

Beautiful New Beginnings Events
01/10/26- 31/10/26

NEW Aquanatal Class 1st October 6pm

Fully funded Aquanatal classes are here! With huge thanks to Sport England for funding these incredible sessions and thanks to Swim Squad for hosting them! Aquanatal classes are great for stretching, relaxing and exercising safely in the water during your pregnancy.
<https://www.beautifulnewbeginnings.co.uk/event-details/aquanatal-classes-2026-10-01-18-00>

Girls Only Water Wellbeing and Paddle Board Skills Session 1st October 7.45pm

Join us for a calming and confidence-building 45-minute swimming session with paddle boarding designed exclusively for girls aged 10 –17.
<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-10-01-19-45>

Forest School Plantation Primary 2nd Oct 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-plantation-primary-2026-10-02-10-00>

Wellbeing Walk Croxteth Park 2nd October 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-2026-10-02-10-00>

Stay and Play West Derby 2nd October 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-2026-10-02-13-00>

NEW Inclusive Children's Multisports 3rd October 10.30am

Join us for both fun and fitness at Bright Park for weekly multi-sports sessions where all children are welcome.
<https://www.beautifulnewbeginnings.co.uk/event-details/inclusive-childrens-multi-sports-2026-10-03-10-30>

NEW Wellbeing Walk Calderstones Park 5th October 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-walk-5>

Forest School Little Wood 5th October 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-2026-10-05-10-00>

Forest Carr Lane Woods 5th October 12.30pm

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-2026-10-05-12-30>

NEW Parent and Baby Yoga Online 5th October 1pm

An hour of gentle movement, baby massage, song and rest for you and your little one, from the comfort of your home.
<https://www.beautifulnewbeginnings.co.uk/event-details/parent-baby-yoga>

Forest School Norris Green 6th October 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-2026-10-06-10-00>

Wellbeing Warriors 6th October 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-2026-10-06-18-30>

Children's Yoga 6th October 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-8-2026-10-06-19-30>

Forest School Tower Hill Eco Therapy Gardens 7th October 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-2026-10-07-10-00>
<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-10-07-12-00>

NEW Baby Massage every Wednesday 12:30-2pm for 6 weeks,

Want to learn the beautiful art of baby massage for free? This 6 week baby massage course runs every Wednesday 12:30-2pm for 6 weeks, please sign up for the start date of the 6 week course you'd like to begin! We cant wait to see you there! Huge thanks to Everton in the Community for their funding!
<https://www.beautifulnewbeginnings.co.uk/event-details/fully-funded-baby-massage-1-5>

NEW Aquanatal Class 8th October 6pm

Fully funded Aquanatal classes are here! With huge thanks to Sport England for funding these incredible sessions and thanks to Swim Squad for hosting them! Aquanatal classes are great for stretching, relaxing and exercising safely in the water during your pregnancy.

<https://www.beautifulnewbeginnings.co.uk/event-details/aquanatal-classes-2026-10-08-18-00>

Girls Only Water Wellbeing and Paddle Board Skills Session 8th October 7.45pm

Join us for a calming and confidence-building 45-minute swimming session with paddle boarding designed exclusively for girls aged 10 –17.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-10-08-19-45>

Forest School Plantation Primary 9th Oct 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-plantation-primary-2026-10-09-10-00>

Stay and Play West Derby 9th October 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-2026-10-09-13-00>

NEW Inclusive Children's Multisports 10th October 10.30am

Join us for both fun and fitness at Bright Park for weekly multi-sports sessions where all children are welcome.

<https://www.beautifulnewbeginnings.co.uk/event-details/inclusive-childrens-multi-sports-2026-10-10-10-30>

Forest School Little Wood 12th October 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-2026-10-12-10-00>

Forest Carr Lane Woods 12th October 12.30pm

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-2026-10-12-12-30>

NEW Parent and Baby Yoga Online October 1pm

An hour of gentle movement, baby massage, song and rest for you and your little one, from the comfort of your home.

<https://www.beautifulnewbeginnings.co.uk/event-details/parent-baby-yoga>

Forest Norris Green 13th October 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-2026-10-13-10-00>

NEW Adults Yoga Class 13th October 6pm

Join us on the mat for a gentle yoga session for adults only. Take some time for you!

<https://www.beautifulnewbeginnings.co.uk/event-details/adult-yoga>

Forest School Tower Hill Eco Therapy Gardens 14th October 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-2026-10-14-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-10-14-12-00>

NEW Aquanatal Class 15th October 6pm

Fully funded Aquanatal classes are here! With huge thanks to Sport England for funding these incredible sessions and thanks to Swim Squad for hosting them! Aquanatal classes are great for stretching, relaxing and exercising safely in the water during your pregnancy.

<https://www.beautifulnewbeginnings.co.uk/event-details/aquanatal-classes-2026-10-15-18-00>

Girls Only Water Wellbeing and Paddle Board Skills Session 15th October 7.45pm

Join us for a calming and confidence-building 45-minute swimming session with paddle boarding designed exclusively for girls aged 10 –17.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-10-15-19-45>

Forest School Plantation Primary 16th Oct 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-plantation-primary-2026-10-16-10-00>

Stay and Play West Derby 16th October 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-2026-10-16-13-00>

NEW Inclusive Children's Multisports 17th October 10.30am

Join us for both fun and fitness at Bright Park for weekly multi-sports sessions where all children are welcome.

<https://www.beautifulnewbeginnings.co.uk/event-details/inclusive-childrens-multi-sports-2026-10-17-10-30>

Forest School Little Wood 19th October 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-2026-10-19-10-00>

Forest School Carr Lane Woods 19th October 12.30pm

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-2026-10-19-12-30>

NEW Tots Yoga online 19th October 1pm

A 30-minute yoga adventure for your pre-school children, taught live on Zoom straight into your home or nursery room.

<https://www.beautifulnewbeginnings.co.uk/event-details/tots-yoga>

Forest School Norris Green 20th October 12.30pm

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-2026-10-20-10-00>

Family Mindfulness Session 20th October 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-2026-10-20-18-30>

Family Yoga Session 20th October 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-4-2026-10-20-19-30>

Forest School Tower Hill 21st October 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-2026-10-21-10-00>

<https://www.beautifulnewbeginnings.co.uk/event-details/forest-school-tower-hill-eco-therapy-garden-2026-10-21-12-00>

NEW Aquanatal Class 22nd October 6pm

Fully funded Aquanatal classes are here! With huge thanks to Sport England for funding these incredible sessions and thanks to Swim Squad for hosting them! Aquanatal classes are great for stretching, relaxing and exercising safely in the water during your pregnancy.

<https://www.beautifulnewbeginnings.co.uk/event-details/aquanatal-classes>

Girls Only Water Wellbeing and Paddle Board Skills Session 22nd October 7.45pm

Join us for a calming and confidence-building 45-minute swimming session with paddle boarding designed exclusively for girls aged 10 –17.

<https://www.beautifulnewbeginnings.co.uk/event-details/girls-only-water-wellbeing-and-paddle-board-skills-session-ages-10-17-2026-10-22-19-45>

Forest School Plantation Primary 23rd October 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-plantation-primary-2026-10-23-10-00>

Stay and Play West Derby 23rd October 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-2026-10-23-13-00>

NEW Inclusive Children's Multisports 24th October 10.30am

Join us for both fun and fitness at Bright Park for weekly multi-sports sessions where all children are welcome.

<https://www.beautifulnewbeginnings.co.uk/event-details/inclusive-childrens-multi-sports-2026-10-24-10-30>

NEW Wellbeing Walk Calderstones Park 26th October 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-walk-6>

Buggy Wellbeing Walk Croxteth Park 30th October 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/buggy-wellbeing-walk-2026-10-30-10-00>

NEW Inclusive Children's Multisports 31st October 10.30am

Join us for both fun and fitness at Bright Park for weekly multi-sports sessions where all children are welcome.

<https://www.beautifulnewbeginnings.co.uk/event-details/inclusive-childrens-multi-sports-2026-10-31-10-30>