



'Flippers'

at Bleasdale School Swimming Pool Silverdale



Fun swim and splash session for pre-school children with additional needs and parents/carers.

Please bring a packed lunch (for after the session).



Tuesdays (Term Time Only) 11:30 am – 12:30 pm

If interested please contact: **Emma Askew 0777 210**

'Nippers News'

Nippers children and staff will be supporting 'Children in Need' this year with a **Disco on Wednesday 16th November 6.30pm to 7.30pm - Tickets £1**

other activities include pyjama day on **Friday 18th November**

All children and Staff

Welcome

Lauren Beales

(Nursery Nurse)

to our **Baby Room.**



'Christmas Parties'

'Nippers'
Christmas Party



Saturday 3rd December

'Children's Centre'

Christmas Parties
take place in groups

12th to 16th December

Other Services offered by the Children's Centre's

MONDAY, TUESDAY and WEDNESDAY at LUNE PARK

Citizen's Advice Bureau (CAB) - Advice and Information.

Please ring **Lune Park Children's Centre 01524 382818** or

★ **come to the NEW** - Drop-in Sessions - Tuesday's 9.30am to 12.30pm

THURSDAYS at LUNE PARK

One-to-one Stop Smoking Advice - Thursdays 9am to 1pm

Please ring **01524 845145** for an appointment.

TUESDAYS at CARNFORTH

Young People's Sexual Health Drop-In - Between 3pm and 5pm. Confidential advice & support, Chlamydia screening, pregnancy testing, free contraception.

For further information please ring **01524 727901** or **727900**

LUNE PARK Children's Centre
Ryelands Park
Owen Road
Lancaster LA1 2LN
01524 382818

CARNFORTH Children's Centre
at The Carnforth Hub
Kellet Road
Carnforth LA5 9LS
01524 727900 or 382818

HALTON Children's Centre
Next to Halton Library
Pennystone Road
Halton LA2 6QE
01524 382818

GALGATE Children's Centre
Ellel St John's C of E P Sch.
Chapel Street
Galgate LA2 0GS
01524 382818



NEWS and TIMETABLE

LUNE PARK, CARNFORTH, HALTON & GALGATE CHILDREN'S CENTRES

Volume 3

NOVEMBER/DECEMBER 2011

SPECIAL ARTICLES

- Consultation Results
- Introducing 'FLIPPERS' Bleasdale Pool Silverdale
- Introducing 'NEW CAB' Drop-in sessions at Lune Park

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Consultation Results



Thank you to everybody who took part in our consultation, and a really big thank you to Rebecca Coller for her hard work in pulling all the information together. We have now formed an action planning group, including staff and the chair of the Advisory Board to look at the issues that have been raised. We intend to address these over the coming months. When we have completed the action plan and begin to implement changes I will write again in our newsletter.

The main issues to come from the consultation were as follows:

⇒ The main improvement that parents/carers would like to see is in relation to the **information** that is provided to them.

⇒ There needs to be a "central point of information" (quote taken from a parent) that keeps parents/ carers informed of the sessions, courses and services that are available to them across the area (including other children's centres) and clear details in relation to how parents can access these services.

⇒ Response: Sarah Elder is leading on this work to improve the quality and accessibility of information. Lucy Ellis has come up with some wonderful improvements to support Sarah.

⇒ The majority of parents commented that they enjoy and value the sessions that are currently on offer and would like to see more sessions available throughout the week.

⇒ Response: We would love to be able to offer you more services and sessions but in this time of cut backs we have less staff and we have to target our resources appropriately. We will once again look at the possibility of Parent led groups but we do have to make sure we cover all necessary insurances and this has been a barrier in the past.

Judith Thomas

Sad News

It is with great sadness that I have to inform you of the sad death of two of our parents.

In September Louisa Walsh passed away, Louisa always valued the time she spent at Lune Park and she will be missed by us all. Our thoughts are with her family.

On October 18th 2011 John Balmer died after a long illness. John has been a parent at the centre for many years and we have been through many happy and some sad times with the family. My lasting memory of John was when he helped to put up all of the blue and yellow ribbons for our Official opening at Lune Park. Our thoughts are with Sonya, Emmen and Tilly and other members of John's family at this time.

Judith Thomas

What's on at Lune Park, Carnforth, Halton and Galgate Children's Centres

All groups are for families with Children under 5

LUNE PARK		MONDAYS	
9.15 to 11.15	Toddler Group - Come and join us for 2 hours of fun and activities including painting, music, singing and story time.		
1.00 to 3.45	Meet the Midwife - Informal sessions for antenatal and postnatal mums. Birth planning, breastfeeding support, teenage support, triple test. Please ring 01524 382818 for an appointment.		
1.15 to 2.00	Baby Massage - For babies from 8 weeks to 9 months. All equipment provided. Weighing scales available. May help with sleep problems, colic, constipation, relaxation and bonding with your baby.		
2.00 to 3.45	Child Health Clinic with Health Visitors - Run by Health Visitors, offers regular health advice for your baby or child. Immunisations are available on Thursdays ONLY from 10.00 to 11.00am. You can talk about any concerns to do with your child, but if your child is ill & is likely to need treatment, you should go to your G.P. Healthy Start vitamins are available from Ryelands House. Meet other parents, have a chat with your Health Visitor & find out more about what's on offer at your local Children's Centre. Please call 01524 519512 for further information.		
CARNFORTH			
10.00 to 11.30	Inbetweens - Aimed at children who are not babies but are starting to toddle (aged 12 months to competent walker) allowing them to play & explore in a safe environment.		
1.30 to 2.30	Baby Massage - For babies from 8 weeks to 9 months. All equipment provided. May help with sleep problems, colic, constipation, relaxation and bonding with your baby. No need to book in advance.		
HALTON			
10.00 to 11.30	Stay & Play - For babies & toddlers. Come & have some fun with craft and messy play activities.		
GALGATE			
1.30 to 3.00	Messy Mondays - Have lots of fun getting messy with your child. Bring spare clothes!		
LUNE PARK		TUESDAYS	
1.00 to 3.00	AOK Club - Peer Support Group for Parents/Carers of children with additional needs with or without a diagnosis. Aged from birth to 8 years. The Parent supporter is Lucy Ellis.		
CARNFORTH			
10.00 to 11.30	Baby Club - A group that will allow your baby the opportunity to play and explore in a safe environment. From birth to walking.		
1.00 to 2.30	Tots 'n' Tunes - Music, songs and crafts activities that promote speech and language development for children ages 2 and upwards.		
GALGATE			
09.30 to 11.00	Galgate Giggles - Stay & Play group for babies and toddlers with craft and messy play activities.		
LUNE PARK		WEDNESDAYS	
10.15 to 11.45	Baby Club - Come and meet other parents and enjoy playing with your baby.		
9.30 to 11.30	Munchkins Childminders Group - Registered childminders group. Come and join us for fun and activities including craft activities, playtime & songs. Meet other childminders. Fortnightly - Sessions are on: 9th, 23rd November and 7th December		
12.00 to 1.30	YMG Group (Young Mums Group) - Time for younger mums and mums 2B (teens - 21) to enjoy making lunch together, have a chat and play with your children.		

From the 3rd of October each session will cost £1 for parent with one child or £1:50 for parent with two or more children. Please pay staff in groups. Vouchers can be bought from reception at Lune Park or Carnforth Children's Centres or from staff at Halton and Galgate Children's Centres.

LUNE PARK		WEDNESDAYS CONT:	
1.30 to 2.30	Fizzy Kids - Time for you and your child to have fun together through dance and physical activities using music and movement. For children aged 18+ months who are confident walkers. Term time only.		
HALTON			
10.00 to 11.30	Baby Club - Come along, meet other parents & enjoy playing with your baby. There is a Health Visitor Drop-In on the first Wednesday of every month for advice, baby weighing or just a chat about any concerns you may have.		
11.45 to 12.15	Baby Massage - For babies from 8 weeks to 9 months. All equipment provided. May help with sleep problems, colic, constipation, relaxation and bonding with your baby. Please ring Dawn on 01524 382818 to book your place.		
LUNE PARK		THURSDAYS	
9.30 to 11.00	Happy Tots - For children aged 1+ to come along and have some fun with crafts, musical instruments, action songs and rhymes. Fortnightly - Sessions are on: 3rd, 17th November and 1st, 15th December		
10.00 to 11.45	Child Health Clinic with Health Visitors - See Monday for details of the Child Health Clinic.		
10.00 to 11.45 & 11.00 to 12.00	Meet the Midwife - Informal sessions for antenatal and postnatal mums. Birth planning, breastfeeding support, teenage support, triple test. 10am to 10.45am Please ring 01524 382818 for an appointment. 11am to 12pm Drop-In session NO appointment necessary.		
12.15 to 1.00	Baby Massage - See Monday for details of Baby Massage.		
1.30 to 3.00	Inbetweens - See Monday for details of Inbetweens.		
1.30 to 3.00	Messy Mates for 2's to 3's - Have lots of fun "getting messy" with your child. Bring spare clothes!		
CARNFORTH			
9.30 to 11.30	Childminders Drop-In - See Munchkins for details of Childminders Drop-In. Fortnightly - Sessions are on: 3rd, 17th November and 1st, 15th December		
10.00 to 11.30	Crafty Kids - A Craft & Activity group for Toddlers. Fortnightly - Sessions are on: 10th, 24th November and 8th December		
CARNFORTH		FRIDAYS	
10.00 to 11.00	Fizzy Kids - See Wednesday for details of Fizzy Kids. Term time only.		
GALGATE			
09.30 to 10.30	Galgate Wiggles - A music & movement group for children who have started to toddle. Term time only.		
LUNE PARK		SATURDAYS	
10.00 to 12.00	Dads Club - Want help, support & a friendly chat? Take part in fun activities with your child/children. Run by local dads. Contact: andrew@lancasterdads.co.uk for information.		