

Nov-Dec 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-11am

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

Colourful Footsteps  
1pm- 2.30pm



### Thursday:

Triple P Group (B)  
9.30-11.30

Chat, Play & Read  
11am - 12pm

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

### Friday:

Mini Move & Groove  
9.30am - 11am

## Poulton Sensory Room

Our sensory room is FREE to use.

Please call 01524 581280 to book an hour slot



The following sessions you need to book on at 01524 581280 or book online at <https://events.apps.lancashire.gov.uk/w/webpage/all-events>

Infant Massage  
Triple P Courses  
Bump, Birth & Beyond Courses

## Carnforth

Kellet Road, Carnforth, LA5 9LS

### Monday:

NCT Breastfeeding Peer Support Group  
9am - 12pm

Development Matters  
1pm - 2.30pm

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



### Friday:

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

Carnforth Food Club  
2pm - 4pm  
To sign up email  
[members@eggcup.org](mailto:members@eggcup.org)  
or call 01524 928027



## Westgate

Langridge Way, Westgate,  
Morecambe, LA4 4XF

### Tuesday:

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

Deaf Baby Group  
1 - 2.30pm  
Term time only

### Wednesday:

Chat, Play & Read  
9.30am - 11am

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

Triple P Group (B)  
1pm - 3pm

### Thursday:

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:

NCT Breastfeeding  
Peer Support Group  
10.30am - 12.30pm

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.**

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 - 4.30pm

### Thursday:

Coffee & Connect  
One Stop Shop  
9.30am - 11.30am  
Held on the  
1st Thursday of  
every month

### Saturday

M.A.T.C.H.  
(Men and their children  
age 0-11 years)  
10am - 12pm  
1st and 3rd Saturday  
every month

