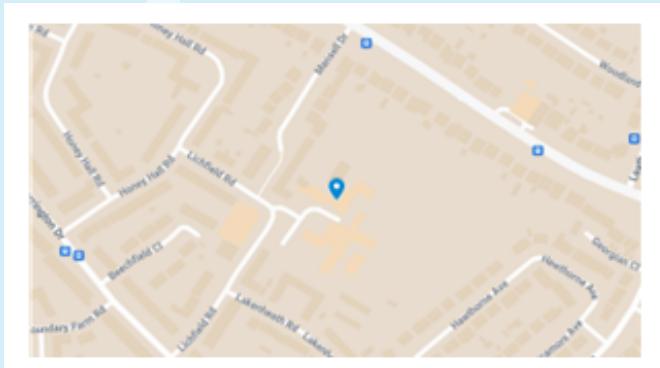
### Friday

10.00am - 11.00am	Baby Massage (bookable)
10.30am - 12noon	Parent Wellbeing Session <b>06/03/26</b>

*All sessions drop in unless stated bookable, contact 0151 443 5633 for more details. Early Years Sessions term time only.*

# New Hutte Children and Family Hub

## Lichfield Road, Halewood, L26 1TT



### Monday

10.00am - 11.00am  
10.30am - 12noon  
1.00pm - 2.30pm

MamaFit (bookable via [www.mamafituk.com](http://www.mamafituk.com))  
Parent Wellbeing Session **19/01/26**  
Little Adventurers (0-5 years)

### Tuesday

10.00am - 11.00am  
1.00pm - 2.00pm

Baby Massage (babies 4 weeks to pre crawling - bookable)  
Baby Massage (babies 4 weeks to pre crawling - bookable)

### Wednesday

9.30am - 11:00am  
9.30am - 11.30am  
9.30am - 12 noon  
1.00pm - 2.00pm  
3.00pm - 5.00pm  
4.00pm - 5.30pm

Wednesday Wellness (Home-Start pregnancy - 2 years)  
Well Baby Clinic  
SEND Parent Support Drop In 4th Wednesday of the month  
Baby Explorers (0-pre crawling)  
Welcome to the World (bookable) **from 14/01/26**  
M.A.T.Ch (Men and their children) **fortnightly from 07/01/26**

### Thursday

10.00am - 11.00am  
10.00am - 12noon  
11.00am - 12noon  
12.30pm - 2.30pm  
1.00pm - 2.00pm  
4.00pm - 6.00pm

Meet and Greet Taster Sessions (0-5 years) **12/03/26**  
HENRY Starting Solids Workshop (bookable) **12/02/26 & 26/03/26**  
Tea and Talk (0-5 years) **26/02/26**  
Everyone Health Breastfeeding Coffee and Catch Up  
Little Explorers (crawlers-24 months)  
Pregnancy and Baby Event (expecting parents and babies up to 12 months) **12/03/26**

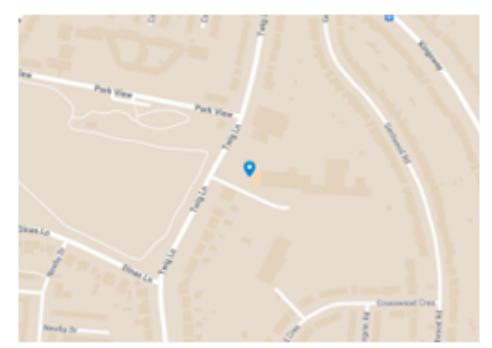
### Friday

9.30am - 11.30am  
10.30am - 12noon  
10.30am - 12noon

Jolly Tots (0-5 years)  
Singing Mamas Flourishing Futures monthly drop in (Home-Start) **09/01/26**  
Singing Mamas Flourishing Futures 10 weeks (bookable Home-Start) **from 16/01/26**

# Jubilee Family Hub

Twig Lane, Huyton, L36 2LF



## Monday

9.30am - 11.00am Little Adventurers (0-5 years)

## Tuesday

9.30am - 11.30am HENRY Starting Solids Workshop (bookable) **24/03/26**  
10.00am - 11.00am Baby Massage (babies 4 weeks to pre crawling - bookable)  
10.30am - 11.30am Meet and Greet Taster Sessions (0-5 years) **03/02/26**  
10.30am - 11.30am Tea and Talk (0-5 years) **10/02/26**  
12.30pm - 2.30pm HENRY Starting Solids Workshop (bookable) **10/02/26**  
1.30pm - 2.30pm Baby Explorers (0-pre crawling)

## Wednesday

9.00am - 12noon Lactation Clinic (Invite Only-Health) **from 07/01/26**  
10.30am - 12noon Parent Wellbeing session **04/02/26**  
2.30pm - 5pm Welcome to the World (bookable) **from 25/02/26**

## Thursday

12 noon - 1.00pm Mamafit Mother and Baby (bookable via [www.mamafituk.com](http://www.mamafituk.com))

## Friday

9.30am - 11.00am Well Baby Clinic

# Stockbridge

The Withens, Stockbridge  
Village, L28 1AB

## Monday

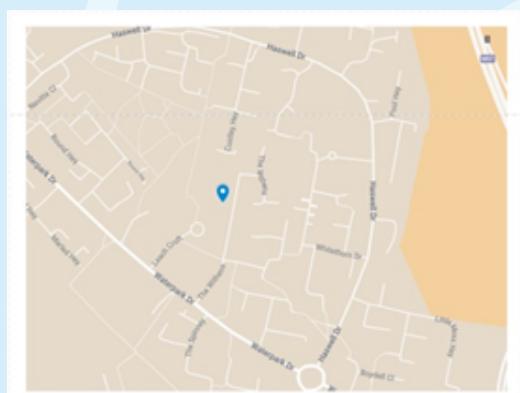
9.30am - 10.30am Tea and Talk (0-5 years) **02/03/26**

## Wednesday

1.30pm - 2.30pm Tea and Talk (0-5 years) **04/02/26**

## Friday

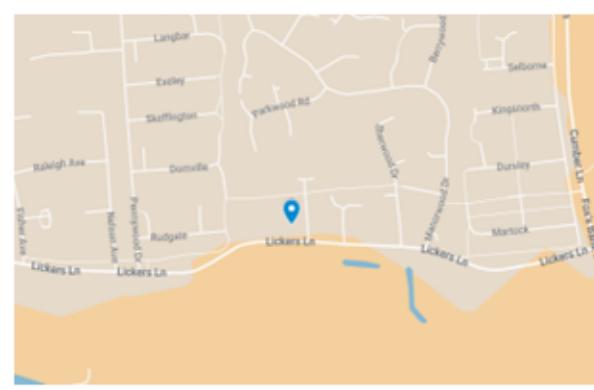
10.00am - 11.00am Baby Explorers (0-pre crawling)



All sessions drop in unless stated bookable, contact 0151 443 5633 for more details. Early Years Sessions term time only.

# George Howard Centre

Lickers Lane, Whiston, L35 3SR



## Tuesday

10.00am - 11.00am  
1.00pm - 2.00pm

Little Explorers (crawlers-24 months)  
Meet and Greet Taster Sessions (0-5 years) **17/02/26**

## Wednesday

10.00am - 11.30am  
10.00am - 12 noon  
1.30pm - 2.30pm  
5.30pm - 7.00pm

Little Adventurers (0-5 years)  
Everyone Health Breastfeeding Coffee and Catch Up  
Mini Chefs (18 months - 4 years / bookable through Eventbrite)  
M.A.T.Ch (Men and their children) **fortnightly from 14/01/26**

## Thursday

9.30am - 12 noon  
12.30pm - 1.30pm

SEND Parent Support Drop-In 1st Thursday of the month  
Tea and Talk (0-5 years) **29/01/26 & 26/03/26**

*All sessions drop in unless stated bookable, contact 0151 443 5633 for more details. Early Years Sessions term time only.*

# Community Venues

## Monday

10.30am - 11.30am  
10.30am - 11.30am  
12.30pm - 2.30pm  
1.30pm - 2.30pm

**Prescot Library** Knowsley Library Service Words and Pictures (0-5)  
**Stockbridge Library** Knowsley Library Service Words and Pictures (0-5)  
**St Johns Info Zone, L36 0UE** Triple P Positive Parenting (bookable)  
**The Craigs Community Centre, L28 5RL** Story and Rhyme (0-5 years)

## Tuesday

9.30am - 11.30am  
10.00am - 12noon  
  
10.00am - 12noon  
10.30am - 11.30am  
10.30am - 11.30am  
1.00pm - 2.30pm  
1.00pm - 2.45pm

**Towerhill Primary Care Resource Centre, L33 1XT** Well Baby Clinic  
**MADE to be MUM, St Chads Parade, Kirkby, L32 8RD** Everyone Health Breastfeeding Coffee and Catch Up **Tuesday's in January**  
**Home-Start, Rupert Road, L36 9TB** Jigsaw Sensory (0-5)  
**Halewood Library** Knowsley Library Service Words and Pictures (0-5)  
**Kirkby Library** Knowsley Library Service Words and Pictures (0-5)  
**Home-Start, Rupert Road, L36 9TB** Bump and Baby Flourishing Futures  
**Manor Farm Primary Care Resource Centre, L36 0UB** Well Baby Clinic

## Wednesday

1.00pm - 2.30pm

**Tesco Prescot Community Room, L34 5NQ** Bump and Baby Flourishing Futures

## Thursday

9.30am - 11.30am  
10.00am - 11.00am  
& 11.30am - 12.30pm  
10.15am - 11.15am  
1.00pm - 3.00pm  
  
1.30pm - 2.30pm

**Home-Start, Rupert Road, L36 9TB** Parent and Toddler (0-5)  
**Tesco Prescot Community Room, L34 5NQ**  
Baby Time (birth to pre-crawlers/walkers)  
**Huyton Library** Knowsley Library Service Words and Pictures (0-5)  
**Tesco Prescot Community Room, L34 5NQ** HENRY Starting Solids workshop (bookable) **12/02/26 & 26/03/26**  
**Tesco Prescot Community Room, L34 5NQ** Baby Massage (babies 4 weeks to pre crawling - bookable)

## Friday

10.30am - 11.30am  
10.30am - 11.30am  
11am - 1.30pm  
1.00pm - 2.30pm

**Halewood Library** Knowsley Library Service Stay and Play (0-5)  
**Kirkby Library** Knowsley Library Service Stay and Play (0-5)  
**Shakespeare North Playhouse, L34 3AB**, Baby Play Café (birth to crawling)  
**Home-Start, Rupert Road, L36 9TB** Singing Mamas Flourishing Futures  
Monthly drop in. **27/02/26**

## Online

### Monday

5.30pm - 6.30pm

Tea and Talk **26/01/26** bookable through Eventbrite

### Thursday

5.30pm - 6.30pm

Tea and Talk **05/03/26** bookable through Eventbrite



## **Healthy Knowsley Service Healthy Lifestyle in Pregnancy:**

Our pregnancy pathway has been designed to support you throughout your pregnancy by providing friendly lifestyle support. We offer free support with healthy eating, physical activity and practical planning sessions to get prepared ahead of your baby's arrival. You can self-refer to the Healthy Knowsley Service by phoning our free phone number 0800 0731 202 or you can talk to your GP or health care professional who can make a referral on your behalf. Our service is available to those aged 16+ with a Knowsley address and/or GP.

### **How do I? Antenatal Workshop**

Bathe my baby? Keep my baby safe? Change a nappy? Deal with crying? If you'd like these, or any other questions answered, why not come along to one of our interactive and informative antenatal workshops run by our Parenting team. Pregnancy partners welcome. If you require an antenatal letter, please let us know at time of booking.

### **Welcome to the World**

Programme for parents expecting a baby. Sessions cover: nurturing babies development & growing brain, changes in me and you, your future as parents and as a family, the midwife - labour day, breastfeeding and more. Partners are welcome, and you're also welcome to attend alone or with a relative/friend. An antenatal letter can be provided if needed. [parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

### **Home-Start Bump and Baby Flourishing Futures**

A perinatal group for parents from antenatal to when child is 2 years old. Peer support, information, infant feeding support and access to baby scales. For more information contact Helen on 07724620009

### **Home-Start Wednesday Wellness**

A group for parents from pregnancy to when child is 2 years old.

### **Mamafit**

Pregnancy and Mother & Baby fitness courses. Bookable directly through Mamafit themselves. [www.mamafituk.com](http://www.mamafituk.com) 0151 384 3666

### **Well Baby Clinic**

Opportunity to get your baby weighed and see a health visitor.

### **Baby Massage**

Promotes bonding and helps reduce difficulties such as wind, colic, constipation and irregular sleeping patterns. For babies 4 weeks to pre crawling. (Bookable)

### **Home-Start Parent & Baby Yoga Flourishing Futures**

Learn how baby yoga can benefit your baby's physical, emotional and cognitive development and how it can help you bond with your little one/s over 5 weeks with gentle yoga for parent & baby suitable for pre crawling. (bookable)

### **Home-Start Flourishing Minds**

Holistic 5 week course for parent & baby delivered by 12 Million Minds - contact Home-Start Knowsley for more info [www.homestartknowsley.org.uk](http://www.homestartknowsley.org.uk)

## **Everyone Health Coffee and Catch up**

Ensuring all parents receive support, information and skills needed to successfully breastfeed their babies. Suitable for antenatal and postnatal. (Drop in)

## **Infant Feeding Clinic—Invite Only**

Knowsley 0-25 Service Infant Feeding Lead Victoria runs weekly lactation clinic; this is referral only and for complex breastfeeding issues needing the input of an IBCLC Lactation Consultant. Most of the cases seen in the clinic involve significant weight loss, ongoing pain/damaged nipples, tongue tie post release with little or no improvement, reoccurring mastitis and a drop in milk supply or a desire to re-lactate. The clinic aims to help overcome hurdles and improve breastfeeding journeys, allowing women to be supported, and not end their breastfeeding before they want to. Referrals can be made through the Knowsley 0-25 Infant Feeding Team, Health Visitors or Children's Centre Breastfeeding Champions.

## **Triple P Baby**

4 week programme give you practical strategies to create the best environment for your baby's development and feel more confident as you begin your parenting journey.

[parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **Baby Explorers**

Activities for you and your baby including sensory play, song time and more. (Drop in)

## **Home-Start Singing Mama's Flourishing Futures**

Over 10 weeks you will learn simple lullabies, songs from around the world, songs to give you strength and courage alongside other pregnant parents and parents with babies under 1.

Creative sessions to support mental health and wellbeing.

## **Baby Time**

A fun sensory play session for babies and their parents/carers to support early development and learning. Discover Early Years opportunities and take the next step in your child's journey. (Drop in)

## **HENRY Starting Solids Workshop**

Come along to help you get your baby off to a great start. Helping with when baby is ready, what foods to start with, and how to make mealtimes an enjoyable experience. Only babies in arms can attend with parents (Bookable)

## **Little Explorers**

Focusing on aspects of child development including; personal social and emotional development, physical development, maths, communication and literacy. (Drop in)

## **Home-Start Singing Mama's Monthly Sessions Flourishing Futures**

For anyone pregnant or with little one/s under 2 join our monthly session to learn simple lullabies and songs from around the world, to support mental wellbeing.

## **Mini Chefs**

A weekly fun interactive healthy snack making session for parents/carers and children 18 months – 4 years of age. Come along and create some tasty, healthy snacks for you and your child/ren. Bookable through Eventbrite - QR code on front page on Timetable.

## **Little Adventurers**

Fun sessions where you and your children can meet other families in a warm and welcoming environment and engage in quality play time (Drop in)

## **Story and Rhyme Time**

A fun session for families with children under 5 years of age, come along, have fun and enjoy an interactive story, nursery rhymes with a craft activity.

## **Tea and Talk**

Come along to your local Children's Centre/Family Hub, join us for a brew, and share your experiences as a parent/carer in Knowsley and help shape future activities for families.

## **Meet and Greet Taster Sessions**

Are you new to Knowsley, do you have a new baby? Why not come along to one of our Meet and Greet Taster Sessions to find out about what is available for you and your family.

## **M.A.T.Ch (Men and their children) Group**

A drop in stay & play group for all dads, grandads and male carers.

## **HENRY 8 Week Programme**

Health, exercise, nutrition for the really young. For parents and carers of children 0-5 years. It covers 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start. Only babies in arms can attend with parents (Bookable)

## **Triple P Positive Parenting**

5-week programme. Learn proven strategies from trained facilitators to: raise happy, confident children, manage misbehaviour so everyone in the family enjoys life, set rules and routines that everyone respects, encourage behaviour you like, take care of yourself as a parent.  
[parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **The Listening Post CAMHS drop in**

The Mersey Care children & young people mental health team is providing a young people's drop in. It is informal & for children & young people ages 17 and under and their families/carers.

## **Nurturing Programme**

10 week Nurturing programme for parents & carers with children 0-18 years. The programme explores: Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs), Exploring different approaches to discipline, Finding ways to develop co-operation and self-discipline in children Learning the importance of looking after ourselves  
[parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **Parent Wellbeing sessions**

Do you have any child free time? Would you like to spend time to nurture yourself? Why not pop along to one of our relaxing, welcoming parent and carer wellbeing sessions. Take some time to rest, recharge, meet other parents and try out new activities each week. There are also opportunities to meet with a member of parenting team and discuss all thing parenting.

## **Keeping your child in mind**

A 4 week programme that support parents and carers understanding of the impact of parental conflict on children and their families. [parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **Keeping your child in mind**

A 4 week programme that support parents and carers understanding of the impact of parental conflict on children and their families. [parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **SEND Parenting Drop In**

Knowsley Health Visitors/School Health Team, along with Home-Start Knowsley run an on-going SEND Drop-in service, as listed below. This is for any parents/carers of Knowsley children/young people (aged 0-25 years) who have potential or confirmed additional needs. Just pop in for a coffee and a chat and we can advise and link you in with the local support/make appropriate referrals that your child might benefit from at this time. No appointment necessary.

## **ACES**

The Ace recovery toolkit is a 10-week programme that promotes resilience in families who have experienced Adverse Childhood Experiences. It helps parents to understand the impact of ACEs on themselves and their children. [parenting@knowsley.gov.uk](mailto:parenting@knowsley.gov.uk)

## **NHS Healthy Start Scheme**

The NHS Healthy Start Scheme is a national scheme that gives families money to buy fresh/frozen fruit, vegetables, pulses and milk.

You could claim:

- £4.25 from 10<sup>th</sup> week of pregnancy
- £8.50 each week for children birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

The money will stop when your child is 4 years old, or if you no longer receive benefits. Please scan the QR code to see if you are entitled Or visit: <https://applyforhealthystart.nhsbsa.nhs.uk/apply-for-healthy-start/>



## **Home Start Knowsley**

