

Beautiful New Beginnings Events
01/07/26- 31/07/26

Forest School Tower Hill Eco Therapy Gardens 1st July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-01-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-01-12-00>

Forest School Carr Lane Woods July 2nd 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-carr-lane-woods-2026-07-02-10-00>

Stay and Play Prescot 2nd July 1pm

What to expect – Apart from tea, toast and a very warm welcome, you can expect your little one to have lots of fun! The session is run by Early Years Teachers so there'll be plenty of play based learning, songs, rhymes, games, crafts and activities to engage your little ones!

<https://www.beautifulnewbeginnings.co.uk/event-details/stay-and-play-prescot-2026-07-02-13-00>

Girls Only Water Wellbeing Dixons Broadgreen 2nd July 7.45pm

This fun and empowering swim session combined with water-based mindfulness activities, helping to build confidence, improve physical wellbeing, and encourage connection with others in a supportive, all-girls environment.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-07-02-19-45>

Wellbeing Walk Croxteth Park 3rd July 10am

Join us for a walk for wellbeing, Everyone is welcome. We walk the park run route for approx 1 hour. Led by a wellbeing practitioner.

<https://www.beautifulnewbeginnings.co.uk/event-details/wellbeing-walks-croxteth-park-2026-07-03-10-00>

Forest School Plantation Primary 3rd July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-03-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-03-12-00>

Stay and Play West Derby 3rd July 1pm

What to expect – Apart from tea, toast and a very warm welcome, you can expect your little one to have lots of fun! The session is run by Early Years Teachers so there'll be plenty of play based learning, songs, rhymes, games, crafts and activities to engage your little ones!

<https://www.beautifulnewbeginnings.co.uk/event-details/stay-and-play-west-derby-2026-07-03-13-00>

Forest School Little Wood 6th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-07-06-10-00>

Preventing Parental Burnout Online Event Zoom 6pm 6th July

Is parenting causing you stress and overwhelm? It's so easy to neglect yourself in the day to day demands of parenting, come along and learn how to prevent parental burnout, and how managing your own stress can help make parenting more manageable

<https://www.beautifulnewbeginnings.co.uk/event-details/preventing-parental-burnout-3>

Forest School Norris Green 7th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-07-07-10-00>

Forest School Karonga Gardens 7th July 1pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-karonga-gardens-2026-07-07-13-00>

Wellbeing Warriors 7th July 6.30pm

A monthly session for children only, ages 8+. Learn a variety of wellbeing strategies to feel happy and healthy.

<https://www.beautifulnewbeginnings.co.uk/event-details/wellbeing-warriors-tuesday-evening-sessions-2026-07-07-18-30>

Children's Yoga 7th July 7.30pm

A monthly children only yoga session for ages 8+ . Join us for a simple and fun yoga class.No experience needed.

<https://www.beautifulnewbeginnings.co.uk/event-details/childrens-yoga-sessions-age-8-2026-07-07-19-30>

Forest School Tower Hill Eco Therapy Gardens 8th July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-08-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-08-12-00>

Forest School Carr Lane Woods 9th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-carr-lane-woods-2026-07-09-10-00>

Stay and Play Prescott 9th July 1pm

What to expect – Apart from tea, toast and a very warm welcome, you can expect your little one to have lots of fun! The session is run by Early Years Teachers so there'll be plenty of play based learning, songs, rhymes, games, crafts and activities to engage your little ones!

<https://www.beautifulnewbeginnings.co.uk/event-details/stay-and-play-prescot-2026-07-09-13-00>

Girls Only Water Wellbeing Dixons Broadgreen 9th July 7.45pm

This fun and empowering swim session combined with water-based mindfulness activities, helping to build confidence, improve physical wellbeing, and encourage connection with others in a supportive, all-girls environment.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-07-09-19-45>

Forest School Plantation Primary 10th July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-10-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-10-12-00>

Stay And Play West Derby 10th July 1pm

What to expect – Apart from tea, toast and a very warm welcome, you can expect your little one to have lots of fun! The session is run by Early Years Teachers so there'll be plenty of play based learning, songs, rhymes, games, crafts and activities to engage your little ones!

<https://www.beautifulnewbeginnings.co.uk/event-details/stay-and-play-west-derby-2026-07-10-13-00>

Forest School Little Wood 13th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-little-wood-2026-07-13-10-00>

Forest School Norris Green 14th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-norris-green-2026-07-14-10-00>

Forest School Karonga Gardens 14th July 1pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-karonga-gardens-2026-07-14-13-00>

Adult's Theta Healing Meditation Class 14th July 7.40pm

Join us for a deeply relaxing guided meditation with energy healing to support releasing self limiting beliefs.

<https://www.beautifulnewbeginnings.co.uk/event-details/adults-theta-healing-meditation-classes-2026-07-14-19-40>

Forest School Tower Hill Eco Therapy Gardens 15th July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-15-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-07-15-12-00>

Forest School Carr Lane Woods 16th July 10am

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-carr-lane-woods-2026-07-16-10-00>

Stay And Play Prescott 16th July 1pm

What to expect – Apart from tea, toast and a very warm welcome, you can expect your little one to have lots of fun! The session is run by Early Years Teachers so there'll be plenty of play based learning, songs, rhymes, games, crafts and activities to engage your little ones!

<https://www.beautifulnewbeginnings.co.uk/event-details/stay-and-play-prescot-2026-07-16-13-00>

Girls Only Water Wellbeing Dixons Broadgreen 16th July 7.45pm

This fun and empowering swim session combined with water-based mindfulness activities, helping to build confidence, improve physical wellbeing, and encourage connection with others in a supportive, all-girls environment.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-07-16-19-45>

Forest School Plantation Primary 17th July 10am and 12pm

Forest School provides an incredible opportunity for babies and children to explore nature, to spend time outdoors, to increase their physical activity and ultimately have lots of muddy fun!

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-17-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-plantation-primary-2026-07-17-12-00>

Family Mindfulness Session 21st July 6.30pm

Adults and Children are welcome to attend together to explore a variety of mindfulness activities to promote wellbeing.

<https://www.beautifulnewbeginnings.co.uk/event-details/family-mindfulness-sessions-2026-07-21-18-30>

Family Yoga Session 7.30pm

A simple and gentle yoga session for parents and children to attend together. Suitable for ages 4 to adult.

<https://www.beautifulnewbeginnings.co.uk/event-details/family-yoga-sessions-age-4-2026-07-21-19-30>

SEND Parents Coffee Evening 28th July 7pm

Coffee Evening & Workshop for Parents & Carers Supporting Children with Additional Needs
Has your child been diagnosed with an additional need or disability or are you currently on a waiting list? Come along to our coffee evening, meet other parents and carers, share your experiences and feel supported on your journey. This month our focus is on parental wellbeing with Sue Nolan delivering a workshop on 'the invisible load.'

Link coming soon

Buggy Wellbeing Walk Croxteth Park 31st July 10am

Come and join us for a walk and a chat every last Friday of the month! Whether you are pregnant, trying to be, or have a little one, you are welcome to join us!

<https://www.beautifulnewbeginnings.co.uk/event-details/buggy-wellbeing-walk-2026-07-31-10-00>

Summer Holidays Events Links Coming soon!