

WATERLOO FAMILY WELLBEING CENTRE TIMETABLE October – December 2023

DAY	Time	Session	Location	Age	Description
MONDAY	9.30-11.00	STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers & children Walkers – 4yrs DROP IN	Play session to give children the opportunity to experience fun activities with outdoor play experiences for children to enjoy in a safe environment.
TUESDAY	9.30 – 11.00	BABY STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers & babies Non walking babies only DROP IN	A chance for you to bring your baby to share experiences, explore our lovely resources & get advice/support.
	10.30 – 11.00	STORYTIME	Crosby Library 0151 2576400	Parents & Preschool children DROP IN	Weekly themes of sensory play treasure baskets and messy play. Storytime for preschool children and a chance to register with the library.
	9.00 – 12.00	BABY WEIGHING CLINIC	Waterloo Family Wellbeing Centre	Parents/ Carers & Babies	Parents must book their baby with HV team on 0151 2476354 for an appointment.
WEDNESDAY	9.30- 10.00 10.15 – 10.45 11.00 – 11.30	BABY BALLETT	Waterloo Family Wellbeing Centre	Tinies - 2 - 3 years Movers – 3 years + Tots – 1 – 2 years MUST BOOK ON.	Baby ballet classes for children of all ages,
	1.00 – 2.00	BABY MASSAGE	Waterloo Family Wellbeing Centre	Parents/Carers & babies MUST BOOK ON.	Session for pre-crawling babies to promote health & wellbeing
	4.00 – 5.00	GIRLS EMPOWERMENT GROUP	Waterloo Family Wellbeing Centre	Girls aged 11 – 16 years MUST BOOK ON.	Course of 5 sessions to promote self-confidence/self-esteem in a safe and friendly environment for those struggling with friendship issues & feel isolated at times.
THURSDAY	9.30 – 11.30	PARENTING ADVICE DROP IN	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Support & advice of various parenting issues.
	10.00 – 11.00	MESSY PLAY	Waterloo Family Wellbeing Centre	Parents/Carers & children 18 months + DROP IN	Messy activities for children to explore & enjoy without the mess at home!
FRIDAY	9.30 – 11.30	SLEEP SUPPORT DROP IN	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Advice for parents supporting their child's sleeps issues.
	10.30 – 11.00	STORYTIME	Crosby Library 0151 2576400	Parents & Preschool children DROP IN	Storytime for preschool children and a chance to register with the library

*Booking essential for some activities. Please come into the centre or call on 0151 928 6539 to secure your place for sessions that are necessary to book.