

WATERLOO FAMILY WELLBEING CENTRE TIMETABLE APRIL – JUNE 2024

DAY	Time	Session	Location	Age	Description
MONDAY	9.30-10.30am	STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and babies 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	10.30 – 11.00	STORYTIME BABY	Crosby Library 0151 2576400	Parents & Preschool children DROP IN	Storytime for preschool children/ register with the library.
	9.00 – 12.00	WEIGHING CLINIC	Waterloo Family Wellbeing Centre	Parents/ Carers & Babies MUST BOOK ON	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 BALLET	Waterloo Family Wellbeing Centre	Tinies 2-3years Movers 3years + Tots 1-2years MUST BOOK ON.	Baby ballet classes for children of all ages,
	1.00 – 2.00	BABY MASSAGE	Waterloo Family Wellbeing Centre	Parents/Carers and babies MUST BOOK ON.	Session for pre-crawling babies to promote health & wellbeing
	10.30 – 12.00 (10.04.24)	EASTER STAY & PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and preschool children DROP IN	Stay & Play session with Easter focussed activities
THURSDAY	9.30 – 11.30	PARENTING ADVICE DROP IN	Waterloo Family Wellbeing Centre	Parents/Carers DROP IN	Support and advice of various parenting issues.
	10.00 – 11.00	MESSY PLAY	Waterloo Family Wellbeing Centre	Parents/Carers and children 18 months DROP IN	Messy activities for children explore and enjoy without the mess at home!
	4.00 – 5.00pm	GIRLS EMPOWERMENT GROUP	Waterloo Family Wellbeing Centre	Girls age 11 – 16 years MUST BOOK ON.	Course of 5 sessions to promote self-confidence/self-esteem in a safe & friendly environment for those struggling with friendship issues & feel isolated at times.
FRIDAY	9.15 – 11.30	SLEEP SUPPORT DROP IN for 2yrs+	Waterloo Family Wellbeing Centre	Parents/Carers – 2yrs + DROP IN	Advice for parents supporting their child's sleep issues – 2yrs +
	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 to bookable.

NB! THERE ARE NO SESSIONS DURING THE HALF TERM HOLIDAY 12.2.24 – 16.2.24