



What's On At Our Centres?

March - April 2024



Lune Park

Ryelands Park, Owen Road,
Lancaster, LA1 2LN

Monday:

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

Tuesday:

Healthy Relationships (B)
9.30am - 11.30am

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:

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

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

Friday:

Mini Move & Groove
9.30am - 11am



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

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 to join in...

Infant Massage
Big Cook, Little Cook
Triple P Courses
Bump, Birth & Beyond Courses



Carnforth

Kellet Road, Carnforth, LA5 9LS

Monday:

FAB (Breastfeeding Support Group)
9.30am - 11am

Infant Massage (B)
10am - 11am

Development Matters
1pm - 2.30pm

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



Monday:

Special Guardianship Stay & Play Group
9.30am - 11am
(1st Monday of the month)

Tuesday:

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

Deaf Baby Group
1 - 2.30pm

Big Cook, Little Cook (B)
3.30pm - 4.45pm



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

Westgate

Langridge Way, Westgate,
Morecambe, LA4 4XF

Poulton

Clark Street, Morecambe,
LA4 5HR

Monday:

Development Matters
9.30am - 11am

Infant Massage
1pm - 2pm

Wednesday:

Baby & You
9.30am - 10.30am

Friday:

FAB
(Breastfeeding 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

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:

Young Parents to Be
1pm - 3pm

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

