

What's On At Our Centres?

April- July 2024

Lune Park

Ryelands Park, Owen Road,
Lancaster, LA1 2LN

Monday:

Baby & You (0-pre walkers)
10am - 11am

Tuesday:

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

Chat, Play & Read
1pm - 2.30pm



Wednesday:

Development Matters
9.30am-10.30am

Citizen Advice (B)
9am - 12 noon
Book appointment on
01524 581280

Chill & Chat
10.30am - 11.30am

Colourful Footsteps
1pm- 2.30pm

Thursday:

Triple P Group (B)
9.30-11.30

Inside Out (8-11 years)
3.30pm - 4.30pm

Bump, Birth & Beyond (B)
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.

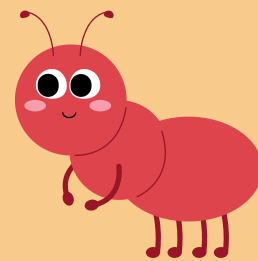
Use of the Sensory
Room is subjected
to availability.

The following sessions
you need to book on
at 01524 581280...

Infant Massage
Triple P Courses
Bump, Birth & Beyond
Courses

Carnforth

Kellet Road, Carnforth, LA5
9LS



Monday:

Breastfeeding Support Group
9.30am - 11am

Infant Massage (B)
10am - 11am

Development Matters
1pm - 2.30pm

Inside Out
(8 - 11 years)
3.30pm - 4.30pm

Friday:

Coffee & Connect
9.15am - 10.30am

Citizen Advice (B)
1.30pm - 4pm
Book appointment on 01524 400404

Carnforth Food Club
2pm -4pm
To sign up email members@eggcup.org
or call 01524 928027

Westgate

Langridge Way, Westgate,
Morecambe, LA4 4XF

Monday:

Special Guardianship
Stay & Play Group
9.30am - 10.30am
(1st Monday of the month)

Tuesday:

Baby & You (0 - pre walkers)
9.30am - 10.30am

Deaf Baby Group
1 - 2.30pm

Wednesday:

Bump, Birth & Beyond (B)
5.30pm - 7.30pm

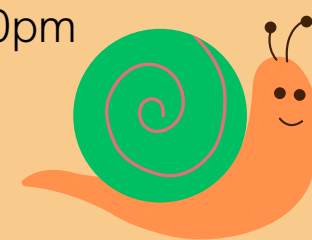
Thursday:

Chat, Play & Read
9.30am - 11am

Infant Massage (B)
1pm - 2pm

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 (0-pre walkers)
9.30am - 10.30am

Thursday

Triple P Group (B)
9.30am-11.30am

Friday:

Breastfeeding
Support Group
10.30am - 12.30pm

Groups in Schools

Tuesday:

Sandylands School
Stay & Play
9.15am - 10.15am

Wednesday:

West End Primary School
West End Explorers
9.15am - 10.15am

Need advice/support? Citizen Advice
and Smoking Cessation in pregnancy
hold clinics at our centres.

To book on, please contact them on
the following numbers:

Citizen Advice: 01524 581280
Smoking Cessation: 07811072610

Morecambe Library

Central Drive, Morecambe, LA4 5DL

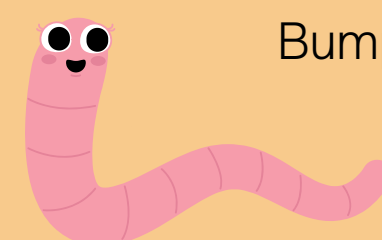
Monday:

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

Tuesday:

Bump to Baby (pregnant age
20 and under)
1pm - 3pm

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



The Community Midwives Team and HRCG (Health
Visitors) hold clinics across all our centres
Monday to Friday.

To book into these please contact them on
the following numbers:

Midwives: 01524 583367
Health Visitors: 03002470040

**All groups are for 0 - Preschool age, apart from those
which have age range stated next to them.**



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