

What's On At Our Centres?

September - October 2023

Lune Park

Ryelands Park, Owen Road,
Lancaster, LA1 2LN

Monday:

Baby & You
10am - 11am

Tuesday:

Infant Massage (B)
10am - 11am
11am - 12pm

Chat, Play & Read
1pm - 2.30pm

Wednesday:

Development Matters
9.30am - 10.30am

Chill & Chat
10.30am - 11.30am

Colourful Footsteps
1pm - 2.30pm

Thursday:

Triple P Group
9.30am - 11.30am

Parents to Be
5.30pm - 7.30pm

Friday:

Mini Move & Groove
9.30am - 11am



Poulton Sensory Room

Poulton Sensory Room is available to use **free** of charge at Poulton Neighbourhood Centre.

Use of the Sensory Room is subjected to availability.

Do you want to know more information about the sessions, or have a general query about what else we offer?

Give us a call on **01524 581280**

The following sessions you need to book on to join in...

Infant Massage
Triple P Courses
Parents to Be Courses

Carnforth

Kellet Road, Carnforth, LA5 9LS

All groups start from 2nd Oct 2023

Monday:

Development Matters
1pm - 2.30pm

Inside Out
(8 - 11 years)

3.30pm - 4.45pm

Monday:

Special Guardianship Stay & Play Group
(Please note that this is only available for families with a SGO in place.)
9.30am - 11am

Tuesday:

Infant Massage
10am - 11am

Wednesday:

Parents to Be (B)
5.30pm - 7.30pm

Thursday:

Chat, Play & Read
9.30am - 11am

Special Guardianship Support Group
(Please note that this is only available for families with a SGO in place.)
9.30am - 11am

Friday:

Development Matters
9.30am - 11am

Poulton

Clark Street, Morecambe,
LA4 5HR

Monday:

Development Matters
9.30am - 11am

Infant Massage
1pm - 2pm

Wednesday:

Baby & You
9.30am - 10.30am

Thursday:

Teen Triple P (B)
9.30am - 11.30am

Friday:

FAB
(Breastfeeding Support Group)
9.30am - 11.30am

Morecambe Library

Central Drive, Morecambe, LA4 5DL

Monday:

Move & Groove (8 -11 years)
3.30pm - 4.45pm

Tuesday:

Young Parents to Be
1pm - 3pm

Inside Out (8 - 11 years)
3.30pm - 4.45pm



Lancaster and Morecambe Family Zone
For more information contact us on 01524 581280

